

The Longest Hour



At 8:30 p.m. on March 26, millions of people in 185 countries and territories around the world will be encouraged to switch off their electric lights for an hour in support of nature and the health of the planet. This single hour, known as Earth Hour, has reduced energy consumption by 4% over six years. While that number seems small, even modest reductions in electricity consumption can reduce massive amounts of carbon dioxide emissions into the air. But Earth Hour does not claim massive reductions in energy consumption; it is instead a mass mobilized symbolic action, an hour-long commitment in support of planet Earth.

Earth Hour began in Sydney, Australia in 2007. Over two million people and 2,000 businesses participated in the event. Inspired by Sydney, San Francisco ran its own Earth Hour later that October. In 2008, the event went global when 35 countries and hundreds of cities pledged to join. Even Google’s homepage went dark. In America alone, 36 million people switched off the lights. While modest amounts of energy were saved, environmental awareness greatly increased. More people were suddenly caring about where their energy came from and how energy consumption affected the long-term health of planet Earth.

The lion’s share of American electricity—60%—is produced by the burning of fossil fuels such as natural gas and coal. Nuclear energy accounts for 20% of the nation’s electricity, while renewable sources such as wind, solar, and hydropower account for the other 20%. Luckily, within the United States, the availability and use of renewable energy sources are rapidly increasing. As the cost of the technology required to create renewable energy decreases, demand for the new technology has risen. Over \$300 billion was invested in renewable power in 2020. Of course, old habits die hard. The ease with which we can flip a switch and enjoy light is a modern miracle. But wouldn’t it be an even bigger miracle to flip a switch and enjoy light that didn’t pollute the environment? That is the hope of Earth Hour.

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

Shriners Hospitals

The Knit Pickers received a heartfelt letter from the Director of Development of Shriners Hospitals for Children – Northern California.

As a reminder, the Knit Pickers contributed \$730 in early January from their craft sale last year knitting and crocheting blankets, scarves, and hats in 2021. This gift will make an immediate and long-lasting impact on the lives of children they treat for acute burns, scars from any causes, spinal cord injuries, chest wall anomalies, bladder and bowel disorders and wide range of complex orthopedic conditions.

The Director hand wrote in his letter the following, “we are proudly grateful of your caring spirit, your dedicated compassion and your incredible generosity. Thank you!”

The Knit Pickers work with the Assistance League which distributes to Veterans organizations and other charities. They also work with Project Linus which gives blankets to children in need.

Way to go Knit Pickers!

CAMPUS COMMONS

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

Christine’s Comments

Spring is right around the corner on Sunday, March 20<sup>th</sup>. I’m sure you’ve all seen the blooms on the trees – they are beautiful, but they sure make a mess around here. Give it a few more weeks and everything will have bloomed, and the community will be looking spiffy in no time.

I want to thank our Sodexo team for the great food and all the fun we had on Casino Night, Super Bowl Sunday, and Valentine’s Dinner. I know it all came in one weekend, but it’s just how things fell. We plan our events months in advance and didn’t know the Super Bowl would land the same weekend. It was a busy, but we got through it.

Dining things to remember: If you would like to pick up your “to go” meal promptly at 4pm, please complete an order form ahead of time. If you prefer to go to the dining room and place your “to go” order with a wait staff member, you may certainly do that, just plan to wait.

A resident sent this to me, and I thought it was good info for everyone to read: This is a reminder that the elevator door has a two-way function, and a little mindfulness makes it smoother for everyone.

**When Entering** – Wait a good three feet from the elevator entrance. That way you do not impede the person trying to exit. That person might be in a wheelchair or a walker, wrangling a loaded cart or a dog. Give them room.

**When Exiting** – Please look up from your phone before you exit and avoid walking into the person waiting to enter. It’s also a good idea to check that you are on the right floor.

Please!!! **DO NOT** put unwanted items in the stairwells. We just had a hauling company come out and dispose of them. If you’ve left a personal item in the stairwell with the intent of storing it, it was removed in early February. Sorry!

Have a wonderful month!



## St. Patrick's Day Fun Facts

Saint Patrick himself would have to deal with pinching on his feast day. Though we've come to associate the color green with the Irish and the holiday, the 5th-century saint's official color was "Saint Patrick's blue," a light shade of sky blue. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late 4th century.

In Irish lore, St. Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard—according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, the island was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the "snakes" St. Patrick drove away were likely metaphorical.

As you might expect, St. Patrick's Day is a huge deal in his old stomping grounds. It's a national holiday in both Ireland and Northern Ireland, but up until the 1970s, pubs were closed on that day. Before that time, the saint's feast day was considered a more solemn, strictly religious occasion. Now, the country welcomes hordes of green-clad tourists for parades, drinks, and perhaps the reciting of a few limericks.

Chicago has a spectacle all its own. The city has been celebrating St. Patrick by dumping green dye into the Chicago River since 1962. And though the organizers won't reveal their exact formula, we do know that the orange powder used is dispersed through flour sifters by the local Plumbers Union.

According to Irish legend, the saint used the three-leafed plant (which is not to be

## March Birthdays

Carol Doring, March 2<sup>nd</sup>  
Rick Tonsing, March 3<sup>rd</sup>  
Nancy Pisarsky, March 13<sup>th</sup>  
Michael Halfant, March 14<sup>th</sup>  
Ginger Gunnensen, March 15<sup>th</sup>  
Sam Adrien, March 19<sup>th</sup>  
Joe Woelflen, March 20<sup>th</sup>  
Eric Christie, March 26<sup>th</sup>  
Victoria Dalkey, March 29<sup>th</sup>

## March Anniversaries

Barbara Holland – 19 years  
June & John Bost – 8 years  
Pat Edmonds – 6 years  
Barbara Cross – 4 years  
Connie Lineberger – 4 years  
Paula Lander – 2 years

## New Move-Ins

Dick T. #230  
Margaret H. #335

## St. Patrick's Day Fun Facts continued...

confused with the four-leaf clover) as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

Don't be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys who spend their days making and mending shoes

Corned beef and cabbage, which has become a St. Patrick's Day staple for Irish Americans, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."

## March Activities

Goodbye Winter! Hello Spring! The Community Garden Club is looking for a few residents with or without "Green Thumbs". Joann Charamuga is leading the group meeting on March 29<sup>th</sup> at 2pm to discuss planting, pruning, and watering the raised flower beds in our backyard. This will be a rotating schedule for paired residents. The sign-up sheet is in the Activity Center on the countertop. Please feel free to contact Joann with any questions.

I wanted to thank our residents for coming out to our Valentine's Themed Casino Night. I heard a lot of great feedback from the residents and families. I am so glad for all who participated and had twenty-five chances to win awesome prizes.

A special invite for our new residents to attend one of our activities and get involved. There are so many options to choose from like arts, crafts, exercise classes five days a week, stimulating mind games, and many more. Come and join your friends and meet some of your neighbors. Let's stay engaged with one another.

Update: Dr. Hague will return to Campus Commons in our Beauty Salon in April. I will put out a sign-up sheet at the end of March.

Dates to remember March 16<sup>th</sup>, at 2:30pm – Paint & Sip with Teresa and March 23<sup>rd</sup>, at 10:30am – Ceramics with Claudie.

Doors open at 2:15pm for our Friday Happy Hours in the Cabaret Lounge. Entertainment starts at 3:30pm with the Lincoln Highway Band on the 4<sup>th</sup>. Be prepared to line dance with our longtime favorite. The Evening Star Band is a new group of entertainers who will perform on the 11<sup>th</sup>. Enjoy their style of music and give me feedback. Moon Glow is here for a late St. Patty's Day celebration on the 18th, and we will end the month with Jerry Lopes on the 25<sup>th</sup>. Jerry, Jon Ross (server) and I all share the same birthday on March 25<sup>th</sup>, so come down to celebrate and dance the hour away with us.

## Karla's Marketing Minutes

Happy St. Patrick's Day...March is here!

I want to thank all the residents who approach me in the hallways while I am touring prospective residents and make positive comments about our community. So many times, one or more of you will stop me to tell the guest what a great place Campus Commons is to live. This makes a huge impression on people who are looking for a new home in our community. Hearing feedback from those of you who already live here has the kind of weight and credibility only a resident can provide. Thank you for your support!

March is the time of year when animals start waking up from hibernation. While we've all been dealing with Covid restrictions and sensibilities, we have been doing a bit of our own hibernating! Spring begins officially on March 20, a good time to look forward, wake up our senses, resolve to freshen our attitudes and look forward to what Spring is all about: new beginnings.

On Tuesday, March 15, our very own Chef Richard will do an Irish themed food demonstration from 2:00pm–3:00pm.

On Thursday, March 24, Joycelyn Kaufenberg with American River Companion Care will do a presentation from 2:00pm–3:00pm. The presentation will be, "How to Feel Better Every Day". This will certainly be a worthwhile way to spend an hour! Joycelyn will offer lots of good ideas on how to feel your best each day.

Remember that you are always welcome to invite friends and family to our Happy Hours each Friday.