

A Fight for Women's Rights



On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women.

Stanton was a well-educated woman who worked alongside her husband as an abolitionist. While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the unequal treatment of women in society. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention in Seneca Falls. Stanton opened the convention with a stirring speech:

"We are assembled to protest against a form of government, existing without the consent of the governed—to declare our right to be free as man is free, to be represented in the government which we are taxed to support, to have such disgraceful laws as give man the power to chastise and imprison his wife, to take the wages which she earns, the property which she inherits, and, in case of separation, the children of her love."

Stanton, Mott, and others had penned their Declaration of Sentiments, a rewriting of the Declaration of Independence that added the words *woman* and *women* throughout. The document also listed 18 grievances highlighting the disempowerment of women in society. Attendees discussed and passed 11 resolutions on women's rights, resolutions that demanded women be held as equals to men in the eyes of the law and society. Ten of the 11 passed unanimously. The ninth resolution, which demanded the right to vote for women, struggled to pass. It took stirring speeches by Stanton and fellow abolitionist Frederick Douglass to muster support. The Seneca Falls convention remains a watershed moment for women's rights, a struggle that continues to this day.

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 (temp. closed)
 Clean Touch Dry Cleaning 916-366-6666
 Pick-up & drop-off Monday & Thursday

If you need to cancel any of your meal deliveries, please call the kitchen 916-921-5998 or the office 916-929-3966 by 9:30am and let us know ahead of time. Although we appreciate the notes left on your bags or tables, the kitchen staff still prepares your meals. It's important we know ahead of time that the meal is not needed to avoid waste.

Resident Bulletin Board

The bulletin board in the Activity Center is YOUR bulletin board. Its main purpose is a place for personalizing beneficial information; selling a car, walker, shower chair, etc.

We may post permanent reminders about the Bookmobile and Clean Touch, but for the most part, the bulletin board is yours.

Campus Commons

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



Summer's Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you.

Residents of Maine in the American northeast take pride in their wild blueberries. Wild blueberries are native to North America. They are smaller, sweeter, tangier, and more flavorful than their grocery store counterparts. Wild Maine blueberries may not become available until late July, but once they are harvested by Mainers, they are put into every dish imaginable, from muffins to homemade jam.

Marion County, Oregon, is awfully proud of their marionberries, the so-called "King of Blackberries." The marionberry is a cross between the Chehalem and Olallie strains, and the result is big, firm, sweet, juicy, and delicious. Oregon produces 30 million pounds of marionberries each year, shipping almost none of them out of the state. So, if you do happen to find marionberries outside of Oregon, consider yourself lucky!

The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to regional white pine trees. The ban on gooseberries was lifted in the 1960s, but they are still hard to find in the U.S. Unripe berries are green and add a sour tang to dishes. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries. For this reason, they are often a substitute for rhubarb.

These are just a few of the wonderful berries available at the peak of summer during Berry Month. If you're lucky, you might also find dewberries, huckleberries, elderberries, cloudberries, loganberries, or others waiting for you to add them to your favorite pie, buckle, or cobbler.

Team Campus

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 Carol Haran, Evening Porters

Brian Thomas, Chef Manager
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Employee Spotlight



Natasha was born on March 28, 1989 in Fresno. Following her, were four younger siblings, all girls. In 1994 her family uprooted to San Diego where she was partially raised, then returned to Fresno in 1997. Natasha said she discovered her singing talent at age two. Growing up, her mother said, “you know you’re a singer when you wake up and the first thing you do is sing!” As she got older, she began to take interest in other hobbies like playing the tenor saxophone and keyboard.

While her mother (a single parent) went off to work by 4am every morning, Natasha had to take on the responsibility of helping care for her siblings. This meant dressing them, walking them to and from school, making sure chores and homework were complete and preparing dinner by the time her mother returned home around 6pm. By age eleven, Natasha already knew how to cook for her family, clean, and even learned to drive at age fourteen.

Natasha went through grade school like a breeze. She used to beg the teachers for homework to do over the weekends, expressing how much she loved school.

Natasha planned to move to Indiana to live with her grandfather, but just two weeks after graduating from high school, she received tragic news that her grandfather suddenly passed away. This changed everything, so she moved to Vacaville to live with her grandmother to attend Solano Community College where she majored in Psychology and Business with a minor in theatre and music.

After completing her first year in college, Natasha started working and juggled between work and school. She began to focus on the “work life” and married at age 22. For the past four years, Natasha has had the pleasure of working with seniors with different levels of care as a Caregiver, then received her certification to become a Medication Technician.

July Birthdays

In astrology, those born between July 1–22 are Cancer’s Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo’s Lions, the zodiac’s natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

- Bob Chadwick, July 2nd
- Nancy McCauley, July 5th
- Paul Skreden, July 11th
- Lortha Erickson, July 12th
- Mary Johnson, July 12th
- Daniel Fortunato, July 14th
- Esther Franklin, July 28th
- Ginny Johnson, July 30th

Campus Anniversaries

- Annelise Nugent – 16 years
- Bill Becker – 8 years
- Elsie Beebe – 6 years
- Nancy Millin – 5 years
- Al Barber – 2 years
- Betty Cable – 2 years
- Myra Alpert – 1 year
- Daphne Wood – 1 year

Employee Spotlight continued...

Since early 2017, she has learned the different aspects in the medical field. She joined Campus Commons as Resident Relations in August 2017 then was promoted to Marketing Director in July 2018. She enjoys being one of the first point of contacts, as it shows in her professionalism and great customer service.

Natasha loves interacting with residents and their families and is grateful to be part of such a wonderful community filled with fun, laughter, and excitement that our residents call home.

New Activity: Out Loud Short Stories

I am excited to announce that as part of our efforts to find a way in this “new normal” to make your living experience better here at Campus Commons and generally make things as interesting as possible, we are launching a new activity beginning the first Monday of July –

Genelle Palmer, a three-year resident, has volunteered to read aloud twice a week to anyone who is interested in hearing a story. She has a background in drama and English Literature so is well suited for this activity. In addition, she is an accomplished Toastmaster having even completed a module in Dramatic Reading as part of her advanced work in the program.

Weather permitting, the activity will take place in the patio area outside the Activity Center Mondays and Thursdays each week at 1:00 p.m. As with other things, participation is limited to 8 persons on a first come, first serve basis. The session will be cancelled anytime the temperature is predicted to be over 95 degrees. This may make it a little disjointed, but we do live in Sacramento and summer is often overly warm.

While the weather is uncertain, Genelle is planning on presenting short stories by authors such as Jack London and Willa Cather. It is hoped that these stories can be completed in a single session. Then in the fall when the weather settles, and if there is interest in a longer story read a full book in parts, Genelle will present one that she thinks is particularly charming.



Financial Scams Targeting Seniors – Sweepstakes & Lottery Scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that “there’s no such thing as a free lunch.” Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the “prize money” removed from his or her account as soon as the check bounces.

What Am I?

1. I have been in use for centuries.
2. When ancient Greeks made me, the main ingredient was olive oil.
3. Ancient Egyptians made me with rice and jasmine extracts.
4. Chemistry has made me what I am today.
5. I can be extremely helpful, but not if you rub me the wrong way.
6. Women in Burma have been making me for more than 2,000 years.
7. Soldiers in the South Pacific during WWII were happy to have me.
8. I do love hanging out at the beach or around the pool.
9. In 1977, I became water-resistant.
10. Any discussion of me is topical.

Guess the Employee

For those that guessed Christine as the baby in June’s newsletter, you were right!