

## My Self-Isolation Quarantine Diary

Contributed by Arlie Veis

After going almost four weeks of self-quarantine, I thought I would share my diary of the two weeks.

Day 1 – I can do this! Got enough food and wine to last a month!

Day 2 – Opening my 8<sup>th</sup> bottle of wine. I fear wine supplies might not last!

Day 3 – Strawberries – some have 210 seeds, some 235 seeds. Who knew??

Day 4 – 8:00 PM. Moved from my day pajamas and put on my night pajamas.

Day 5 – Today I tried to make hand sanitizer. It came out as Jell-O Shots.

Day 6 – I get to take the garbage out. I'm so excited - I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!

Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9 – I put liquor bottles in every room.

Tonight I'm getting all dressed up and going bar hopping.

Day 10 – Struck up a conversation with a spider. Seems nice. He's a Web Designer.

Day 11 – Isolation is hard. I swear my fridge just said, "what the hell do you want now?"

Day 12 – I realize why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

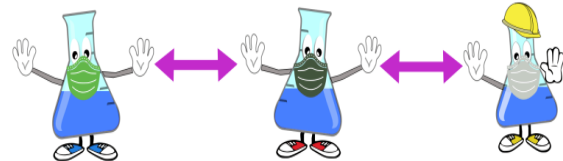
Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

But I'm still hanging in there. Stay safe and stay healthy.

Social distance, please



## 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

## Important Information for Drivers

Contributed by Dorothy Wooldridge

California has extended some non-commercial drivers' licenses that are set to expire through the Covid-19 Pandemic. If you are 70 years or older, and your driver's license expires between March and December of 2020, your license will now expire one year from the original expiration date. If you meet those conditions, and your license is due to expire 9/15/20, it will be valid until 9/15/21. If you are 69 years or younger, you may be able to renew online.



# CAMPUS COMMONS

22 Cadillac Drive, Sacramento, CA 95825 \* 916-929-3966 [www.RayStoneSeniors.com](http://www.RayStoneSeniors.com)



## Christine's Comments

We sure hope you enjoyed the special treat last month to honor all our September birthdays with Kona Ice visiting us for a nice afternoon of fun. And who didn't love our special guest, Natalya the Perfect Penguin!

We have been given permission to conduct two activities inside per day with no more than 12 residents per activity if space permits. We can accommodate more residents on the backyard patio so we will continue to conduct all activities outside, weather permitting. Once the weather becomes cooler, we will have to adjust.

Craft class will resume on October 9<sup>th</sup> at 10:30am in the Activity Center. Please sign up at the credenza to the left as you enter the Activity Center.

Transportation will resume starting Tuesday, October 6<sup>th</sup>. Per the guidelines set forth by our home office, we will only be able to accommodate four (4) residents per day on Tuesday, Wednesday, and Thursday. We will transport one resident at a time and disinfect the van in between residents. The guidelines are in place for your protection and for the protection of our driver. Appointment times are on a first come first serve basis. Appointments should be made between the hours of 8:30am and 1:30pm with 2:30pm being the last pick up time. No Exceptions! Once your appointment has been made, please call the office to schedule it with us.

Come down on Friday, October 9<sup>th</sup> for a special happy hour "to go" to celebrate all the October birthdays!

We are planning a fun afternoon on Friday, October 30<sup>th</sup>. We plan to dress up in Halloween costumes and have some fun with you. More details to follow as the time gets closer.

We are getting closer to opening the dining room. Partitions have been made and are in place. Our plan is to start with serving brunch in the dining room but continue to deliver dinner. As with all things, we will have more information on this as it comes to us. Stay safe & well!

## Team Campus

Christine Pesola  
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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](mailto:Brian.Thomas2@sodexo.com)



## Renaissance Society

The Renaissance Society began their Fall Semester and invite you to join them on Tuesdays at 2pm via Zoom. This means you need to have a smart phone, iPad or computer with camera.

Renaissance speakers have been learning and practicing with Zoom and expect many of our residents have also been learning to communicate with their families and friends during this time. If interested, you may contact Jack Jennings at 415-806-5357 or [jackjennings@gmail.com](mailto:jackjennings@gmail.com).

The following is a list of presentations in October:

**Oct. 6 - Ancient Culture Wars - Ed Sherman**  
Western cultures are now engaged in protracted culture wars that have roots in antiquity. What are they and how did they come about?

**Oct. 13 - Eleanor Roosevelt; Reluctant First Lady - Marian Kile**  
Eleanor Roosevelt: who was this reluctant first lady? Marian will bring her story to life and let us get to know the person that was more than just "the eyes and ears" of FDR, the 32<sup>nd</sup> President of the United States.

**Oct. 20 - The Electoral College - Eric McElwain**  
A historical overview of the electoral college and why we have one. A discussion about what it would take to change the system, and an update on the most recent Supreme Court decision affecting the electoral college. Why do we have an electoral college? Should the President be chosen simply by a majority of the popular vote? What would it take to change our system? With an eye on the results of the 2016 election, where the winner of the popular vote did not win the Presidency, and the possibility of a similar result in 2020.

**Oct. 27 - Dubai, A Middle East City State – Anne Rewell**  
Beginning in the 5<sup>th</sup> century Dubai was a caravan stop on the trading route from Oman to Baghdad. In the 1700's the area was known as the

## October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Shirley Moore, October 1<sup>st</sup>  
Linda Sanchez, October 1<sup>st</sup>  
Tim Neff, October 2<sup>nd</sup>  
Claire Quinn, October 3<sup>rd</sup>  
Dorothy Wooldridge, October 3<sup>rd</sup>  
Mel Holland, October 4<sup>th</sup>  
Adele Davis, October 11<sup>th</sup>  
Anna Correa, October 14<sup>th</sup>  
Margaret Kozlowski, October 22<sup>nd</sup>  
Nancy Millin, October 25<sup>th</sup>  
Nina Lyon, October 30<sup>th</sup>

## October Anniversary

Lucille Roberts – 11 years  
Barbara Wunderli – 8 years  
Sue Erlich – 6 years  
Shirley Price – 6 years  
George Tygret – 5 years  
Arlie Veis – 4 years  
Joann Charamuga – 3 years  
Fran Messenger – 3 years  
Eric Christie – 1 year  
Shirley Thornton – 1 year

## Welcome New Resident

Nathaniel #321  
Yvonne #150

Renaissance continued...

Pirate Coast. Administered by the British for 160 years they gained their independence in 1970. Now a world class city in the heart of the Middle East.

## Voter Information 2020

contributed by Dorothy Wooldridge

There is still some confusion and misinformation about the upcoming election, so we have gathered the most accurate information available. If you have any questions or doubts about the process, you might want to read this.

Voter Information Pamphlets are scheduled to be mailed by the end of September and you may have already received yours. The pamphlet contains information about Federal, State, and local candidates as well as the various propositions on the ballot. That packet will not contain your ballot but does have the list of all Vote Drop Boxes and Voter Information Centers.

Every registered voter in California should receive a ballot in the mail. The important dates are:  
10/5 – All ballots will be mailed and Voter Drop Boxes will be open;  
10/19 – the last day to register or change your registration;  
10/24 – some Voter Information Centers will open;  
10/31 – all Voter Information Centers will be open through Election Day;  
11/3 Election Day – last day to turn in your ballot.

Some people have questions about a mailer they received from the USPS. If you are registered to vote in California, you do not have to request a ballot. It will be mailed to you by October 5<sup>th</sup>. If you return your ballot by mail, it must be postmarked no later than November 3<sup>rd</sup>, but you are encouraged to have it in the mail by October 23<sup>rd</sup>. Your ballot comes with a prepaid first-class postage return envelope. You should sign your ballot with the exact name your registered with. That signature will be compared to the one on your voter registration form.

If you are apprehensive about using the mail, you can safely put your completed, signed ballot in one of the local Voter Drop Boxes. They are monitored for 24-hour security and certified workers collect the ballots on a regular basis.

## Resident Referral

Don't forget we have a resident referral program. If you refer a friend, you get \$750 off your monthly rent once the new resident has lived here for 60 days! Call Natasha for more information.

Voter Information 2020 continued...

If you make a mistake on your ballot, you can exchange it for a new ballot at one of the Voter Information Centers. You can also exchange it on Election day at a regular polling place or at one of the Centers.

For this election, the Secretary of State has approved a system that will let you track our mailed-in ballot. You can now sign up to be notified when your ballot is received and counted. You must sign up online, but you can choose to be notified by a phone call, email, or text. To register go to [wheresmyballot.sos.ca.gov](http://wheresmyballot.sos.ca.gov). That will take you to the official site, [ballottrax.net](http://ballottrax.net). You will need to give your name, your birthdate, and your zip code. The system will not register how you voted; that happens only at the official count on Election Day.

If you do not receive your ballot or if you have any questions about the process, the California Voter Hotline is 800-345-8683.

The nearest vote by mail ballot drop-off location to Campus Commons is at Raley's – across the street. How convenient!

