

Thanksgiving

Thanksgiving is a national holiday in the United States, celebrated on the fourth Thursday of November. It originated as a harvest festival. Thanksgiving has been celebrated nationally on and off since 1789, with a proclamation by George Washington after a request by Congress. Thomas Jefferson chose not to observe the holiday, and its celebration was intermittent until the presidency of Abraham Lincoln, when Thanksgiving became a federal holiday in 1863, during the American Civil War. Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens," to be celebrated on the last Thursday in November. Under President Franklin D. Roosevelt, the date was changed between 1939 and 1941 amid significant controversy. From 1942 onwards, Thanksgiving has been proclaimed by Congress as being on the fourth Thursday in November. Thanksgiving is regarded as being the beginning of the fall–winter holiday season, along with Christmas and the New Year, in American culture.

The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October 1621. This feast lasted three days, and—as accounted by attendee Edward Winslow—it was attended by 90 Native Americans and 53 Pilgrims. The New England colonists were accustomed to regularly celebrating "thanksgivings"—days of prayer thanking God for blessings such as military victory or the end of a drought.

Thanksgiving Blessings



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

I can't believe it has been a little over a month since our 7th Annual Bingo Bonanza Extravaganza! We raised a total of \$3,196. A big thank you to our sponsors, Knit Pickers, residents and guests for your participation, and allowing all proceeds to benefit Shriners Hospitals for Children. Melissa Woods from Shriners will be here on November 8th to accept our "big check!"

Renaissance will soon be closing out their fall symposiums. On November 14th, presenter Carolyn Martin will be discussing Women in World War I. Nurses, ambulance drivers, "Hello Girls", reporters and the first women officially listed in the U.S. military all contributed to our fighting forces.

Michelle with AGA Medicare Options is returning on November 19th to discuss options that will be available in 2020. Anyone that would like to attend must R.S.V.P. in the office by October 12th in order to receive a complimentary pie!

"Autumn is a second spring when every leaf is a flower" - Albert Camus

Campus Commons

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Christine's Comments

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness. We look forward to Thanksgiving here as well.

Daylight Savings time ends, and we fall back on Sunday, November 3rd. Don't forget to set your clocks. If you have smart phones or devices, the good thing about these, they're automatic, which is wonderful!

Please read your calendar carefully as we have changed a couple of things due to the Thanksgiving Holiday. Since we had a big Halloween Happy Hour on the 31st, we will NOT have a happy hour on the 1st of November. Instead, Sia is making a trip to Arden Fair Mall from 1pm – 4pm. Please sign up accordingly.

For the week of Thanksgiving, grocery shopping and banking will be Monday, November 25th. There will be NO transportation on Friday the 29th as this is Black Friday (and who wants to be out in that chaos)?

Look for your housekeeping holiday schedules – some MAY be altered – others may not, so please be on the look-out the week before Thanksgiving.

I'd love to hear your feedback regarding our newsletters. Do you find them informative? Is there something else you'd like to see? Do you enjoy seeing timelines of residents and how long they've been living here? Or does it make any difference to you? With one more newsletter this year, I'm looking to make a few minor changes starting in January. I'm all ears, so please shoot me an email or drop me a note.

Tonya’s Activity Corner

November is the month to be thankful. I am thankful for our Veterans who stood strong and today we stand proud as a nation. If you’re a veteran, please stop by the office and complete a questionnaire. I’m proud to announce and honored to display your photo on our new Veterans Wall. I will be taking veteran pictures on Monday, Veterans Day, November 11th at 10:30 a.m. in the Activity Center.

Mark your calendars because we have two vendors coming in: Sandy with Door Décor and our very own Deanna Brewer who will be selling her handmade glass jewelry.

Please consider our upcoming outings. We always have a great time together. It is so much fun just to get out, get some fresh air and spend time with one another. Please sign up for at least one outing this month. I’ll look forward to seeing new faces.

We’ll head to Old Sacramento and have lunch on the Delta King at the Pilothouse on the 6th. Music at Noon at the Westminster Church on the 13th and then McClellan Aerospace Museum & Lunch at the Officer’s Club on the 20th. On the 27th, we’ll head to Camino – up Hwy. 50 to Apple Ridge Farm. This is a different place than we used to go to. This farm has easy access to shops and eateries, so please consider going.

As a reminder, due to our Halloween Happy Hour on the 31st, we will not have a happy hour on the 1st, but Mike Ely returns to win your heart over on the 8th. Capital City Reflections will have you up dancing on the 15th and I’ll introduce a new entertainer, Roy Hannah, on the 22nd. He is a country singer and plays with a band called Roy Country Band. Bring your cowboy hats and line dancing boots, but please leave your horses tied up outside. We will end our Happy Hour on the 29th with Your Musical Memories - this group will have you remembering songs and memories from the past.

Let’s get involved and have a terrific November. Be thankful, grateful and blessed.

November Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

- Fran Messenger, November 2nd
- Shirley Thornton, November 3rd
- Marian Dodge, November 5th
- Mary Lou Owen, November 6th
- Daphne Wood, November 6th
- Barbara Long, November 7th
- Ruth Magaziner, November 7th
- Russell Ellis, November 16th
- Annelise Nugent, November 19th
- Susanne Coleman, November 21st
- John Bost, November 24th
- Shirley Price, November 24th

Campus Anniversaries

- Ruth Baker – 9 years
- Vonnie Fouch – 7 years
- Lorraine Day – 6 years
- Theresa Stump – 6 years
- Tim Neff – 4 years
- Frank Palmer – 2 years
- Genelle Palmer – 2 years
- Betty Sutcliffe – 2 years
- Caroline Brown – 1 year
- Voneta DeBon – 1 year
- Dorothy Farro – 1 year
- Margaret Kozlowski – 1 year
- Marianne Riley – 1 year

New Residents

- Shirley Thornton #228
- Lortha E. #234
- Paula Alexander #321

November’s Featured Resident
by Shirley Riemer

Karin Powers, having arrived in America from Germany after World War II, successfully tackled English, and later raised a family in Sacramento.

Born in Königsburg, Germany (now Kaliningrad, Russia), the youngest of five children, Karin was born during World War II, at the very time her father was drafted into the Luftwaffe.

Later, as the Russians were advancing into Germany, Karin's mother loaded her children and all the family's possessions, to flee the Russians' advance.

Taking a train to Dresden, the family found refuge in the cellar of an uncle's farmhouse, remaining there through the 1945 bombing of Dresden. The family was forced to leave Dresden, however, because there wasn't enough space for the family, and the food shortage was severe.

When the war ended, the family traveled south to Bogenberg, Bavaria, where the Red Cross located for them housing that had previously been a grocery store. There, they slept on beds of straw and ate their meals sitting around a “table” that had been a grocery counter. They created two “bedrooms” in their space by hanging two huge blankets over ropes stretched from wall to wall. With whatever food that could be found, Karin's mother cooked soup that the family came to call *Wassersuppe* (“water soup”) – made from available vegetables cooked in boiling water.

Karin and her siblings attended the local Bavarian school, where the children did not treat these northern “strangers” kindly. Karin attended first grade at the local Catholic church school, which eventually closed due to a polio epidemic.

Fondly remembered today are the occasions when the U.S. Army troops rode through Bogenberg, always distributing candy to the children. During their two and a half years in



Bavaria, Karin and her siblings played games with Bogenberg youngsters, sometimes even finding bicycles to ride.

Through Red Cross services, the family was able to move to Eppstein (east of Frankfurt), where Karin's father, who worked repairing U.S. Army cars, was able to re-unite with his family, having expressed a desire to the Red Cross to emigrate to America.

And so Karin, at age 14, traveled with her family by train to Bremerhaven, then boarded an Army transport ship to New York, spending eleven sea-sick days on the voyage to America – with the sea-sickness being so severe that the ship's personnel had to direct suffering family members out to the very bow of the ship every day, to breathe in the healing breeze.

A Lutheran church in Portland, Oregon, sponsored the family, offering a two-bedroom apartment there. The train travel to Portland was difficult, as no one in the family knew the English needed for ordering food.

In Portland, Karin's father found a job as a machinist for \$1.00 per hour. Her mother worked cleaning houses. Karin, for the first time in her life, witnessed that new invention, TV – and discovered Elvis Presley!

Without knowing any English, Karin started high school in Portland. For the first year, she was placed in a class of 28 students, each of whom spoke only languages other than English. This English-learning program was so successful that, after that first year, Karin was able to enter English-speaking classes without difficulty. She graduated at age 17, having completed all the required high school classes – in English. She remembers good times in high school, partly because it had an active German club.

Three years after graduation, Karin married. Later on, her husband was transferred to Sacramento, where the family, including their two daughters, moved. Early after the move to Sacramento, Karin obtained her real estate license, then worked as a real estate agent until her retirement. Meet Karin. She'll have some good stories for you.