

Weeds Appreciation Day
Contributed by Natasha

March 28th is Weeds Appreciation Day. A day to go out and hug the common weeds found in your lawn or garden. Why appreciate weeds, you ask? What possible good can they be? Read on.

Definition of a Weed:
A weed is any plant that is not in a place where you want it to be. Even edible, herbal plants, and even flowers are considered weeds to those who don't want them where they pop up. Dandelions are a perfect example. In the lawn, dandelions are weeds. Dandelions are edible and are used in salads and to make dandelion wine.

- For example:**
*Flowers can make their way into your vegetable garden, where you pull them out, like any other weed.
*Even a common flower, vegetable or herb would be considered a weed, in the cracks of our driveway or sidewalk.
*Only a child considers dandelions in the lawn to be anything other than a weed.
*I do not know a single person who likes ragweed in any way, shape, or form.
*Queen Anne's Lace is a popular flower in English gardens. In the USA however, it is considered an invasive weed.
*Has anyone found a use for Tumbleweed?

- Now consider the reverse:**
*Imagine you are lost in the woods for days with no food or water. You come upon purslane, an otherwise common and pesky weed in the vegetable garden. This leafy, nutritious green is quite edible, and may help to save your life.
*If you love your salad greens, then the tender inner leaves of dandelion plants belong in your fresh garden salad. It does not belong in your lawn. It may belong in your garden as a salad green.
*Dandelions are certainly not a weed if you are a vintner and want to make dandelion wine.
*Many weeds produce an attractive flower.

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-Friday
Clean Touch Dry Cleaning 916-366-6666
Pick-up & drop-off Monday & Thursday

Weeds Appreciation Day continued...

Common weeds do offer some benefits. They provide the very oxygen that you breathe. Weeds take in the carbon dioxide that you exhale. Many weeds offer food and shelter for birds and wildlife.

Take some time today to hug your weeds, water your weeds, fertilize your weeds, or whatever you prefer to do to enjoy your weeds.

We hope you and your weeds have a very happy Weeds Appreciation Day!



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Christine's Comments

It has been nearly a year that we had to shut down our communities due to COVID. A WHOLE entire year has gone by. The good news is that I can see this pandemic in the rearview mirror.

We are excited to hear that many of you have received the COVID-19 vaccine! Although this is a personal decision, and we are not required to know, we are keeping a record of those residents who have chosen to share they have been vaccinated. We are starting to see the light at the end of the tunnel and this gives us all hope!

Thank you for the wonderful feedback about the wine & cheese pairing we did last month on National Drink Wine Day – February 18th. We picked wines that we don't normally serve at our regular happy hour, so we hope you enjoyed the tasty treats.



For the month of March, we'll "spring forward" for Daylight Savings on Sunday, March 14th, St. Patrick's Day on the 17th, we welcome spring on the 20th, Passover begins on the 27th and Palm Sunday on the 28th. Look for some special treat deliveries as well this month!



Tonya’s Activities Corner

March holds so many wonderful things to be grateful for like springtime flowers blooming, sunshiny days, and time to get outside to breathe the fresh air with friends (of course with your mask on). I am looking forward to enjoying the warmth from the sun and getting outside often.

I am so grateful for those who have been participating in the activities and for those giving me feedback on new activities. Please let me know your requests for Sunday Movies, Miscellaneous Musicals and/or a new activity. I have a resident suggestion box next to the credenza by the Activity Center. I am interested in your thoughts and suggestions.

Please take notice of all the activity flyers in the elevators and the two bulletin boards: outside and inside the Activity Center. Please be aware of limited seating which is noted on the flyer. We can only have those that sign-up participate inside the Activity Center or the Cabaret Lounge during an activity. Be sure to get there early for a seat.

Birthday Pizza Lunch Deliveries have been a success. If your birthday is in March, please mark your calendars for March 10th at 12:00pm. You have a choice from combination, pepperoni or veggie pizza and a beer/soda of your choice.

Chef Brian’s Facebook Live Food Demo has been a success as well. In January, we had a group of 12 residents watch and taste Chef Brian’s food he prepared. The residents loved the food demo and wanted to sign-up for February, but we are allowing only new residents to come for the experience. I will take down repeating residents as substitutions if someone cancels. Be ready to sign-up early at the sign-up credenza table. Keep in mind this activity fills up fast. If you cannot make it inside and if you are a follower of our Campus Commons Facebook page, click on our Facebook page to watch from your home computer. This FB Live is March 24th at 2:30pm.

March Birthdays

In astrology, those born between March 1–20 are Pisces’ Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

- Carol Doring, March 2nd
- Peggy Smith, March 6th
- Nancy Pisarsky, March 13th
- Michael Halfant, March 14th
- Ginger Gunnersen, March 15th
- Myra Alpert, March 18th
- Sam Adrien, March 19th
- Joe Woelflen, March 20th
- Eric Christie, March 26th

March Anniversaries

- Barbara Holland – 18 years
- Bill (348) Becker – 8 years
- June & John Bost – 7 years
- Pat Edmonds – 5 years
- Bob Laukat – 5 years
- Barbara Cross – 3 years
- Connie Lineberger – 3 years
- Daniel Fortunato – 2 years
- Paula Lander – 1 year



Daylight Savings Time Sleep Tips

In the days and weeks leading up to time changes, you can prepare yourself for the adjustment by taking the following precautions.

Practice Good Sleep Hygiene: Sleep hygiene refers to practices that can influence sleep for better or worse. In order to ease the transition of the time change, you should avoid caffeine up to four hours before bedtime. Also, refrain from consuming alcohol before bed. While drinking can cause you to feel sleepy initially, alcohol also causes sleep disruptions and leads to poor sleep quality. Heavy dinners and snacks before bedtime can also negatively affect how well you sleep that night.

Establish a Consistent Sleep Routine: Going to bed and waking up at the same time each day – including the weekends – is a healthy sleep hygiene practice that can also prepare you for time changes. Make sure you get at least seven hours of sleep each night before and after transitioning to or from DST.

Gradually Alter Your Bedtime: Two to three days before the transition between Standard Time and DST in early March, sleep experts recommend waking up 15-20 minutes earlier than usual. Then, on the Saturday before the time change, set your alarm clock back by an additional 15-20 minutes. Adjusting your walk-up time can help the body make a smoother transition when the time change occurs.

Spend Time Outdoors: Since natural light is a driving force behind our circadian rhythms, exposure to sunlight can alleviate feelings of tiredness during the day that often accompany time changes. Spending time outside during the day also suppresses the production of melatonin, a hormone released in the evening to help you feel tired and ready for bed.

Nap in Moderation: People who experience sleep debt because of DST, may find some relief by taking short naps during the day. These naps should never exceed 20 minutes in length; otherwise, you may wake up feeling groggy. Rather than adjusting your wake-up time on Sunday morning immediately following a time change, consider a nap that afternoon instead.

Fun Facts About March
Contributed by Natalya

If you were born in March, your birth flower is a daffodil.

In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolize courage. There are two zodiac signs in March. Pisces, which is until March 20, and Aries which is from the 21st.

March is the equivalent of September in the Southern Hemisphere.

Every year, March and June finish on the same day of the week.

On March 10, 1876, Alexander Graham Bell made the first ever phone call. It was to his assistant and he said “Mr. Watson, come here. I want to see you.”

The Eiffel Tower was ascended for the first time in March. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.

President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization which has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.