

List of In-House Services

Kaleidoscope Salon

Denise Hubbard (916) 486-2710
 Call to schedule an appointment
 Open Tuesdays ~ Fridays
 8:00am - 5:00pm
 Men's Haircut ~ \$12.00
 Shampoo or Conditioner Only ~ \$7.00
 Highlights ~ \$50.00+
 Tints ~ \$50.00+
 Perms ~ \$65.00+
 Shampoo/Set ~ \$18.00
 Haircut Only ~ \$18.00

Clean Touch

Will Huttunen (916) 600-6161
 Laundry services, dry cleaning and alterations
 Call for pick up at your front door, every Monday and Thursday!

Family Wash & Dry

Rodney Stillford: (916) 871-9850
 Fluff & Fold Services

Community Hearing Aid Ctr

Ed Vinson (916) 797-9188
 Free cleaning, batteries & check-up!
 2nd Thursday of each month at 1:30pm
 Craft Room on the 1st floor.
 Sign up in the book!

Blood Pressure Checks

Once a month in the Lobby
 3rd Thursday of the month @ 9:30am
 Except if there is an emergency, call!!!

Affordable Canine & Professional Dog Walker

Lisa Free (559)-800-3351

Juanita's Bingo will return
 once our activities start back
 up!



Office Hours

Monday-Friday
 8:30am-5:30pm
 Saturday & Sunday
 9:00am-5:00pm

Administrator ~ Juanita Junco
 Marketing Director ~ Marlene Squire
 Activities Director ~ Tina Evans
 Resident Relations ~ Daisy Coronel
 R.R. Part Time ~ Traci Gelgood
 Maintenance ~ Jack Pesola
 PT Maintenance ~ Eddie
 Bus Transportation ~ Janette Munzo
 Van Transportation ~ Drew Marcus
 Housekeeping ~ Margaret, Phul, Terri and Wendy
 Part Time Night Porters ~ Joy, Julia, Justin and Cullen.

Roseville Commons Contact Numbers:

Front Office: (916) 786-2751
 Fax: (916) 786-2781
 Transportation: (916) 870-2452
 Kitchen: (916) 472-6471
 Activities Office: (916) 749-3189

The Rose Review

Roseville Commons • 275 Folsom Rd. Roseville, CA 95678 • (916) 786-2751

www.RayStoneSeniors.com, Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Celebrating April Activity Talk & Raffle

Wednesday, April 1st
 1:00pm-RR

Wine Social

Saturday, April 4th
 w/Jim & Linda ~ New Entertainment
 2:30pm-RR

Tuesday Speaker's

Tuesday, April 7th
 Damsel in Defense
 1:00pm-RR

Easter Wine Social

Saturday, April 11th
 w/PUCCI
 2:30pm-RR

Easter Mimosas Brunch

Sunday, April 12th
 10:30am-1:00pm -DR
 Pick up Boxed Suppers

Tuesday Speaker

Tuesday, April 14th
 Roseville Police Department
 1:00pm-RR

Tuesday Music

The Discords
 Tuesday, April 21st
 1:00pm-RR

Life's like a movie

If you are sad: Drama
 If you are afraid: Suspense
 If you are angry: Action
 If you look in the mirror: Comedy
 Now you are smiling. Horror!

Happy April Fool's Day

If you don't have a great sense of humor, then April Fool's Day is likely your least favorite day. I do like April Fool's Day. It gives me a chance to see all different kinds of facial expressions and brings out a lot of laughter.

Let's share a little more Laughter this month



Some researchers think laughter just might be the best medicine, helping us feel better and putting that spring back in our step. Yet researchers aren't sure if it's actually the act of laughing that makes people feel better. A good sense of humor, a positive attitude, and the support of friends and family might play a role, too. But while we don't know for sure that laughter helps people feel better, it certainly doesn't hurt.

An Important Reminder

Stay healthy, stay positive, stay hydrated **PLEASE!**
 Stay home if you do not feel well.
 We want to keep everyone healthy & happy. 😊

Juanita

Jack's Maintenance Corner

Keeping it cool, frozen and fresh.

Your refrigerator and freezer should have separate controls for temperature, some models have only one temperature control in the refrigerator box. The control knob goes from minimum to maximum for temperature. Standard setting is usually the middle or marked recommended.

If you do not keep that much food in the refrigerator, keep it at the recommended setting. If you do not have that much food stuff for your freezer, I recommend getting a gallon jug and fill it with water so it freezes. This will help keep the box colder and will not run as much.

On the back wall of the freezer are air vents to help circulate cold air. Try not to put food products right up against the vents, this will make the unit work harder and will not keep product frozen properly. Unfortunately, ice cream does not get as hard as we may like in these freezers. It will, however, keep the ice cream fresh and hard enough to scoop, to where you do not have to get a chisel to get it out of the container.

If the temperature is not cold enough because of a lot of food, call in a service request and I can adjust the temperature for you. You can adjust it yourself if you want to. But, do not change the temperature too far up or down. The temperature will take about 24 hours to stay consistent.

These are self-defrosting units. There may be some ice buildup, but not much and not too long, until the defrost cycle runs. Make sure the doors are closed all the way for proper operation. If a bulb goes out, or if you have any other concerns or problems, let us know.

So, next time you are up for a midnight snack, you can be sure it tastes fresh.

Stay healthy and happy 😊

Jack

Marketing Moments

Spring is here, the skies are blue, and smiles are everywhere at Roseville Commons!

The Open House events we held during the 1st quarter were a great success! The entertainment was over the top and the food was deliciously prepared by Chef Phil and his staff. Thank you all for being so welcoming to our guests, as always!

It's opportunities like these that allow our guests to see and meet you ~ the wonderful people that live here ~ and, hopefully, inspire them to join us.

Enjoy every minute of the month and remember what Mark Twain wrote "The first of April is the day we remember what we are the other 364 days of the year".

Happy April Fool's Day! I hope the following brings a smile to your face ...

As a bank teller, I was required to obtain identification from customers making withdrawals, even if I knew them. On Mrs. Brady's third visit to my window in a week, she balked at my request for her ID. "I can't believe you don't know me after all these years," she said. A few minutes later, I was relieving the drive-up teller and was surprised to see Mrs. Brady in the next car. "Hi, Mrs. Brady," I said, laughing. "Back again so soon?" "I'm glad you remember me," she huffed, "because that girl inside never does!"

My dentistry patients are called and reminded the day before their scheduled appointments. During an office visit, one man was in an especially good humor and explained why. "My staff kids me about the high opinion I have of myself," he said. "Yesterday your receptionist left a message that had them in stitches." He related the memo his secretary had handed him: "Your crown is ready."

Marlene

The "Unsinkable" Titanic



On March 31, 1911, nearly 100,000 people gathered on a dock in Belfast, Ireland, to watch the launch of the RMS *Titanic*, the largest and most luxurious ocean liner ever built, a feat of engineering and a ship that many boasted was "unsinkable." A little over a year later, on April 14, 1912, the unthinkable happened: On its maiden voyage, the mighty *Titanic* struck an iceberg and sank to the bottom of the Atlantic.

The *Titanic* was the most technologically advanced ship ever built. She had a double-plated bottom and 16 watertight compartments in the hull with doors that could close in case any were breached by water. For many, these innovations were a guarantee that the ship would stay afloat in any conditions. It also had a state-of-the-art electrical control panel and a wireless communications system that could transmit Morse code in the event of an emergency. None of these safeguards, however, could save the *Titanic* from her fate.

A mild winter had resulted in the north Atlantic being full of icebergs in April of 1912. There were many reports of floating bergs, but the crew of the *Titanic* paid them no mind. The 46,000-ton ship could reach a speed of 30 knots, making it not only the largest but also the fastest ship in the world. Captain E.J. Smith was speeding along at 22 knots when the iceberg was spotted, and while he was able to avoid a head-on collision, the iceberg struck the starboard side, ripping a gash in the hull that opened six of the 16 watertight compartments. Unfortunately, the ship's design could withstand the flooding of only four compartments. An SOS signal was sent from the innovative new communications system, but another ship did not arrive for over three hours. By then, the *Titanic* had broken in half and sunk. Due to a shortage of lifeboats, many passengers perished in the frigid waters. Just 705 of the 2,206 on board survived, and the sinking of the *Titanic* became one of the worst lessons in overconfidence ever suffered by mankind.

Kitchen Corner

Brunch and Dinner Orders

Hello, Residents

I would like to thank everyone for your patience and understanding during this unusual time. I want to reach out to everyone to give you a better understanding of how we are taking orders for meals during the next few weeks.

Brunch

Your brunch order for the next day will be taken at the time your dinner is delivered to you. For example, when Wednesday's dinner is delivered you will order Thursday's brunch.

Dinner

Your dinner order will be taken at the time your brunch is delivered. For example, when Thursday's brunch is delivered you will order Thursday's dinner.

VERY IMPORTANT

If you do NOT receive your meal, please call the kitchen to request your brunch or dinner before noon for brunch and before 5pm for dinner. Always feel free to call the **kitchen at our new number (916) 472-6471**, if you have any questions or to place your order if we missed you.



Wash your hands & stay healthy,

Chef Phil