

Campus Commons Golf Course

Many of you are already aware of the closing of the golf course next door, but for those that don't know...

Campus Commons Golf Course, owned and managed by the Golf Division of Regional Parks, is temporarily closed through December 31, 2023, while erosion protection measures are put in place along the American River.

These erosion protection measures must be put in place due to the significant risk of erosion along the riverbank that must be addressed in order to protect the levees and preserve the berm on which the CCGC rests.

"To all of our friends and families who have been loyal players and users of our golf course throughout the years, we appreciate your patronage and thank you for your patience during this temporary closure," said Greg Bliek, Golf Division Manager. "We expect to be back open in 2024 with an improved and refurbished course for the community to enjoy."

The improvements will be constructed by the U.S. Army Corps of Engineers, in collaboration with the California Department of Water Resources, Central Valley Flood Protection Board, and Sacramento Area Flood Control Agency.

The construction may cause a temporary inconvenience for recreational users, but the community will end up with safer levees, reduced flood risk and a complete restoration of the golf course, that will include new greens, tee boxes, turf, irrigation systems and layout!



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

What am I?

Do you know what I am? Here are some clues:

1. I was born in 1965 in Camden, New Jersey.
2. Some criticize me for being unhealthy, but it is not entirely true.
3. Both adults and kids endorse me.
4. I am a can of fun.
5. I once searched high and low for my friend Waldo.
6. Frank is my occasional companion.
7. Some reject me for being too sweet.
8. I was once the subject of What's My Line?
9. Red is my favorite color.
10. I come in many shapes.
11. My daddy served in the Army Air Force in World War II.
12. I have been known to stew, becoming softer over time.
13. Ease and convenience are some of my attributes.
14. I have a distant tie to pop music.
15. Unlike my peers, I was never subjected to tests before being introduced to the world.

If you know the answer, drop a note off to the office with your name, date, and time. The first one to answer right, will win a prize.

October 2021

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

Natasha McCrimmon
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
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

Christine's Comments

Happy Fall Ya'll! I'm super happy to announce that the dining room will open on the weekends starting October 2nd. This means no more menu deliveries from the office or selections on your part. The mealtimes will also change and go back to the original times; brunch will be served from 11am-1pm and dinner will be served from 4:30pm-6:30pm. Richard and team will have a "welcome back" dinner of prime rib on Friday, October 1st.

With the dining room being fully open for everyone to come down to eat, all tray deliveries will now be \$4 per delivery. The first three deliveries of the month are complimentary. Any deliveries after this will be charged to you and you will need to pay for these with the following month's rent. If you prefer to have your meals delivered and need a menu to complete for the dining room, please get a menu from the acrylic holder in the dining room. If you have any questions, please let me know.

We've had a lot of false alarms with your pendants lately. Please be sure you are wearing them near your sternum and not down by your stomach. If you accidentally pushed your emergency pendant, CST will call you from area code 248. **Please answer the call!** They will attempt to call two times. If you do not answer, they will dispatch EMS.

We have noticed many care providers parking in the visitor parking or are parking longer than 20 minutes in the roundabout. If you have a care provider, please inform them that they need to park on the street, especially if they are here longer than 20 minutes. Parking in front is for visitors and prospective residents. Thank you!



Tonya’s Activity Corner

October has some tricks or treats lined up for you. Here’s a nice treat for your feet, Podiatrist, Dr. Hague, will be returning on October 18th at 10am in the Beauty Salon. He is only taking 20 appointments this month. Dr. Hague visits every 6-8 weeks by appointment only. Please sign-up for your appointment at the table by the Activity Center.

I want to thank instructor Claudie for the opportunity to teach a ceramics class. She started our first class with a hanging angel tree ornament. She will be here every fourth Wednesday of the month. Please sign-up and be ready to paint your project at the end of next month.

Time flies like witches on a broomstick. We are planning a Halloween Happy Hour on October 29th from 2:15pm – 3:30pm in the Cabaret Lounge. Please come dressed in costume for a chance to win a prize. The loudest cheer from the crowd will decide our first, second and third place winners. So, hop on your broomstick and fly down for a fun and exciting Happy Hour.

We are starting the month off with our first interactive happy hour game, “Family Feud.” Lincoln Highway is back on the 8th and our very own Queen of Happy Hour, Carol (Sodexo), will have you singing your favorite tunes for our first Karaoke on the 15th. Moon Glow returns on the 22nd and closing the month with our Halloween Party is Happy Trails Duo. We’re looking forward to seeing you there.

Have a wonderful October!

October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

- Shirley Moore, October 1st
- Tim Neff, October 2nd
- Dorothy Wooldridge, October 3rd
- Mel Holland, October 4th
- Adele Davis, October 11th
- Margaret Kozlowski, October 22nd
- Nancy Millin, October 25th
- Nina Lyon, October 30th

October Anniversaries

- Bill Becker – 13 years
- Sue Erlich – 7 years
- Shirley Price – 7 years
- George Tygret – 6 years
- Arlie Veis – 5 years
- Joann Charamuga – 4 years
- Eric Christie – 2 years
- Shirley Thornton – 2 years

October Move-Ins

- Jack & Pauline H. #144 (arrived in September)
- Donna R. #102

Natasha’s Marketing Minutes

Hello October! Meet us in the Cabaret Lounge on October 7th at 2:30pm with Mike Ryder from Alpha One Ambulance Services as he talks about what a POLST and Vile of Life is and its purpose. Also, help us welcome Shellie Young from Rx Healthcare Services, on October 21st at 2:30pm where she will be sharing the importance of skin integrity. What is skin integrity? What does it mean as we age?

October Fun Facts

The ancient Roman calendar was based on the lunar cycles, as opposed to our current calendar which is based on the solar cycles. This meant that there were originally 10 months in their calendar, and October was the eighth month. Its name literally translated into “the eighth month” in Latin. In 451 BC the two months of Ianuarius and Februarius were added to the beginning of the calendar, making October the 10th month.

The Saxons had a name for October, too. Theirs was Wyn Monath, which translated into “wine month” because it was the time of the year for making wine. I’m not sure about you, but I think October just became my favorite month!

The birthstones for October are the tourmaline and the opal. Tourmalines are believed to help you stay calm while under pressure, bring peace and tranquility, and defeat negative emotions like jealousy and anger. On the other hand, opal gemstones are believed to cure eye infections, strengthen memory, calm nerves, and enhance creativity.

It wouldn’t be October without Halloween, which is celebrated on October 31st. The celebration’s origins go all the way back to the Gaelic people of modern-day England, Scotland, and Ireland who celebrated the festival of Samhain. Among other activities, the original celebrants of Samhain would dress in costumes or disguises and go door-to-door receiving gifts of food, much like how today’s children dress up and receive treats!

October has two strikingly different birth flowers, the pastel-hued cosmos, and the radiant marigold flowers. The cosmos flower is representative of the joy one finds in peace and love, as well as representing peace. The marigold, otherwise known as the calendula, is said to be a symbol of tranquility, grace, and grief.

October Fun Facts continues ➡

Bookworms Update

Simply as a cautionary measure, members of the book club postponed their September meeting from the 15th to the 29th. The subject book was **Clara and Mr. Tiffany**, by Susan Vreeland. Several members had seen the Tiffany exhibit at the Crocker Museum, which made it a very interesting and timely topic.

The next meeting will be the regularly scheduled third Wednesday of the month, October 20, at 6:30 pm in the library. The discussion that night will be **Finding My Voice**, by Valerie Jarret, who served as an advisor to President Obama during his eight-year term. Newcomers are welcome, and there are a few copies of the book floating around among the members. If you are interested, borrow a copy, and come for the discussion.

In his laboratory on October 2, 1925, Baird successfully transmitted the first television picture with a greyscale image: the head of a ventriloquist's dummy nicknamed "Stooky Bill" in a 32-line vertically scanned image, at five pictures per second.

On a rainy October 28, 1886, the Statue of Liberty was officially unveiled in the United States. Organized by the Franco-American Union and the City of New York, the dedication ceremonies celebrated the Statue's creators and contributors, the people of France and the United States.

October 28th is National Chocolate Day, so mark that one down in your calendar as a good excuse to dig into some yummy chocolate just before Halloween!

October 12th, 1999 was a very important date for the whole world as it was the day we reached a population of six billion people.

In October 1884, the time zones of the world were created. This was based on the Greenwich Meridian time zone, which helps us understand time zones.