

4th of July Fun Facts

According to Forbes, 155 million hot dogs are consumed each Independence Day, setting Americans back \$104.7 million for the dogs and another \$70.4 million on the buns.

According to the American Pyrotechnics Association, Americans spend \$1 billion on fireworks each July. That’s a lot of bottle rockets and sparklers! The APA estimates that price adds up to about 268 million pounds of fireworks sold each year.

When the Declaration of Independence was finalized in July of 1776, future president John Adams wrote a letter to his wife Abigail, saying he expected the date to become an annual celebration in America and he was right. In 1777, the first Fourth of July was celebrated with fireworks and parades.

Calvin Coolidge was the first (and so far, the only) president to have been born on the Fourth of July. He was born on July 4, 1872, in Plymouth, Vermont, and went on to become president in 1923.

While only one president has been born on Independence Day, three have died on the holiday. Presidents John Adams and Thomas Jefferson died on the same day in 1826. Later, President James Monroe died in 1831.

Although the holiday has been celebrated each year since 1776, it wasn’t declared an official holiday until 1870. Although the holiday was celebrated annually, it wasn’t until after the War of 1812, that the Fourth of July became an even larger celebration than before. Because of this, Congress declared it an official holiday in 1870, and in 1941, made the day a paid holiday for all federal employees.

Francis Scott Key wrote *The Star-Spangled Banner* on September 14, 1814, as he watched British troops take over Fort McHenry during the war of 1812, but the song did not become the national anthem until more than a hundred years later in 1931. Now, it is tradition for the national anthem to be played before all Fourth of July celebrations.

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

Natasha’s Marketing Minutes

This did not make it onto the calendar, so mark your calendar for July 16th for our Welcome Back Open House Happy Hour with Lincoln Highway from 2:15pm – 3:30pm! What better way to celebrate the reopening of our community than to invite your family to come and enjoy music, food, and fun! There will be a flyer posted as a reminder as well as an invitation sent to your loved one(s). Please call the office to R.S.V.P. your family member(s).

There have been quite a few new faces within the past two months, and many of you have already been getting acclimated and involved in activities. We are inviting all our new residents to the Cabaret Lounge on July 22nd at 2:30pm for our first New Resident Orientation of the year. During this orientation, you will be introduced to our staff members, Welcome Committee members, and other new residents as well as discuss the “more to know” about our community. Keep an eye out for a personal invitation the week prior. We will see you there!

CAMPUS COMMONS

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Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer,
Carol Haran, Evening Porters

Important Telephone Numbers

Office: 916-929-3966
After Hours Cell: 916-468-3092
Kitchen: 916-921-5998
Comcast: 1-800-266-2278
AT&T: 1-800-310-2355

Christine’s Comments

It’s incredible to see everyone without a mask! I am so happy that we are getting back to normal. I knew one day we would get here, but it took longer than any of us thought.

Thank you all for your patience during the transition of installing and testing the new pendants. As with implementing new things, we tend to hit a few bumps. We are up and running and all is well. Remember, if you push your pendant, CST will attempt to call 2 times. If you DO NOT answer your phone by the second call, they will leave you a message and then dispatch EMS for help.

The Guest Suite is now open for reservations. As a reminder, maximum stay is 3 consecutive nights. No more than 2 people in the guest suite. The cost is \$85 per night. Please call the office to make reservations for the future.

Now that almost everyone is back in the dining room, it is worth reminding that we do not have assigned seating. Please do not save seats for friends who have not arrived with you to the dining room. The best practice is to wait for your group to arrive in the lobby then enter the dining room at the same time. Please do not tell residents that they cannot sit in an open seat. Thank you!

Please read your newsletter and view your calendar carefully. We have made some changes and added new activities.

I’d like to announce that Richard Beyerl will return as the Chef/General Manager to Campus Commons. I’ve been informed that he is finishing up at another community in Monterey County, so we hope to have him on board in early August. In the meantime, John Desantis will be filling in as the Resource Manager after the 4th of July.

Wishing everyone a wonderful and safe 4th of July!

New Book Club Coming contributed by Dorothy Wooldridge

Residents are forming a book club, the Campus Commons Bookworms, which will hold its first meeting on July 21 at 7pm in the 2nd floor Library. Seating is limited, but membership is not. The number of seats available will depend on room capacity and possible need for social distancing. Sign-up sheets will be posted near the Activity Room during the week of July 12, and approximately half of the available seats will be assigned to the first to sign up. The rest of the seats will be available on a first come, first served basis at the meeting.

The purpose of the club is to provide a venue for an open and congenial discussion of a single book's content, its author, and/or its theme. A draft of the club's organization and rules will be distributed to all residents well before the meeting. At the first meeting the group will discuss that draft, select a Steering Committee and an Activities Director, and review the process for selecting books for discussion. The plan is to agree on books for a six-month period. The person who suggests a chosen title will determine that the book is available in multiple formats, i.e., paper or hardback, E-book, Audio, library, etc.; and will lead that book's discussion.

No snacks or beverages, except bottled water, are allowed in the Library and the members will be responsible for restoring the furniture arrangement at the close of the meeting. Check out the draft when it arrives at your door, and watch for the sign-up sheet! If you have any questions, check with Tonya, our Activities Director.



July Birthdays

In astrology, those born July 1–22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo's Lions. These "kings of the savanna" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Bob Chadwick, July 2nd
Wally Drotts, July 6th
Paul Skreden, July 11th
Mary Johnson, July 12th
Linda Reitzenstein, July 12th
Daniel Fortunato, July 14th
Mary Alice H., July 27th
Esther Franklin, July 28th
Jean Drotts, July 30th
Ginny Johnson, July 30th

July Anniversaries

Annelise Nugent – 17 years
Bill Becker – 9 years
Nancy Millin – 6 years
Al Barber – 3 years
Betty Cable – 3 years
Daphne Wood – 2 years
Gloria Lovelady – 1 year

June/July Move-Ins

Janice M. #219
Doris Morace #130
Dorothy Farro (returns) #140
Jon & Mary Alice H. #139

Please bring your personal tables and chairs into your apartments that have been in the hallways during the COVID closure. It is not necessary to have them out any longer. Thank you!

Tonya's Activity Corner

I just want to say how excited I am to see the sparkle in your eyes and the smiles on your faces. It has been a challenge these past 15 months adjusting to the face masks, but now we are free at last! No more masks and all sunshiny faces.

I am grateful for the re-opening of the activity rooms. It took some time to switch gears and get it running again, but I am well pleased with your patience and help. There are a lot of changes to the calendar, so pay close attention to new scheduled dates and times. The Card Room is now the Game Room. It is time for you to utilize the activity room more often. The Game Room is for everyone to enjoy with in mind for community participation. Please watch your calendars for Rummikub, Encore, Blank Slate, etc.

Barbara's Friday Stretch Band Classes changed to 9:00am and we are happy to welcome Diane back with Chair Yoga. We are so glad she is volunteering her time with us again.

I want to thank Genelle for starting a new activity called Read Aloud in which she reads short stories to you. She is now passing the books over to our new resident, Linda. Linda is reading for Sunrise Senior Living on Sundays and Mondays. She will lead Read Aloud every 2nd and 4th Wednesday of the month at 1:00pm in the Game Room. This activity entails reading a chapter from a book like Michelle Obama and a fun discussion to follow.

Genelle is leading a community book club called the Bookworms in the Library on every 3rd Wednesday of the month at 7pm. If you enjoy reading books as a group, this new book club will be great for you.

Happy Hours' new time is 2:30pm – 3:30pm. The Dining Room and Cabaret doors will open at 2:15pm to get your drink, seat, and tag for your walker. At the end, hold up your number and a staff member will return your walker back to you.

4th of July BBQ

The kitchen and dining team will prepare a fun 4th of July celebration from 11am-1pm with a BBQ outside. On tap: BBQ hamburgers, hot dogs and chicken with corn on the cob, sliced watermelon, macaroni and potato salad and an ice cream bar for dessert. Now that sounds like a great BBQ to me!

They will have the BBQ set up for you to go outside to get your food served right from the grill or you can be waited on inside. Tables will be set up if you prefer to dine al fresco.

Don't forget to get your boxed dinner after your BBQ as this is one of the holidays that the Sodexo team is allowed to leave early to spend with their families. Please be sure you've signed up for either a corned beef, smoked turkey or chicken salad sandwich. Sign-up sheets are in the dining room.

Tonya's Activity Corner continued...

On July 2nd we will celebrate 4th of July with the Sacramento Banjo Band. This 4-String banjo group and strummed chords will get your toes tapping and hands clapping. On the 9th is Songbird Trio. They will have you dancing the hour away. On the 16th we are excited to have back Lincoln Highway, so grab a partner and shake a leg! Then, on the 23rd we have a fun group called Jazz-ination. We will end on the 30th with a happy hour favorite - Tom Woodall and his wife Sharon - they are the Happy Trails Duo. They will have you moving and grooving on the dance floor.

I have been asked if Dr. Hague the Podiatrist will be coming. He will be here in August. After all the dancing you will be doing in July, you might need to schedule Dr. Hague for August.

Freedom in July... have a blast!