

Natasha's Marketing Minutes

After ten years of research, Electronic Caregiver has been ranked as one of the top providers in the health and safety monitoring industry. Dot Boyd will be hosting a presentation on June 11th to showcase devices branded by Electronic Caregiver and share how this device has saved thousands of lives.

Lynn Green will present us with Dr. Reddy, Dr. Joves, and Dr. Karvelas to speak on ways that have helped many overcome pain and disability associated with chronic pain on June 20th.

To bring June to a close, on the 27th, our very own Shirley Riemer will be taking us on a tour and exploring her travels in Germany.

Remember to unpack your flip flops and sunshades, as summer has arrived!

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

Stars and Stripes Forever

Wave the flag proudly on June 14, which is Flag Day in the United States. In the midst of the American Revolutionary War, the colonists had no flag to unify them. Regiments flew their own unique flags to identify their colony or their group. In June of 1775, the Second Continental Congress met in Philadelphia to create a Continental Army. It was then that they created the first American flag of 13 alternating red and white stripes with a Union Jack in the corner. Unfortunately, this flag looked too similar to the British flag, and General George Washington was quick to ask for the design of a new symbol. So on June 14, 1777, the Continental Congress designed a new flag consisting of 13 alternating red and white stripes, with a circle of 13 white stars on a field of blue—the birth of the Stars and Stripes. It seems that the idea of a circle of stars on a field of blue was a popular one, for on June 29, 1985, the European Communities adopted a blue flag with a circle of 12 yellow stars as their banner for a unified Europe.



In the Name of the Father

Fathers, thank mothers for the creation of Father's Day. It was a woman named Sonora Smart Dodd, one of six children raised by her widower father, who lobbied to create a father's equivalent to Mother's Day. Dodd took her cause to churches, shopkeepers, the YMCA, and local government officials until finally, on June 19, 1910, Washington state celebrated the first Father's Day. Over the years, the holiday gained traction, and in 1924, President Calvin Coolidge urged all states to adopt Father's Day as a holiday. But this was not without controversy. Throughout the 1920s and '30s, groups attempted to squash both Mother's and Father's Day. They argued instead for one holiday, Parents' Day, for, as one advocate said, "both parents should be loved and respected together." It wasn't until 1972 that Richard Nixon, in the middle of his presidential re-election campaign, signed a proclamation making Father's Day a federally recognized holiday—58 years after Mother's Day was made official.

Campus Commons

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Christine's Comments

Thank you for your continued patience during the upgrade to our library. After printing last month's newsletter, we were informed the carpet would take longer to get in stock than expected. Our library should be back to normal operation early this month.

Our parking lot will get a facelift this month. Our neighbor next door, Campus Commons Golf Course, is graciously offering their parking lot to us during this time. We are asking all car owners to move their vehicles to the golf course parking lot the evening of Monday, June 24th. Our parking lot will be resurfaced and striped on Tuesday, June 25th, starting at 8am, so it is best to get your car moved the day before. If you need help, we are asking that you call a family member to get your car moved. If you have been thinking of getting rid of your car because you no longer drive, I am asking that you take care of that now.

A friendly reminder that we added Wednesday as an additional doctor run day the first of this year. We are experiencing a very high number of residents making medical appointments on Tuesdays and Thursdays and very few on Wednesday. When making your appointments, try to make them on a Wednesday, if possible, to help even out the load.

Our Seventh Annual Casino Night is Friday, June 14th, starting at 3pm. For those who have never attended, I strongly urge you to pop in and see what it's all about. We give you chips at any of the game tables and you play for raffle tickets. We give some nice gifts during the evening and at the end, we raffle off the remaining gifts. Lots of fun, food and fabulous prizes to be won just by showing up. We'll look forward to seeing you all there. Invite a friend who might be thinking about retirement living.

Have a wonderful Father's Day and don't forget about our annual Father's Day BBQ & Brews for all you dads on June 16th. Menu and sign-up sheets will be posted later.

Tonya's Activity Corner

Happy sunny days to come for the month of June. Get ready to enjoy a fun day at SeaQuest in Folsom. They opened in November 2018 and it features over 25,000 sq. ft. of thousands of species! You will be able to interact with stingrays, sharks, and other marine life; feed exotic birds, caiman lizards, and variety of reptiles from all around the world. We'll stop at Land Ocean New American Grill and have lunch too. You won't want to miss this fun afternoon on June 5th.

Our other outings for this month will be at Cache Creek Casino, just north of Woodland, and lunch on June 12th. Do any of you remember The Shepherd's Inn in Rancho Cordova off of Folsom Road? They've remodeled and turned it into a casino and restaurant. The food is still great! Several of you have asked about an outing there, so we're heading over on June 19th. For all of you music enthusiasts, Bruce will take you back over to the Westminster Church for Music at Noon to hear a performance by folk singer Liz Ryder on June 26th. Make sure to get your name on the sign-up sheets as soon as possible. If you have to cancel, please remove your name from the list.

I know we all look forward to Happy Hour, so come to the Cabaret Lounge on Fridays for fun, dancing and socializing. Our performers will be Dennis Cain on June 7th, Bob & Kathy Rawleigh on June 21st and the Songbird Trio on June 28th. So, get your toes tapping and shake those hips and come on down for a fun-filled time.

Alice McKinley's students will perform their piano recital on Sunday, June 9th with refreshments after. Steve Beck will continue his presentation on part 2 of Sutter's Fort. He is such a great speaker and we truly enjoyed him coming out for part 1 last month. Please join him back here on June 13th at 2:30pm.

Check your calendar for new activities and games which have been added for your enjoyment.

June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Elsie Beebe, June 2nd
Gloria Mollring, June 6th
Jean Frank, June 8th
Glenn Allen, June 12th
June Bost, June 14th
Eunice Enkoji, June 15th
Sue Erlich, June 16th
Mary Strand, June 18th
Helen Waterbury, June 23rd
Betty Sutcliff, June 27th

Campus Anniversaries

Mary Johnson – 1 year
Ginny Johnson – 2 years
Sarah Lagomarsino – 2 years
Mary Lou Owen – 2 years
Betty Sutcliff – 2 years
Eunice Enkoji – 4 years
Christa Henkelmann – 6 years

Welcome New Residents

George N. - 240
Dusty R. - 115
Beatrice P. - 244

HAPPY FATHER'S DAY

June's Featured Resident

Many of us here at Campus Commons could tell our own "Depression stories" – about growing up during, and following, that Great Depression of our youths. So can Renee Davis, born in the very year the Depression began – in Portola, California. She's convinced that those of us who grew up during those hard years were molded by it and that to this day, we live its lessons.



Renee recalls how her mother, at every moment of every day, knew exactly how much money was in the family purse – down to the penny! Once, after Renee and her sister had been sent to the store for groceries, their mother counted out the money remaining in the purse when they returned home. Finding it to be short by two pennies (spent for penny candy), their mother punished them.

Renee recalls an incident that formed her personal definition of the word "rich." She once watched in amazement as a family friend, offering to buy ice cream for her and her sister, reached into his pocket, to see if he had two nickels. It was obvious that this man didn't know exactly how much money he had in his pocket! Renee's resulting definition of "rich" was thus formed: A "rich" person is someone who doesn't know exactly how much money he has in his pocket.

"But we didn't know we were poor," Renee recalls. "So, we were happy."

In Portola, an annual event for young people was sledding down a long mountain road – at nighttime! Daytime traffic packed the snow, so that by nighttime, the street was icy.

The geography around Portola offered its young people seemingly endless opportunities

– ice-skating on a fork of the Feather River, hiking through area rock formations, swimming in the river, as well as camping and fishing in the Lakes Basin area above the lumber town of Graeagle.

Like so many others of us who recall those "depression foods" of our youth, Renee recalls her dislike of bread pudding. And for good reason. As happened in many of our homes in those early years, not even one scrap of bread was thrown away. Result: bread pudding.

Lucky for her family, Renee's father was a game hunter. And he fished. The legal catch for fish was 25 (now it's 5!). With his workday ending at 4 p.m., he could catch the 25 limit of trout before dinner! Not surprisingly, to this day, Renee dislikes venison, and she's not fond of trout either – once so prized at her family's dinner table.

During Renee's high school years in Portola, the highlight for the school's seniors every year was to trudge up to the mountain top, where a giant-size "P" known as the "Block P," visible for miles around, was traditionally scrubbed and white-washed by the those seniors, who, by themselves, lugged buckets of white-wash and heavy-duty brushes to the mountain's top.

Renee loved growing up in a small town, but she did not want to stay. She left Portola for Sacramento to attend City College, and then did secretarial work at the State Legislature. Following her marriage, Renee's husband attended U.C. Berkeley for eight years to become an optometrist, in Sacramento – representing the third generation of optometrists in his family.

In September, Renee's family – her son and two daughters, with all the grandchildren – will gather in Sacramento to celebrate Renee's "big 90th" birthday. Such a happy conclusion – one that could hardly have been imagined way back in those hard-but-happy days of the past.