

Kind Ways to Welcome a New Resident to Campus Commons

1. Go Over and Say Hello - The simplest way to welcome a new neighbor is to knock on his or her door and introduce yourself. In circumstances like these, a friendly hello cannot do any harm. Most people appreciate the kind gesture and are open to meeting their neighbors. The worst that can happen is you get a bad vibe from the person. If that's the case, you at least introduced yourself.

2. Bring Your New Neighbor a Treat - It's pretty common for people to bring baked goods to their new neighbors when they move in, especially in the case of neighborhoods with houses. There's no reason why the same can't be done for neighbors in apartments. You can easily bake some cookies or brownies and bring them over to your new neighbor. It's a nice gesture that will surely be appreciated.

3. Invite Your New Neighbor Over for a Meet and Greet - This is an especially good idea if you're friends with other people in your community. You can arrange to have a small get-together in one of your apartments where your new neighbor can meet some of the other people in the building. It doesn't have to be an over-the-top event. Have a few small snacks out and some kind of beverage. If you're afraid it'll be awkward, put a time cap on it. Invite people over for an hour before you have to be somewhere else. You can invite your new neighbor to come verbally, or by leaving a note on his or her door. It's always best policy to actually talk to your neighbor. Written notes, no matter how straight-forward, can often times be misinterpreted. Face to face interaction is best.

4. Offer Your Help - Offering your help goes hand in hand with a simple introduction, but it's a great way to welcome your new neighbor especially if you meet that person on the day he or she is moving in. Offering to help carry something in is a kind gesture. Beyond that, simply letting your new neighbor know that your door is open if they ever need anything makes for the start of a nice neighbor relationship. Hopefully they'll reciprocate!

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

This month, Taylor Lee from Healthy Living at Home, will be here on July 9th at 2:00pm to share with us ways to properly manage your medication. Yes, a medication error can happen, so join in and learn ways to avoid those mistakes.

Many of you may have heard of The Golden State Killer and its cold case that many believed would never be solved. Ruth Ballard, daughter of our resident Edith Ballard, will share how DNA revealed the truth that helped police track and arrest this killer after 44 years of investigation. This fascinating tale with more twists and turns than a roller coaster will be hosted on July 18th at 2:00pm. If you are into genealogy databases and state-of-the-art forensics, then you won't want to miss this!

Quote of the Month

Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching your goal.



Campus Commons

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 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer,
 Carol Haran, Evening Porters

Brian Thomas, Chef Manager
 Sodexo Senior Services
Brian.Thomas2@sodexo.com

Christine's Comments

Now that our carpet has finally been installed in the library, we can get back to some normalcy around here. Thank you all for being so patient during this unfortunate delay. But, it looks wonderful, doesn't it? And the new vinyl in the elevators looks just as nice.

The parking lot resurfacing and new striping went surprisingly well. Thank you to all who took the time to get your vehicles moved next door. The parking lot looks fresh and clean!

Our Casino Night was another wonderful success and a huge thank you to Chef Brian and the entire Sodexo team. I kept hearing "this was the best Casino Night and the food was better than ever". Thank you to everyone who made this a fun night for all of you.

What do you think of the backyard spruce up? This was an added surprise last month. This was to be done in April, but due to a delay, it was pushed out to June. I don't ever want to announce something will be taking place until I know for sure. It's almost better to wait until it happens than to try and see in the future. I think I learned my lesson with the library.

Look for your housekeeping notice (if you haven't received it already) about possible adjustments to your schedule due to the 4th of July holiday.

Gloria Mollring graciously purchased the shuffleboard in the Activity Center for us years ago. It was used quite a bit when we first got it, but it hasn't been used in a long time. Tonya and I were in discussion and we thought since it's so hot out now that this would be a good activity to bring back to the calendar. Join Tonya on Tuesdays at 1pm for shuffleboard.

Remember to stay hydrated by drinking lots of water and electrolytes. If you're feeling ill, or you have a cough, please stay home until you're feeling better and contact the kitchen to have your meals delivered.

Tonya’s Activity Corner

We have some fun things lined up for our outings and a nice lineup for Friday Happy Hours. Get ready for a new and fun time in the backyard with a water balloon toss and ice cream. This will be a great time to come down and meet your neighbors. You are guaranteed to have a big splash of a time!

This month, we have two vendors selling their merchandise; Kathleen with Paparazzi Jewelry will be displaying her glamorous line of different pieces of jewelry and Kim and Taylor, a mother and daughter team with Urban Lilli, will set up their plants of all sizes for purchase. They can give you tips on potting and caring for your plants.

This month, we will be visiting the Aerospace Museum at McClellan. Come out to see over 40 military and civilian aircrafts. We will have lunch onsite at the Officer’s Club. We will try again to visit SeaQuest Aquarium in Folsom. They have a variety of exotic animals from around the world. The Westminster Church is always a treat with Music at Noon. A performance with organist Joan Chambers. She is a recitalist/instructor at Chambers Studios in Sacramento and has a bachelor degree in Music Organ Performance. Ending the outings this month, we’ll be going back to the Delta King and will enjoy lunch at the Pilohouse. The food is delicious and it has a very elegant atmosphere. The weather will also be great to enjoy ice cream across the street after, if you are interested. Sign up as soon as possible, as seating is limited.

Our lineup for Friday Happy Hour on the 5th is Your Musical Memories to enjoy the music from the past. Capital City Reflection will be here on the 12th, so get ready to move your feet! Rick Turnage is back with us to play Oldies but Goodies on the 19th. On the 26th, enjoy Moon Glow with Tom Carpenter. We had a lot of requests to have them back. Put on your dancing shoes and grab a partner, or just dance by yourself. Please come down, get a beverage and pick a good seat.

Happy July everyone!

July Birthdays

In astrology, those born July 1–22 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. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos’ social natures also make them excellent friends.

- Bob Chadwick, July 2nd
- Theresa Stump, July 3rd
- Nancy McCauley, July 5th
- Dorothy Farro, July 6th
- Paul Skreden, July 11th
- Mary Johnson, July 12th
- Daniel Fortunato, July 14th
- Harold Gladstone, July 14th
- Jane Johnson, July 24th
- Esther Franklin, July 28th
- Ginny Johnson, July 30th

Campus Anniversaries

- Al Barber – 1 year
- Betty Cable – 1 year
- Helga Lutgendorf – 1 year
- Judy Guardalabene – 2 years
- Nancy Millin – 4 years
- Elsie Beebe – 5 years
- Elsie Kazarian – 5 years
- Bill Becker – 7 years
- Annelise Nugent – 15 years

Welcome New Residents

- Richard B. #133
- Linda & William A. #234
- Daphne W. #338
- Ann M. #310



July’s Featured Resident

by Shirley Riemer

Marianne Riley sure knows something about large families. As the oldest of six children, Marianne grew up as “top child.”

Born and raised in San Carlos, California, a bedroom community to San Francisco, Marianne lived in one of those typical “everybody-knows-everybody” small towns.

Being the oldest child, Marianne performed plenty of household chores, although her grandmother, who was living with the family, contributed heavily, both by growing a “victory garden” and raising a yard-full of chickens – all important during the war years when rationing made for difficulties in feeding nine members of the family.

Marianne and her next-oldest sister were each given the responsibility of cleaning half of the house – with payment for their efforts usually spent on Saturday afternoons at the movies.

In short, Marianne reached adulthood having learned plenty about large families. (Ironically, she later became the mother of six children of her own – three girls and three boys.)

For twelve years, Marianne attended Notre Dame, a Catholic girls’ school in Belmont, four miles from San Carlos. Students had to walk a mile to reach the school bus stop and then walk a mile back home. Her grandmother would always pack an egg sandwich for Marianne to eat while trekking to the bus stop.

In high school, Marianne won a role in the school play, titled “Take Care of My Little Girl.” (Wouldn’t today’s high school students hoot and holler at a title like that for their school play?)

In order to find students to play the male parts in an all-girls school play, it was necessary to borrow students from a nearby boys’ school. Not surprisingly, the very idea of trucking in a few



boys to rehearsals and performances became a source of considerable excitement among the girls.

Of the seventy girls in Marianne’s high school graduating class, fifteen were boarding students from South America, who attended during their four high school years and were then sent back home – the common understanding being that they had been shipped to boarding school in America to keep them from early marriages in their home countries. At school dances, these girls from South America somehow managed to find dates with boys who spoke their language – through arrangement with a boys’ boarding school in San Francisco.

Before a school dance began, the nuns insisted on meeting the girls’ dates, person-to-person. With the nuns seated in a long row of chairs on the dance floor, every girl, her date in hand, introduced her partner to each nun, working her way down the end of the line. Only then could the music begin.

Marianne might share with you her conclusion about certain children born into large families. Her “Little Prince” theory goes like this:

When the last child comes along in a large family, and if that child is male, there occurs what Marianne calls the “little prince” syndrome. (Among both Marianne’s siblings and her own children, the last child in the line was male.)

That “little boy” gets lots of attention because he stands out, lovingly, as “the little boy.” And that “little boy” becomes “the little prince.” Marianne, expanding on her theory, explains that the little boy simply becomes the family’s dear little “Prince Pierre” – or in the case of Marianne’s youngest, he was “Prince Hugh”!

Marianne’s experience with children also included teaching catechism to eighth graders for four years. In addition, she volunteered for eleven years as a helper at Auburn Faith Hospital, where such female helpers were referred to as “Pink Ladies,” until men joined the group.