

Funnies

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand-new day and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
11. I finally got eight hours of sleep. It took me three days, but whatever.
12. I run like the winded.
13. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
14. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
15. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
16. I don't mean to interrupt people. I just randomly remember things and get really excited.

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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

17. When I ask for directions, please don't use words like "east."
18. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
19. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.

Food & Dining Committee

If you are interested in being a part of the food and dining committee, please stop by the office and put your name on the list. We allow six residents to commit to a 5-month term (we do not meet in December).

Guidelines will be given to you when you sign up.

First meeting is February 24th at 2:15pm in the Game Room across from the office.

comb.

February 2022

CAMPUS COMMONS

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

Team Campus

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Community Administrator
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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

Christine's Comments

We have a lot going on this month with our Valentine themed Casino Night, Super Bowl Sunday, and Valentine's Day all within four days of one another.

If your phone number changes, please be sure and let us know so we can update the information to the pendant company. If you haven't tested your pendant, it's time to run a test. CST/Best Buy has informed us that you should receive a call within 30-90 seconds. If you do not receive a call, please let the office know so we can notify CST/Best Buy.

I know most of you will be happy to hear that this is the last holiday for employees until May. Most of the staff will observe Presidents' Day on Monday, February 21st. Look for your housekeeping notice about a week before the holiday.

Thank you for those that returned the resident survey last month. I received 22 back in total, which is only about ¼ of the community. I will be addressing the comments and suggestions provided.

You may have heard me, or other staff members mention Fair Housing Laws. Ray Stone Incorporated adheres to all Fair Housing Laws and Guidelines. What is Fair Housing? Fair housing is the right to choose housing free from unlawful discrimination. Federal, state, and local fair housing laws protect people from discrimination in housing transactions such as rentals, sales, lending, and insurance. **It ensures access for everyone.**

Fair housing is the key to all people having the roof they want over their heads. It guarantees that regardless of your age (we are in compliance of our age requirement of 62 and older as we are a senior living community), race, religion, family situation, or level of ability, you have the right to choose the housing that's best for your needs – with no outside preferences or stereotypes being imposed. For more information on fair housing, go to www.dfeh.ca.gov.

Tonya's Activity Corner

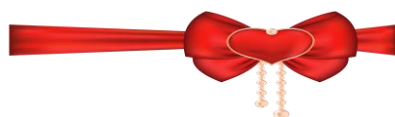
February is the month to express your love for one another. It is a perfect opportunity to show acts of kindness, tell someone you love them, or remember a special moment with a loved one.

Are you ready for some football? Super Bowl LVI is on February 13th, and our party will start at 3:00pm in the Cabaret Lounge. I will have two pool boards for you to choose from: \$1.00 and \$2.00 options. Each resident can have up to five squares per board. Referee Rick (who also celebrates a birthday this day) will be on hand to serve up some iced cold beer and there will be plenty of munchies and a football themed dinner as well.

Eva's Custom Jewelry Sale will be here on the 8th and She Sews, He Saws Crafts will return on the 10th. Both will be in the lobby those two days to purchase some items for a loved one or yourself. On the 16th Paint & Sip w/Theresa will be back. Theresa told me how much she enjoyed the eight residents that attended last month. Ceramics w/Claudie will be back on the 23rd. Please be sure to sign up and participate because we want to continue these classes. I am inviting all our new residents to join us!

I hope you are enjoying our new entertainers for Happy Hour. Please let me know your feedback. We have Collin Hobbs on the 4th. He's new! Our Valentine's Casino Night will feature A&A Music with DJ Anthony Avery on the 11th, Mike Ely on the 18th, and on the 25th, we will bring back Horse Racing. Come down and have fun bidding on a horse to reach the finish line. You have an opportunity to receive raffle tickets and a chance to win prizes. You are sure to have a good time and there will be wine, beer, and snacks.

Have a lovely February.



February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Violet Dillion – February 5th
Dorothy Pasley – February 19th
Fred Dalkey – February 22nd
Ed Briles – February 24th

February Anniversaries

Joanne McKee – 22 years
Ruth Magaziner – 5 years
Dorothy Pasley – 3 years
Neal Imeson – 1 year
Nancy Pisarsky – 1 year

February Move-Ins

Mary K. #140 (January move in)
Terry T. #310
Wilma G. #123

Another Good Year for Knit Pickers

The Knit Pickers, Campus Common's knitting and crochet group, has been busy throughout the year. We work with the Assistance League and in 2021 gave them almost 300 items, which they, in turn, distribute to Veterans organizations and other charities. The items including fleece blankets we crochet around, scarves, hats, and knitted and crocheted blankets. Additionally, we gave over 50 blankets to Project Linus, which gives blankets to children in need. We also had a very successful sale for Shriners Hospital which we gave them over \$700. Thank you to all those who bought or contributed!

Winter in Beijing

A mere six months after the close of Tokyo's Summer Olympics, the Opening Ceremonies of the Winter Olympics are set to start on February 4 in Beijing, China. Tokyo's games have been hailed a success despite their being held during the COVID pandemic. The amazing athletic feats of the competitors remained the focus, not the mostly empty stadiums or COVID-related protocols. Beijing will allow Chinese fans into stadiums and has asked all organizers and participants to abide by a "closed bubble" system. China certainly appears ready to take the torch from Tokyo.

Beijing will host popular events like figure skating, speed skating, hockey, and curling. Many of the venues built for Beijing's 2008 Summer Olympic Games have been repurposed for the Winter Games. For example, the National Aquatics Center, popularly known as the "Water Cube," was transformed into the "Ice Cube." The Olympic pool that saw Michael Phelps win eight gold medals is now the curling rink.



The picturesque village of Yanqing is just a 40-minute high-speed train ride from Beijing. This quiet vacation destination for city dwellers and tourists wishing to see the popular Badaling section of the Great Wall of China will get a dose of alpine skiing, bobsled, luge, and skeleton during the Olympics. As one of the top female skiers in the world, American Mikaela Shiffrin hopes to compete in every possible alpine skiing event at Beijing 2022.

Zhangjiakou is another popular ski spot located in the mountains 120 miles northwest of Beijing. Several new venues have been built to host cross-country skiing competitions, biathlon, snowboarding, and ski jumping. China has also built a new high-speed rail line to the area along with the world's first flexible DC power grid. The cutting-edge grid utilizes local wind and solar energy. But the most electric energy will be in the arenas. Host nation China has high hopes to top the medal count, but Norway is expected to win a record 44 medals.

Karla's Marketing Minutes

Welcome February 2022! This will be a fun-filled month!

On February 9th at 11:00am we will have our February Birthday Celebrations. All of you February born babies can come celebrate your special month with us!

On Friday, February 11th, we will have a Valentine themed Casino Night from 3pm – 6pm. We have not had a Casino Night since 2019, so this will be a long-awaited treat! We provide the chips for free so you can play Blackjack, Roulette, Texas Holdem and Craps. Your winnings will be redeemed for raffle tickets to win prizes at the end of the evening. Enjoy delicious hors d'oeuvres, drinks, and dessert. If you know of any friends or family who are looking for an apartment in a senior living community, please invite them to come have fun with us on Casino Night!

If you refer someone to us and they join our community, you receive \$750 dollars off your month's rent after the new resident has lived here for 60 days.

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

Most of you want to be helpful to your fellow resident, but there are times when it's okay to say "No," Some rules to live by in Independent Living:

- DO NOT** attempt to lift anyone.
- DO NOT** administer medication to anyone other than yourself.
- DO NOT** push a resident while they sit on their walker.
- DO NOT** feel obligated to take another resident in your vehicle for an appointment, errand, etc.
- DO NOT** do anything that you are unsure of or that makes you uncomfortable. When in doubt, don't!
- DO** say NO, with a smile.
- DO** be kind to one another.
- DO** remember to be patient with others.