

Employee Spotlight: Tonya Gutierrez-Ridolfi



Before being hired on with Ray Stone Inc. in 2009, Tonya worked for a medical insurance company in billing and collections. She then switched gears and became self-employed as a childcare provider, then as a caregiver where she found her heart was content with seniors. This led her to Winding Commons for eight years as a Housekeeper, then Resident Relations and Marketing. She was promoted in 2017 as Campus Commons Activity Director's Assistant and Transportation and then Activities Director in 2019.

Tonya is married to Gary; she claims they are complete opposites with his love for the mountains and her love for the city life. She has a 29-year old son, Christopher. Tonya celebrates her birthday this month on the 25th.

Did you know...

Did you know that we moved the Medical Appointment Departure list to the wall above the sign-up table?

Did you know that the bulletin board in the Activity Center is now for resident's use only?

Did you know that Campus Commons offers annual complimentary carpet cleaning?

Did you know that we have 61 fruitless pear trees on the property?

Did you know that Campus Commons was originally built and used as student housing in the late 70s/80s?

Did you know that Campus Commons added 42 additional apartments with balconies, which is considered the "new wing" in 2001?

Did you know there is a new Activity Binder on the sign-up table that has all the games listed for you to sign up so that you can find players?

Well, did you?

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 Cell 916-468-3091
After Hours Cell 916-468-3092
 Dining Room 916-921-5998
 Police Non-Emergency 916-264-5471
Adult Protective Services 916-874-9377
 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

2020 Primary Election

Resident John Bost asked that I remind everyone that when you go to vote on March 3rd to please consider Eric Guerra for reelection for City Council, District 6.

If you will remember, Eric met with us after the tragic loss of our resident Yvonne Oliveira on Cadillac Drive. He deserves our vote for reelection because he was responsible for getting additional signage and then speed bumps installed on Cadillac Drive.

For those interested in ballot drop off locations, we found the following to be the closest to Campus Commons:

McKinley Library, 601 Alhambra Blvd.
 Tu-Th 10am-7pm, Fri 12pm-5pm

Mel Rapon Honda, 3630 Fulton Ave.
 M-Sa 9am-9pm, Su 10am-9pm and
 Open Election Day 9am-8pm

CAMPUS COMMONS

22 Cadillac Drive, Sacramento, CA 95825 * 916-929-3966 www.RayStoneSeniors.com



Team Campus

Christine Pesola
 Community Administrator
 campus-mgr@raystoneinc.com

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 Activities Director
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Natasha McCrimmon
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Judy Dadigan
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 campus-amd@raystoneinc.com

Sia Xiong
 Transportation Driver

Chris Cook, Maintenance
 Eddie Dimov, PT Maintenance
 campus-maint@raystoneinc.com

Charlene Wickizer, Marcy Solis &
 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

Spring has sprung! Or it will this month. The groundhog did not see his shadow, so he was right in predicting an early spring. We had some wonderful weather last month and even though, as the old saying goes, "We need the rain," I love this spring weather. The outdoor dining area will open soon.

Early last month, I posted a notice for residents who have care providers to please inform them they cannot park in the visitor parking. Visitor parking is for just that: visitors! I must also remind everyone that the gated parking is for residents who own vehicles and drive them frequently. The gated parking is not for storing a vehicle and is not for family members.

Sadly, our newsletter correspondent, Shirley Riemer, had to move suddenly early last month. We lost an incredible writer and I will miss reading her interviewed stories on all of you. We will take a break from the "Featured Resident" article in the newsletter until we can find someone who would be willing to interview and submit articles on you!

Shirley also accepted your used batteries. Paige Small has offered to take all used batteries to a recycling place if you would like to give her your used batteries.

When placing your comments in the suggestion box, please be clear so that we may understand what you are suggesting. We have received comments that are unclear and with no names, so these comments go unresolved. Thank you.

The pool table arrived last month, and we are so thankful for this generous gift! I hope you are taking advantage of it and will treat it with care and consideration. A special thank you to James Teare (Jim's son) for thinking of us and for the individual who donated it. I have a thank you card and if you'd like to sign it. Please stop by the office and we'll get it mailed out as soon as possible.

Tonya's Activity Corner

March is a time for spring and lucky days. Get ready for more sunshine and better weather. I am looking forward to long, sunny days.

Thank you again to those residents who participated at our Resident Activities Brainstorming Meeting in late January with many suggestions and ideas. Please read the insert in this newsletter on the notes that were taken. The comments in red were either addressed at the meeting, or they are in the process of implementation.

We've added a few new activities on the calendar this month, so be sure and take a look. On the 11th at 2:00pm, Sip & Paint with Teresa Gutierrez. Teresa has been painting for many years and was inspired from her mom, a portrait artist. Theresa and Markos Egure co-founded ARTners in Sacramento. They painted murals for the YMCA, city blocks in downtown Sacramento and just painted at the Crocker Art Museum for people to watch and purchase their paintings. Come down to meet her and be inspired to paint with her. Wine will be served and sign up as seating is limited.

We've added National Geographic videos the 2nd and 4th Saturday at 2pm in the Cabaret Lounge. In addition to this, we've brought back Ted Talks at 2pm on the 4th Wednesday in the Library/Theatre. After, there will be open discussions among the participants.

Dr. Hague the Podiatrist will be here on Monday, March 23rd at 1:00pm. Please sign-up as soon as possible. If you are new with Dr. Hague, please bring your Medicare card, insurance card, or \$40 cash upon appointment. You will get a call the day of by his assistant according to the sign-up sheet to give you an approximate time to come down to the Beauty Salon.



March Birthdays

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Carol Doring, March 2nd
Peggy Smith, March 6th
Michael Halfant, March 14th
Ginger Gunnensen, March 15th
Myra Alpert, March 18th
Sam Adrien, March 19th
Joe Woelflen, March 20th
Tonya Gutierrez Ridolfi, March 25th
Eric Christie, March 26th
Natasha McCrimmon, March 28th

Campus Anniversaries

Barbara Holland – 17 years
Bill Becker (348) – 7 years
June & John Bost – 6 years
Pat Edmonds – 4 years
Barbara Cross – 2 years
Connie Lineberger – 2 years
Marian Dodge – 1 year
Daniel Fortunato – 1 year

Welcome New Residents

Neal & Nancy #319
Paula L. #315
Ron C. #244

Join us on Friday, March 20th for Horse Racing in place of our traditional Happy Hour. This is a fun time to bet on the ponies and win prizes after the 2nd, 4th, and 6th race. Enjoy wine, beer and cheer on your favorite horse to win. If you don't know what Horse Racing is, come on down and we'll show you how to play.

March Outings & Entertainment

Are you feeling lucky? We'll head to Jackson Rancheria Casino on the 4th. They have a buffet there so you can stop gambling to have lunch at your leisure. We'll head back to Westminster Church downtown Sacramento for Music at Noon to hear Pianist Sakurako Kanemitsu on the 18th. After we will head to the Gekkeikan Sake Tour and have lunch in Folsom on the 18th. We'll end the month at the historic Rudy's Hideaway in Folsom on the 25th. Please be sure and sign up!

Our Friday Happy Hours will bring some of your favorite entertainers like Your Musical Memories, Mike Ely and the Happy Trails Duo. We've got a special Happy Hour on the 17th to celebrate St. Patrick's Day with the Mellow Fellas and an Irish dinner will be planned as well. This goes without saying, but wear your green and stop by before lunch in the Card Room to have your St. Patty's pictures taken with Tonya.

Natasha's Marketing Minutes

The Renaissance Society will add a third visit this month, as well as in April with one of them being on a Wednesday. They asked if we could add an additional topic to our calendar as another community will not be able to accommodate them. Please look on your calendar for specific dates as we have some very interesting topics like The Literary Ladies of Sacramento, Tahoe Railroads and Eleanor Roosevelt.

Don't forget to invite a friend to attend with you and remember, if you refer someone to Campus Commons and they move in, you will receive a resident referral fee once they've lived here for 60 days. How easy is that?

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~Charles Dickens

Financial Scams Targeting Seniors – Counterfeit Prescription Drug

As we continue our monthly tips on senior scams, most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity since 2000. The FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s.

The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet. Always check with your physician when in doubt.

Culinary Corner

Our Food & Dining Committee will start back up this month. Your volunteer members are: Dusty, Genelle, Fran, Claudia & Myra. Please let them know if you have anything you would like brought up at our meetings.

We are experiencing more dinner guests, which is wonderful, but we are asking that you let the dining staff know when guests will join you. We can better plan and serve when we know ahead of time. As soon as you know when dinner guests will be joining you, please let Carol or a dining team member know right away.

Carol has made a few changes in the dining room by adding two-tops. These are the small tables that seat just two people. We've received a lot of positive feedback. Remember, our dining room is open dining; we will not reserve a table unless you specifically ask for one for you and your guest(s).