

List of In-House Services

Kaleidoscope Salon ~ **Currently Closed**

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 ~ **Currently not available!**

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~ **Currently not available!**

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

Join us outside for Wooden Horse Races!

You will need 6 Quarters
to place your bets!



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 ~

R.R. Part Time ~ Traci Gelgood

Maintenance ~ Jack Pesola

PT Maintenance ~ Eddie

Bus Transportation ~ Janette Munoz

Van Transportation ~ Drew Marcus

Housekeeping ~ Margaret, Phul, Terri and

Wendy

Part Time Night Porters ~ Joy, Julia, and

Justin.

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/>



AUGUST ... the month of Heat and Sun!

Did you know that the hot days of August bring the best bounty of the season? Ripened tomatoes, ripe melon, sweet corn on the cob, and zucchini are just a few of the delicious produce items that Chef Phil will be serving up this month!

We all want to make our Community a place of comfort and safety, a place we can be proud of, a place to share. As face coverings and social distancing become the new normal; you, the residents of Roseville Commons, have stepped up to the task of keeping yourselves, your friends, your neighbors, and my staff healthy and safe during this unprecedented time. I truly appreciate each one of you!

PLEASE CONTINUE TO DO YOUR PART

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub/sanitizer.
- Maintain at least six feet distance between you and another person.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you are not feeling well.
- Wear your face covering when out shopping, walking in the hallways, enjoying activities, or sitting with groups.
- Drink plenty of fluids and get enough rest.

And last but not least ...

As the days continue to warm up, remember to close your blinds early before it gets too hot outside. Call the Office early for any air conditioner concerns and please do not set the temperature below 72 degrees; otherwise, it may freeze the unit and start leaking or stop working.

*Thank you,
Juanita*

Celebrating August

Happiness Happens Month

National Watermelon Day

August 3

National S'more Day

Monday, August 10

We hope you enjoy your special dessert with dinner!

Dream Catcher Craft Kit Day

August 15

*Please sign-up in the **Pink** book.*

I will drop off your kits!



Wooden Horse Races

Friday, August 28

You will need 6 quarters

To place your bets!



Marketing Moments

Remember the Summer vacation road trips that so many families took when gas was cheap and “A Day at Disneyland” Adult Ticket Book was \$2.50 and kids could get in for \$1.50, attractions included? Even better, the entrance fee for a 2-week camping trip at Yosemite was only \$3.00!

Here is another August adventure tidbit ... on August 7, 1909, Alice Huyer Ramsey and 3 girlfriends became the first women to complete a transcontinental automobile trip, taking 59 days to travel from New York City to San Francisco. Alice drove the entire trip in a 1909 green Maxwell 30, maximum speed was 42mph and only 152 miles of the 3,600 miles traveled were paved.

So, it's Goodbye July ~ Hello August ... an August unlike any other in my years here at Roseville Commons. I remain confident that sometime, sooner than later, we will look at this difficult time in the “rearview mirror”. And when we do, it will be with great pride in how we individually and collectively responded! Keep smiling and stay well!

Marlene

“Someone is sitting in the shade today because someone planted a tree a long time ago”

Warren Buffett



Let us give a very warm welcome to our new residents!



Tony Nolasco #137

Jazz Milestones



On August 17, 1959, the world experienced what many consider to be the greatest and most innovative jazz recording of all time, Miles Davis' *Kind of Blue*. To support his trumpet, Davis gathered some of the best musicians in the business: saxophonists John Coltrane and Julian “Cannonball” Adderley, pianists Bill Evans and Wynton Kelly, bassist Paul Chambers, and drummer Jimmy Cobb. Up until this point in jazz music, bebop, with its traditional chord changes, was the norm. Davis and composer George Russell threw precedent out the window. They chose to improvise not by following chord changes but to instead use scales, chords, and melodies. This opened up their music to almost endless possibilities. It was a new musical movement that would change jazz forever. The musicians recorded a mere three reels of tape—not much by recording standards—over just two days of recording. Davis called for almost no rehearsal, and musicians did not even know what they were recording until they showed up at the studio. Even during those sessions, Davis gave almost no instruction. The result of those brilliant improvisations became the best-selling jazz album the world has ever known.

Only You

During World War II, Japanese submarines bombed a California oil field and nearly triggered a massive forest fire. This prompted the Forest Service to run ads in conjunction with the War Advertising Council that read, “Another Enemy to Conquer: Forest Fires” and “Careless Matches Aid the Axis.” Disney had just released the hit *Bambi* and allowed the young animated deer to be used as a mascot. Then, on August 9, 1944, the U.S. Forest Service retired Bambi and adopted Smokey Bear as its new mascot, wearing his trademark Ranger's hat and blue jeans and carrying a shovel. Soon, every camper in America knew about Smokey and his mission to prevent forest fires.



In 1950, a manmade fire swept through Lincoln National Forest in New Mexico. While trapped by the flames, twenty-four firefighters found a lone black bear cub clinging to a smoldering tree. All survived, and the rescued cub was named Smokey. He was moved to the National Zoo in Washington, D.C., where visitors could meet the real-life Smokey Bear, learn his story of survival, and understand the horrible dangers forest fires pose to both wildlife and society.

Over the decades, Smokey's message has sunk into the consciousness of America. The average amount of forest consumed by fire fell steadily each year, from 22 million acres in 1944 to 6.6 million in 2011. Americans understood the dangers and destructiveness of forest fires and that fires could often be prevented.

But has all this fire suppression been counterproductive? Some argue that fire suppression has led to a buildup of dead trees and dried underbrush, creating a fuel to feed catastrophic blazes. We now know fires are a natural part of a forest's life cycle, important for its growth and renewal. What does this mean for Smokey Bear and his messaging? Perhaps it means that the best way to help our forests is to keep learning about them.

From Your Chef

Hello Residents,

Can you believe it is already August? Thank you for filling out the surveys we looked them all over and are trying to give you the best service we can at this time. Your feedback is very important and helps us see where you would like us to improve. We will be putting together a survey that fits our current service in our efforts to continually provide great service. Please feel free to call us with any questions you may have, or if you would like to give us feedback **(916) 472-6471**.

We love serving you and enjoy our brief conversations during deliveries. We are all still looking forward to getting to see everyone back in the dining room and celebrating with a great dinner. Stay safe!

Thank you,

Chef Phil



History of August

In earlier versions of the Roman calendar, August was called Sextilis, the sixth month. It consisted of 31 days. It later became the eighth month with a length of 29 days when [January](#) and [February](#) were added to the year. Julius Caesar added two days to the month around 45 BCE. It was later renamed to honor Augustus Caesar in 8 BCE.



Famous August Birthdays

Jerry Garcia (musician) – August 1, 1942
 James Baldwin (writer) – August 2, 1924
 Barack Obama (president) – August 4, 1961
 Matthew Henson (explorer) – August 8, 1866
 Alex Haley (writer) – August 11, 1921
 Lillian Evanti (singer) – August 12, 1890
 Julia Child (chef) – August 15, 1912
 Coco Chanel (designer) – August 19, 1883
 Ray Bradbury (writer) – August 22, 1920
 Althea Gibson (athlete) – August 25, 1927
 Ted Williams (athlete) – August 30, 1918

Our August Birthdays

Jay A. 7th, #112
 Helen O. 8th, #317
 Ada P. 17th, #321
 Diana H. 18th, #122
 Gloria G. 21st, #219
 Dennis D. 26th, #116

In astrology, those born between August 1–22 are Leo's Lions, the natural-born leaders of the zodiac. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations. Those born between August 23–31 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint.

Tuesday and Friday Games:

Due to the lack of interest on our second game of **POKENO** on Tuesdays, and **Bingo** on Fridays, I have removed them and will be offering 6 games, instead of 3 games at 12:45pm. I completely understand it is due to the heat. We do have our tents up for shade and we provide water, and snacks during these fun game times. Please continue to sign-up (limited spaces). We are all trying to make it through this pandemic the best we know how, while keeping all of you in good spirits, safe and healthy. Thank you for all for your patience and kindness during this time. Please feel free to call me any time at (916) 749-3189.



Keep Smiling,

Tina

Flower Power



August 28 is Daffodil Day, a day celebrating this beautiful flower. The ancient Greeks, who called the flower a narcissus, acknowledged its beauty in their myths. A man named Narcissus was so

taken with his own beauty that, after seeing his reflection in a pool of water, he stopped to admire himself. He was so obsessed with his beauty that he could not pull himself away from his own reflection. Alas, he died at the waterside, and in his place grew the first daffodil. It is from this myth that we get both the flower's name and the word *narcissist*, a word for those who admire themselves too much. But why shouldn't daffodils admire themselves? They are beautiful, after all. And because they are some of the first flowers to bloom in the spring, they are also associated with rebirth, renewal, new beginnings, and hope. For this reason, daffodils have become a potent symbol of hope in the fight against cancer. Cancer councils around the world use Daffodil Day to raise funds to support life-saving cancer research.

Activities:

Sign-up in the **Pink Book, except for walks!**

Our Tuesdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class. Low impact, full body workout.

11:00am: Meet out front for a nice Walk to and from Rite Aid, if you need to do some shopping, this is the perfect time. (I will only stay at the store with you, if needed).

Our Wednesdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class. Low impact, full body workout.

12:45pm ~ Front Parking Lot: **POKENO game**
 You will need 20 dimes for 6 games. We will supply a chair with arms. If you have a walker please use it for your safety.

Our Thursdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class.

1:00pm-3:00pm ~ Happy Hour on Wheels

Our Fridays:

10:00am ~ Out Front: ½ hour Seated Exercise Class by Tina. Low impact, full body workout.

12:45pm ~ Front Parking Lot: **BINGO game**

You will need 8 dimes for 6 games. We will supply a chair with arms. If you have a walker please use it for your safety.

Our Saturdays:

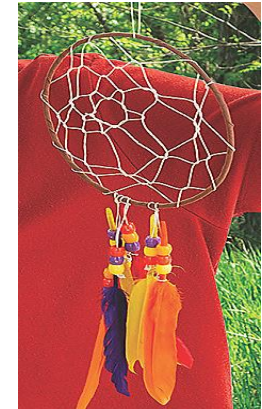
10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class. Low impact, full body workout.

11:00am: Meet out front for a nice Walk to and from Rite Aid, if you need to do some shopping, this is the perfect time.

If you would like **Brain Teasers/Crossword Puzzles** please call Tina @ (916) 749-3189 and I will drop them off at your apartment on Saturdays.

Craft Corner

This month I will be providing you with all the supplies needed to make your own Dream Catcher. You will need to sign-up in the **pink** book. I will deliver your craft kit in a plastic bag, along with instructions to your door on Saturday, August 15th.



I hope you have fun making your Dream Catcher!

Tina

A Can-Do Attitude



The first of August is International Can-It-Forward Day, a day to extol the virtues of preparing for winter by canning all types of foods. With careful planning, summer's bounty of fruits and vegetables can be enjoyed throughout the winter. The canning of foods was invented by Frenchman Nicolas Appert, a Parisian chef who successfully preserved the first soups, juices, jellies, vegetables, and syrups in jars. His process was simple; he sealed jars with cork and sealing wax and then boiled them to cook the contents, destroy bacteria, and make the jars airtight. In many ways, our modern methods of canning foods are no different from Appert's methods of a century ago.

