

Financial Scams Targeting Seniors – Telemarketing/phone scams

Now, more than ever, it's important that you're all paying attention to telemarketing and phone scam calls. Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore, might not be fully aware of the risk.

With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

The Pigeon Drop: The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

The fake accident ploy: The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

Charity scams: Money is solicited for fake charities. This often occurs after natural disasters.

Bottom line use common sense. Never give your social security number, bank account or any credit card numbers over the phone to a stranger that calls you. If you call a reputable company to order something, that's completely different. Just make sure it's on the up and up. Beware and be safe!

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



Guess the Employee



Campus Commons

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



Christine's Comments

Hello everyone. How are you holding up? It looks like we're in this for a little bit longer. None of us expected this. But I am just so incredibly proud of our community. You are all doing your part. You're staying home and keeping your distance from one another, and that's how we will get through this. Some of you are coming out of your apartments, wearing your masks and sitting outside getting some much-needed sunshine and fresh air. I encourage you to do that, but please, keep your distance.

This month we celebrate Mother's Day. And just like Easter, it will be celebrated a little differently. Chef Brian and team will offer a lovely meal, I'm sure, so look for your menu order sheet on April 29th. Don't forget, we'd like all menu orders for the following week by noon on Thursdays.

Don't forget to check your red bags daily for any updates we may have for you. And dig a little deeper into those bags as we are seeing that you're not picking up your extra goodies.

Thank you to those 35 residents who have sent me their email addresses. And if you didn't already know, all the letters that you've been receiving from our corporate office have also been sent to your family member's email addresses, so we are keeping them in the loop as well. Receiving their positive feedback and yours has been very encouraging to the teams.

Please do not throw your Styrofoam boxes with leftover food in the recycling bins. Styrofoam is not recyclable. Please place them in the regular trash bins.

Thank you to Joann Charamuga, Joan McGee and Nina Lyon for planting the patients in the flower beds. It looks bright and cheerful out back. The umbrellas and cushions were put out and it's a nice place to sit and enjoy the fresh air – as long as you keep at least a six-foot distance from one another.

Team Campus

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 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer,
 Carol Haran, Evening Porters

Brian Thomas, Chef Manager
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Celebrate Cinco de Mayo



Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is held on September 16. It commemorates the day in 1810 when a Catholic priest known as Father Hidalgo made a speech in the town of Dolores calling for independence from Spain. Hidalgo's speech has since been called the "Cry of Dolores," and the town is now known as Dolores Hidalgo. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon III ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

French General Charles Latrille de Lorencez soon marched his force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town under the command of General Ignacio Zaragoza. On May 5, 1862, Lorencez surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Zaragoza's victory at the Battle of Puebla was not a major one, but it was symbolic. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.

May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

- Anita Martin, May 3rd
- Paula Lander, May 4th
- Loretta Landers, May 11th
- Barbara Cross, May 15th
- Shirley Marks, May 15th
- Lyn Gaskin, May 22nd
- Ann Paul, May 24th
- Yolanda Wright, May 25th
- Bill (348) Becker, May 26th
- Joann Charamuga, May 28th
- Mary Higdon, May 31st

Campus Anniversaries

- Ann Paul – 8 years
- Ron Rasmussen – 5 years
- Barbara & EB Long – 4 years
- Joyce Kunz – 4 years
- Gloria Roberts – 3 years
- Marguerite Spencer – 2 years
- Helen Waterbury – 2 years

Welcome New Residents

Jim M. #321



Stay Positive

Isn't that what we're all hearing these days regarding our current situation? What exactly does that mean and what is positivity anyway? Positivity is a state of mind we would all like to achieve, but it isn't always easy. During a period of depression, loss or social distancing, having a positive mindset can feel impossible. Many of us are also skeptical about positivity. We ask ourselves if it's even possible to look on the bright side when there's so much negativity in the world.

Part of the problem could be that we're approaching positivity all wrong. Being positive doesn't necessarily mean being happy all the time or seeing the good in everything. In fact, the official positivity definition may surprise you. According to the Oxford English Dictionary definition, positivity is: "The *practice* of being or tendency to be positive or optimistic in attitude."

That's right. Positivity is a practice, not something you're born with. Positivity is a skill you get better at the more you do it. What's more, scientists are now learning that the power of positive thinking is more than just a buzzword – it can actually rewire our brains to rewrite trauma and overcome negative thinking patterns. Positivity is the act of training your brain to think and respond to situations calmly and optimistically. It takes time and a little effort every day, but the rewards can be life changing.

The definition of positivity is only helpful if you can put the words into action. Here are some steps to help you live a more positive life.

Be Mindful. Studies show that people who practice mindfulness are calmer, have better memories and are more creative than those who don't. This is because our brains are programmed by neural connections. Like working a muscle in the gym, the more you work on a particular neuron (e.g. positivity), the stronger it gets. The neurons you don't use will eventually disappear. This is how habits form. The following are some tips to help you become more mindful.

Practice Gratitude. Practicing gratitude is surprisingly simple. Find a time of day that suits you (the last thing at night works best) and write down three things for which you are grateful. You may choose something as small as a hot shower or the coffee you drank on your way to work, or as general as support from your friends and family. If you're unable to get out of bed due to mental or physical illness, be thankful that you have a soft pillow and a comforting space to rest and recover.

Journal. If you're going through a challenging time in your life, starting a positivity journal could help you achieve a happier mindset. You can keep your gratitude lists here, jot down inspiring quotes and collect images that make you feel good. When you're having a particularly bad day, you can look back at your positivity journal and know that there are things in life to feel good about.

By taking a few small steps each day towards positivity, we can re-train our brains to look for the good things in life. All we ever have is this moment – so why not make it the best it can be?

