

Dining Reminders by Christine Pesola

Please read your menus – front and back. If you do not like the weekly entrée listed, you can always order the sandwich, salad, or omelet of the week AND, anything under the Always Available Menu. You can do this for lunch AND dinner.

We DO NOT have assigned seating. Assisted Living Communities have assigned seating. Remember, we ARE NOT assisted living. Our seating is on a first come basis. Please DO NOT tell another resident, “That’s my table, that’s my seat, or I’m saving this for someone.” If you want to sit with a certain person, or a group of people, please wait in the lobby until your entire group arrives, then enter the dining room and sit at once.

We must move walkers out of the way of your table once you have been seated. This is a safety issue – nothing more. If you insist on having your walker next to you, you should choose a table that is near a wall so that your walker can be placed up against it and not cause a tripping hazard. However, if the dining staff feels it is unsafe, they will move it.

Our monthly Food and Dining Committee meeting minutes are always available to you. Please come to the office and ask for a copy.

You may order a half, small, or large portion. If you receive your meal and it is not what you ordered, send it back. You may ask for “no starch, extra starch, no vegetables, or extra vegetables, gravy on the side, or none at all. You may order whatever is on the menu – you can be creative.

When completing a form for the suggestion box, don’t just say “dinner was good.” Be sure and write what the meal was, or at least put the date. This helps the kitchen staff tremendously.

Lastly, be patient. A lot of items are cooked to order, just like a restaurant.

Happy dining everyone!

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-929-3966 Fax 916-929-3627
 Tonya/Activities Office 916-929-6003
 Van/Transportation 916-468-3091
 Dining Room 916-921-5998
 Police Non-Emergency 916-264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Paratransit 916-429-2744
 Yellow Cab 916-444-2222

Beauty Salon Jane Ma 916-223-9658
 Wednesday-Saturday
 Clean Touch Dry Cleaning 916-366-6666
 Pick-up & drop-off Monday & Thursday

Natasha’s Marketing Minutes

Spring is here! These past few months were a success with all the fun and exciting events that took place. Many of you were here when Wild Things was invited in 2015, and again in 2017. They’re back! Wild Things will be presenting a wildlife presentation on April 16th at 2:00pm in the Cabaret Lounge. Some may have already read, be sure to bring an outside friend. RSVP your guest in the office by April 15th, and you will be entered in a drawing for a chance to win a prize! See you later alligator!

Quote of the month: Springtime is the land awakening. The March winds are the morning yawn. - Lewis Grizzard

Can you guess how many jelly beans are in the glass jar? Stop by the office on April 17th to place your guess. Whomever is the closest, wins the jar full of jelly beans!



Campus Commons

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 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer,
 Carol Haran, Ebony Pool,
 Evening Porters

Brian Thomas, Chef Manager
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Brian.Thomas2@sodexo.com

Christine’s Comments

Spring has sprung, but I think we’re all waiting for the rain to stop. We are working in getting the outdoor dining area ready for meals outside, so stay tuned for more information.

The new activity, Life Stories, led by resident Rick Trnka was a great success last month. They are now meeting the first Tuesday of each month at 2:00 p.m. in the Cabaret Lounge. If you would like to share your story, please let Rick know ahead of time. They will meet again on April 2nd.

We will have two vendors selling beautiful items for your family, friends or perhaps yourself, this month. Look for Michelle, “The Scarf Lady” on April 2nd and Marie, “The Jewelry Lady” on April 11th. Both will be here from 11am-3pm. Please come down to support and purchase some great gifts!

We have a few projects to take care of this year: seal and stripe the parking lots and new flooring for the library. We’ll be working on both within the new few months and I’ll be sure to get notices out when we know things will start.

I’d like to announce that our new Chef Manager is Brian Thomas. I had the pleasure of working with Brian briefly at Winding Commons before I came to Campus Commons. Brian was promoted to Chef Manager at Roseville Commons in 2014 and will now be leading our team. Please review the inside announcement provided by Lisa Gibson, District Manager. I would also like to take a moment and thank Robin Boyer for her time here the past five weeks in leading our kitchen and dining team and making some great changes.



MARTIN

Tonya’s Activity Corner

Hoppy April to all of you! We have warmer weather and sweet days approaching, so get ready to enjoy the fresh air and sunshine.

Get ready, get set, and go!!! Hop along the bunny trail and find your egg treats. Come and join us in the Lobby on Thursday, April 18th, for a fun-filled Egg Hunt at 3:00pm. I have a special guest coming on this day, so dress up in bright, colorful clothes for pictures.

I’m looking forward to the outings this month, as we will start off going to The Club Pheasant on April 3rd to have great food and conversation. Continuing on our way, we will take a little sweet ride to the Jelly Belly Factory in Suisun on April 10th to pick up some tasty treats, and of course, the belly flop jelly beans. On April 17th, we’ll head over to Westminster Church for an awesome performance by pianist/vocalist, Renee Pajer. Then, we’ll end the month with an outing to Thunder Valley Casino in Lincoln. Please remember to sign up, and if you must cancel, be sure and cross your name off as soon as possible.

We also have some great entertainment lined up for Hoppy Hour! So, put on those dancing shoes and shake a leg down to the Cabaret Lounge and get ready for some fabulous music. Your Musical Memories will be here on April 5th, Mellow Fellas on April 19th, and a new group called Jazz-ination on April 26th. This group has an upbeat jazz sound to get your feet tapping and dancing. Horseracing will be August 12th. Remember, we have no entertainment this day, but you can bet on the ponies and enjoy a fun time with one another.

I want to personally thank all those residents for suggesting different outings and entertainers. You will be seeing them in the coming months. I am so grateful for your support as I continue to learn new things in this position. I hope you have a wonderful month!

April Birthdays

In astrology, those born April 1–19 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals. Those born April 20–30 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Knut Skarpaas, April 1st
Connie Lineberger, April 3rd
Genelle Palmer, April 6th
Barbara Wunderli, April 23rd
Joyce Kunz, April 25th
Shirley Riemer, April 26th
Lu Bakken, April 29th

Campus Anniversaries

Rita Baldarelli – 1 year
Ed Briles – 1 year
Bob Chadwick – 1 year
Beryl Chinco – 1 year
Renee Davis – 2 years
Eileen Hyde – 3 years
Virginia Sawyer – 3 years
Gloria Soto – 3 years
Claire Quinlan – 3 years
Gay & Knut Skarpaas – 4 years
Ellen Bromberg – 17 years

Library News by Pat Edmonds

In order to accommodate the new titles arriving in the fiction & mystery sections, I have moved all the books to other shelves. If you are looking for non-fiction books (blue tags), they are now on the shelves under the biography books (green tags). The social science books (purple tags) are now on the lower shelves of the right side of the large print books. The mystery books (pink tags) now extend to the bookcase next to that section. Don’t let me confuse you; just look for the books with the color tag that designates them. There is a poster on the library wall outlining this information.

April’s Featured Resident by Shirley Riemer

Even though Genelle Palmer was born here in Sacramento, she left as a two-year old, and is back again here at Campus Commons with her husband, Frank Palmer.

After finishing high school in Coeur d’Alene, Idaho, she married the boy next door, literally, and then later moved to far off Alaska – Seward and Anchorage, where she lived for the next five years. She finally decided that mother had been right when she said, “Birds with very small brains know enough to come south when it is cold.” Genelle moved to California – first to Eureka, then later, to Los Angeles, where she resided for the next twenty years.

During that time, at age forty, she decided it was time to finish her college education, going back to school and changing her major from English to architecture. She graduated six years later, cum laude, from Woodbury University. With her degree in hand, she went to work for a small architectural firm, primarily managing construction. She later worked for the State, overseeing specialized tenant improvements required by other agencies.

While in Alaska, Genelle developed a passion for sailing. Single at the time, she accepted the invitation of a friend with considerable sailing experience to teach her the art while journeying from Seward, Alaska, to Kodiak Island, about 35 miles away. Sailing in a 28-foot boat with no radio or navigation equipment, only maps, they left on what should have been an overnight sail. Thanks to a fast-moving weather front, the “lesson” took over four days and became a near-death experience. Even though they had taken down all of the sails, the boat was still knocked over flat by a gust of wind, and twenty minutes later, a towering wave slammed into them at full force. Once certain they were going to survive, Genelle’s friend asked her to marry him. With stars, not only in the night sky, but in her eyes, she accepted.

Forty years, another husband, and other sails behind her, Genelle accepted an offer from a local Charter Captain to be the “Galley Mate” on Marishana, a 39-foot boat he’d been hired to sail

from Hawaii to San Francisco. Given that she always felt sad when it was time to head back to the dock after a day-sail, she jumped at the chance to become a member of his four-person crew. Little did she know that more large waves and high winds were in her future. After sailing for seventeen and a half days (yes, the half counts, she says), four of them in gale conditions, she passed beneath the Golden Gate Bridge for the first time, coming from oceanside into the bay.

Having met through Match.com and after a month of emails and phone calls, she was to meet her current husband, Frank, face-to-face for the first time, but he stood her up, or so it seemed. The reality was that he’d become so exhausted helping an 82-year-old neighbor clean out her garage. He meant to take a short nap before his date and slept through until the next morning! She decided she couldn’t really fault him for that, so she agreed to meet him for breakfast the following weekend. The rest, as they say, is history. They were married in 2006 on the one-year anniversary of that infamous first date. They are now both happy residents of Campus Commons, describing their neighbors here as a “lively community” that they thoroughly enjoy.

