

## Emergencies & Evacuations

Not only are we going through a pandemic, we've seen the devastation of many California fires. One of our sister communities experienced a situation during the fires last month and had to remind their residents of what they should do in case they receive a mandatory evacuation notice. (They never had to evacuate, but this helped them plan and to be ready at a moment's notice).

I felt it was important to pass along the following information. Sign up for emergency notifications at [www.Sacramento-Alert.org](http://www.Sacramento-Alert.org). This system will be used to notify you about imminent threats to health and safety as well as informational notifications that affect your locations or work environments. Notifications regarding severe weather, flooding, gas leaks, police activity, evacuations and more. It's pretty easy to register. I did it within a few minutes. For assistance with signing up, please call a family member. It is also a good idea to have your family member sign up under your address too, so they can stay informed.

In case of an emergency, please do not call the office for information. We are busy trying to handle the emergency and communicate with the authorities.

In case of an evacuation warning or order, please have your plan in place. Know what you are going to do before it becomes an emergency. **DO NOT WAIT TO EVACUATE** if you feel unsafe, even before it is mandatory. Feel free to go and stay with a friend or family member. Have your "go bag" ready (suggestions for a "go bag" are on the next page).

In case of an emergency, contact your family member, friend, or caregiver immediately. Remember, **YOU NEED TO BE RESPONSIBLE FOR YOUR OWN SAFETY**. We are here to help and coordinate with the authorities, but we are not responsible for individual care needs. If an order is issued for immediate evacuation, be ready to go! Be prepared and stay 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 (temp. closed)  
 Clean Touch Dry Cleaning 916-366-6666  
 Pick-up & drop-off Monday & Thursday

## "Go Bag" Suggestions

Here are some great suggestions for an emergency "go bag" ~

Medication (at least one-week supply)  
 Water and snacks  
 Clothing and comfortable sturdy shoes  
 Flashlight  
 Cell phone & charging cord  
 List of important phone numbers  
 Battery powered radio and extra batteries  
 Extra eyeglasses  
 Hearing aids and batteries  
 Face Masks  
 Hand Sanitizer and/or wipes  
 Fire aid kit  
 Toiletries  
 Cash and credit cards  
 Copies of important documents

If applicable:  
 Medical equipment  
 Pet supplies  
 Extra set of car keys

# CAMPUS COMMONS

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



## Christine's Comments

Every September I say this; Fall is my favorite time of year. I love the cooler weather and everything about it. Sweater weather, pumpkin lattes, fall decorations and walks in the park to watch the leaves change colors. Here's to a fabulous fall ya'll! I hope it treats us well.

For those of you that celebrated anniversaries in August, I failed you! I copied July's residents and meant to go back and update to August and it just didn't happen. I even had several people review the newsletter and no one caught it. I'm so sorry! I'd like to announce right here in my column those residents who celebrated significant milestones as residents of Campus Commons.

## August Anniversaries

Jean Franke – 11 years  
 Doris Forward – 9 years  
 Birgitta & Russ Ellis – 3 years  
 Paige G. Small – 3 years  
 Ginger Trammel – 3 years  
 Anna Correa – 2 years  
 Mary Higdon – 2 years  
 Annabeth Terry – 1 year

Please review your activity calendar carefully as we have added some additional activities:  
 Tuesdays – Bible Study is back at 1pm the 1<sup>st</sup> & 3<sup>rd</sup> week.  
 Thursdays – Return Menus – this means you should complete and return your menu to your outside bag by noon!  
 Fridays - Trivia is 1pm the 2<sup>nd</sup> & 4<sup>th</sup> week and we have added Chair Volleyball at 1pm the 1<sup>st</sup> & 3<sup>rd</sup> week.  
 We have changed Happy Hour To-Go from 2:30pm – 3:30pm. To-Go means: "get your drink and go back to your apartment or outside." It does not mean: "get your drink and visit with others inside."

As a reminder, we must always continue to practice safe distancing and wear masks. Stay well and stay safe.

## Team Campus

Christine Pesola  
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Chris Cook, Maintenance  
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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)

## Do You Know?

Do you know the difference when calling 211, 311, 411 & 911? Read below:

What is **211**? **211** is an easy to remember telephone number that helps people find the right community and social services in their community. Calls to **211** are answered by live trained information and referral specialist 24/7/365. The service is available in 160 languages. **211** is also available by relay service for the hearing impaired and by email.

When to call **311**? **311** is a non-emergency phone number that people can call in many cities to find information about services, make complaints, or report problems like graffiti or road damage.

What is **411** Search? **411** Search is directory assistance with automatic call completion. An operator will assist you when you request: Phone numbers, addresses and information for almost any place of interest, like restaurants, movies, or the nearest florist. Simply call **411** from your home or mobile phone. You will be charged the standard \$1.99 fee for a **411** call, so it might be best to Google it instead.

When to call **911** - A fire · A crime, especially if in progress · A car crash, especially if someone is injured · A medical emergency, especially for symptoms that require immediate attention.



## September Birthdays

In astrology, those born between September 1–22 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. Those born between September 23–30 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.

Renee Davis, September 4<sup>th</sup>  
 Doris Forward, September 9<sup>th</sup>  
 Sergio Brida, September 14<sup>th</sup>  
 Frank Palmer, September 14<sup>th</sup>  
 Dusty Rhodes, September 14<sup>th</sup>  
 Arlie Veis, September 16<sup>th</sup>

## Campus Anniversaries

Violet Dillion – 7 years  
 Lyn Gaskin – 5 years  
 Joe Woelflen – 5 years  
 Mel Holland – 4 years  
 Claudia, Rick & Suki Trnka – 3 years  
 Yolanda Wright – 3 years  
 Nancy McCauley – 2 years  
 Paul Skreden – 2 years  
 Karin Powers – 1 years

## A Word from Housekeeping...

It is your responsibility to dispose used food containers and we prefer you do it daily. Please do not leave them out a week waiting for your housekeeper to dispose for you. This will cause your apartment to smell, quickly, not to mention the potential for “critters” to visit. Thank you!



## Staying Hydrated

For many, the long-awaited summer months bring to mind family picnics, cool drinks on the porch, and lazy afternoons at the beach. But, as temperatures soar, warm weather activities can increase the risk for dehydration. Not getting enough fluids, especially when it is hot outside, can pose serious health problems for anyone, but older adults are at particular risk for dehydration. With age, our body’s ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures.

Additionally, the sense of thirst diminishes with age. Picking up on the more subtle, early signs that a senior needs to up their fluid intake is crucial. Keep in mind that thirst is not usually a helpful indicator, because a person who feels thirsty may already be dehydrated. Initial signs to look for include headache, constipation, muscle cramps, dry mouth and tongue, and sleepiness or lethargy. If severe dehydration goes unchecked, it can cause seizures due to electrolyte imbalance, a reduction in the volume of blood in the body (hypovolemic shock), kidney failure, heat injuries, and even coma or death. A good rule of thumb is to try balancing fluid intake with output. Remember, water isn’t the only option. Most fluids count towards the 64 ounces (except for alcohol), and many foods do too. Consider both savory and sweet flavors. Warm chicken, beef or vegetable broth can provide a soothing savory source of fluids and electrolytes that seems more like a “meal” and less like a drink. For those who are fond of sweets, popsicles, milkshakes and smoothies may be a more enticing options that function as a sweet vehicle for fluids.

## Foods with High Water Content

Ingredient	Water %	Serving Size
Cucumber	96%	1 cup peeled and sliced
Tomato	94%	1 medium
Watermelon	92%	1 cup diced or 10 balls
Bell Pepper	92%	¾ cup sliced
Grape	92%	1 cup
Cantaloupe	90%	1/10 (1 small wedge)
Orange	97%	1 medium
Blueberries	85%	1 cup
Apple	84%	1 medium

Experimenting with different serving temperatures may make beverages more appealing. Individual preferences vary regarding the palatability of different temperatures. Raw fruits and vegetables can pack a hydrating punch as well. For example, a small plate of cut vegetables, like celery sticks, cucumber slices, cherry tomatoes and bell pepper slices served with a healthy dressing or hummus for dipping can be a nutrition- and fluid-filled snack. Try adding a cup of fresh berries to one’s yogurt, cereal or dessert. Incorporating these items on a daily basis can help prevent dehydration.