

Tonya's Activity Corner

November is the month to be thankful. Do a little evaluation of self and look within to express your gratefulness and gratitude for your fellow neighbors and friends.

The Holidays are here and there are two vendors with tons of merchandise to sell. The Knit Pickers Craft Sale will be in the lobby on Friday the 12th. The Knit Pickers have worked very hard on crocheting, embroidery and knitting holiday items. All proceeds will go to Shriners Hospital for Children. They prefer cash but will take a check.

Shriners Hospital for Children is changing lives every day through innovative pediatric specialty care, world-class research, and outstanding medical education. They provide care for orthopaedical conditions, burns, spinal cord injuries, and cleft lip and palate.

Eva's Custom Creations & Jewelry will be in the lobby on Wednesday the 17th. Eva is a close friend to our resident Linda. Please stop by to purchase her beautiful jewelry for a family or friend for the holidays.

Please look at your calendars as there has been some changes to dates and times for activities such as Encore, Rummikub, and Shuffleboard.

The sign-up sheets for art instructors Claudie and Teresa, (and Dr. Hague) have been moved to the Activity Center on the countertop.

The Game Book holds sign-up sheets for all games we have in the cabinets in the Activity Center. Please sign your name on all the game pages you want to participate with other residents. All residents that choose to play will be your responsibility to call and request a game with other residents. I would like to see new residents get involved in our Activities Program. Look over our calendar and pick a couple of activities to watch or play. Just think...you can meet a neighbor or even a new friend.

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

Tonya's Activity Corner continued...

The November Happy Hours starts out with one of our favorite entertainers, Mike Ely on the 5th, Lincoln Highway on the 12th, and Mellow Fellas on the 10th. If you will remember, they are a 30's/40's band. It has been a while since they've been here, but they are back. Closing the month will be our very own special Karaoke Queen "Carol-oke" on the 26th. We all enjoyed her performance last month and she was requested to come back this month. If you want to sing a favorite song, please make your request to Natalya or Tonya as soon as possible.

Have a Thankful November.

Please welcome Jeremy Moran as our new part time maintenance tech. Jeremy will be around 2-3 days a week probably on Monday, Wednesday, and Friday. If you see him with Chris or on his own, say hello and introduce yourself. Welcome Jeremy!

CAMPUS COMMONS

22 Cadillac Drive, Sacramento, CA 95825 | (916) 929-3966 | www.raystoneseniors.com

Team Campus

Christine Pesola
 Community Administrator
campus-mgr@raystoneinc.com

Tonya Gutierrez-Ridolfi
 Activities Director
campus-ad@raystoneinc.com

Coming Soon
 Marketing Director
campus-md@raystoneinc.com

Natalya Mugoryayeva
 Resident Relations
campus-rr@raystoneinc.com

Judy Dadigan
 Sun & Mon Resident Relations
campus-amd@raystoneinc.com

Sia Xiong
 Transportation Driver

Chris Cook, Maintenance
 Jeremy Moran, PT Maint.
campus-maint@raystoneinc.com

Charlene Wickizer, Marcy Solis &
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer,
 Gabriel Haran, Evening Porters

Richard Beyerl, General
 Manager/Chef, Sodexo
richard.beyerl@sodexo.com

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

Deliberate Acts of Kindness

The phrase "survival of the fittest" is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be "survival of the kindest." The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth's most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, "Practice random kindness and senseless acts of beauty" on a placemat in a California restaurant in 1982.

Herbert's notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, "No act of kindness, no matter how small, is ever wasted."

Christine's Comments

You will notice on your nameplate I have installed binder clips. Please DO NOT remove them from your nameplate. This is for those of you that receive the newspaper, or any communication that we need you to have immediately, rather than leaving in your in-house mailbox. Please check your in-house mailbox daily so you will be well-informed of anything going on within the community

Please check your apartment for any silverware, dishes, cups, etc. from the dining room. If you have taken anything back to your apartment, please return to the dining room as soon as possible!

We will celebrate Thanksgiving this month and Richard and his team will prepare a lovely Thanksgiving Brunch with all the traditional fixings from 11am – 1pm. Guests are welcome to join you and the cost is \$18 per guest. Please sign your guests up at least 48 hours prior to Thanksgiving Day. The sign-up sheets will be out soon. Don't forget, this is a holiday where the dining team leaves after brunch to spend time with their family, so boxed dinners will be available to pick up after your brunch.

And speaking of the dining team, you will see some new faces join the Sodexo team. I've asked Richard to be sure and have name badges made for all the new Sodexo employees.

I would like to address the fire alarm testing on Friday, October 22nd. Notices were given to all residents on Wednesday, October 20th in your in-house mailbox. There were about 20 residents that did not pick up their notice, so I personally delivered them to your apartment and placed them on the new binder clip by 3:30pm Thursday, October 21st, or I slipped them under your door. When the alarms sounded at 10:04am on Friday, several residents called and wanted to know when the alarms would stop. We informed you we did not know as the testing was being done by our alarm company. In the future, when we inform you of testing and you do not want to be here to hear the alarms go off, I recommend you leave the community.

November Birthdays

Patsy Bennett – November 1st
 Shirley Thornton – November 3rd
 Mary Lou Owen – November 6th
 Daphne Wood – November 6th
 Ruth Magaziner – November 7th
 Russell Ellis – November 16th
 Annelise Nugent – November 19th
 Susanne Coleman – November 22nd
 Neal Imeson – November 23rd
 John Bost – November 24th
 Shirley Price – November 24th
 Nell Farr – November 27th

November Anniversaries

Ruth Baker – 11 years
 Lorraine Day – 8 years
 Tim Neff – 6 years
 Frank & Genelle Palmer – 4 years
 Margaret Kozlowski – 3 years
 Shirley Cosca – 2 years

November Move-Ins

Fred & Victoria D. #234 (arrived in October)
 Ken B. & Mark B. #211

Marketing Minutes

Mark Eddy from Campus Commons Physical Therapy will be here on November 4th at 2:30pm in the Cabaret Lounge to share the importance of balance and how to stay on your feet (fall prevention).

Chef Richard is back with another Food Demonstration. Come join us in the Cabaret Lounge on November 18th at 2:30pm and celebrate the season just in time for a delicious autumn treat!

We are actively searching for a new marketing director for Campus Commons. As soon as one is hired, we will be sure to let you know.

We wish Natasha the very best in her new position with Ray Stone's community Meritage Apartments in Lodi.

November Fun Facts

November 7 at 2 A.M. is the end of Daylight-Saving Time. Set your clocks back one hour on Saturday night at bedtime!

November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC. This first Roman calendar was only made up of ten months, with November being the ninth month. November actually translates rather appropriately into "ninth month" in Latin. When the Julian calendar was adopted in 45 BC two new months were added, which pushed November back to the 9th. Despite its change in position, November was never renamed.

Thanksgiving is celebrated on the fourth Thursday of November and has been celebrated since 1621. The first Thanksgiving was a feast celebrating the first bountiful harvest of the pilgrims of Plymouth and New England. It is still celebrated in a similar way, with families coming together and sharing plentiful amounts of food traditionally available during November.

The Full moon in November is traditionally called the Beaver Moon in the U.S. The tradition goes back to North America's early colonial years, as it was during this time of year that hunters would set their beaver traps for the last time before the lakes and water sources they lived in froze over.

November has just one birthstone, the radiant topaz. The topaz is symbolic of many things, but most of all it is a symbol of strength and honor. The ancient Greeks also believed that the stone had the ability to turn oneself invisible.

November also only has one birth flower, although with a flower like this who needs another?! We're talking about the ever-stylish chrysanthemum, which to the most extent symbolizes cheerfulness. Different colored chrysanthemums have different meanings though – a white flower symbolizes pure love and truth, a red flower says "I love you" like nothing else does, while a yellow flower is a symbol of unrequited love.

Book Worms ... contributed by Dorothy Wooldridge

Most members were present at the regular October meeting, where the topic for discussion was Finding My Voice by Valerie Jarrett. This is the memoir of a woman who began her career as a corporate attorney, morphed into a public servant desegregating public housing in Chicago, and became a top adviser to President Obama.

Although she was born and spent her early childhood in Iran, where her father was a physician at a major hospital, she grew up in Chicago in a solid middle-class Black family. Her university years and her time in the White House encompassed major social changes in America, including gay marriage, the feminist movement, universal health care, which made for a very interesting discussion.

The next meeting will be November 17, at 7pm in the library. The topic in The Time Keeper by Mitch Albom, who also wrote Tuesdays With Morrie. This meeting is the last for this year, and members will decide which titles to read for the early months of 2022. New members are always welcome, so feel free to come for the discussion.

November Fun Facts continues...

On November 19, 1863, President Abraham Lincoln delivered the Gettysburg Address at the consecration of the National Cemetery at the site of the Gettysburg battle. While Lincoln's speech was just two minutes long it summed up everything important there is about democracy. Interestingly, Lincoln was in the middle of a minor bout of smallpox while he gave the speech and looked drained and ghost-like.

FUN FACT!