

List of In-House Services

Kaleidoscope Salon

Denise Hubbard (916) 486-2710

Call to schedule an appointment.

Open Tuesdays ~ Fridays

8:00 am - 4:00 pm

Men's Haircut ~ \$15.00

Shampoo or Conditioner Only ~ \$7.00

Tints ~ \$50.00+

Perms ~ \$70.00+

Shampoo/Set ~ \$20.00

Haircut Only ~ \$20.00

Celtic Hands Massage

Kevin McLachlan (916) 878-6189

2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month

9:00 am - 1:00 pm ~ signup in the pink book. \$20.00 for 15 minutes ~ seated chair massage.

Clean Touch

Will Huttunen (916) 600-6161

Laundry services, dry cleaning, and alterations

Call for pick up at your front door, every Monday and Thursday!

Independent contractor.

Community Hearing Aid Ctr

Ed Vinson (916) 797-9188

Free cleaning, batteries & check-up!

2<sup>nd</sup> Tuesday of each month at 1:30pm

Library on the 1<sup>st</sup> floor.

Sign up in the book!

Independent contractor.

Suburban Notary

Christina Valdez (916) 878-0435

Mobile Notary

Independent contractor.

Blood Pressure Checks~

Once a month in the Lobby

3<sup>rd</sup> Thursday of the month @ 9:30am

Except if there is an emergency, call!!

We have staff on site 24 hours, 7 days a week. We are here to assist you!

Office Hours

Monday-Friday

8:30am-5:30pm

Saturday & Sunday

9:00am-5:00pm

Administrator ~ Kathy Horbasch

Activities Director ~ Tina Evans

Marketing Director ~ Drew Marcus

Resident Relations ~ Melody Powers

R.R. Part Time ~

Maintenance ~ Jack Pesola

PT Maintenance ~ Jeremy Meran

Bus Transportation ~

Van Transportation ~

Housekeeping ~ Margaret, Phul, Rosa

Night Porters ~ Joy, Julia, Corina, and Justin

Roseville Commons Contact Numbers:

Front Office: (916) 786-2751

Night Porters are on duty all night!

Fax: (916) 786-2781

Transportation: (916) 827-7643

Kitchen: (916) 472-6471

Activities Office: (916) 749-3189



Laundry Room Hours

Monday-Sunday

8:00am-9:00pm



Nightly Trash Pick-up Hours

Monday-Sunday

6:00 pm-9:00 pm

Please have all items in a trash bag.

# The Rose Review

Roseville Commons • 275 Folsom Rd. Roseville, CA 95678 • (916) 786-2751  
Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>

Celebrating May

Mother's Day Celebration

Friday, May 6<sup>th</sup>

2:00pm ~ RR

Background music by  
Todd Troutman

Happy Hour Thursdays

2:30 - 3:30pm ~ RR

w/ Alincia 5/5 *Cinco de Mayo*

w/Mike Ely 5/12

w/Jim & Linda 5/19

w/Robert Mullan 5/26

Wine Social Friday

2:30pm -3:30pm ~ BP

w/Last 5 Standing 5/20

Piano Man

w/ Dan

1<sup>st</sup> & 3<sup>rd</sup> Tuesday's

12:30pm – 1:30pm ~ RR

Ceramic Classes

w/ Claudie

3<sup>rd</sup> Friday 5/20

4<sup>th</sup> Friday 5/27

12:30pm – 1:30pm ~ RR

Monday Speakers

1:30pm ~ RR

Medicare Seminar 5/9

By Sam Olson

2:00pm ~ RR

Metals & Missiles 5/23

By Joel Segel

Hello, residents and families!

Spring is in full swing, and great things are happening at Roseville Commons. We are enjoying the change of weather and looking forward to upcoming holidays like Mother's Day and Memorial Day. It's a time to remember our mothers and soldiers, and all they did for us.

As state and county COVID-19 restrictions continue to lift little by little, we enjoy seeing families reunite and spend time together here at our community. Rest assured we are still keeping safety a top priority while trying to incorporate fun activities for engagement our residents can enjoy and benefit from. I am also happy to announce that our Coffee Bar will return in May. The Coffee Bar will be set up in the Foyer and we ask your help to keep spills from occurring on the carpet by always using a cup lid.

In April we held our Grand Opening of our patio. With the patio's official opening, residents now may choose to enjoy their brunch or dinner meal outside. Please tell your server you would like to dine outside, and they will assist you to a seat at a patio table.

Lastly, did you know that you can get rewarded for referring a friend? We're offering \$1,000 for resident referrals. Stop by the office and speak to Drew Marcus, our Marketing Director, for more details.

*Thank you for being a part of our community!*

*Kathy*





## Chefs Comments

Hello Residents,

"April showers brings May Flowers" has always been a favorite saying of mine in springtime. Now with spring in full swing and summer getting closer, we are all excited in the kitchen for our two big holidays in May.

First, we will be having a beautiful fiesta for Cinco de Mayo. Personally, this holiday holds a lot of memories for me, most of the items for dinner and lunch this day will be recipes my grandfather taught me how to



make before my culinary career began. We will be starting off with our Cinco De Mayo Happy Hour with my homemade salsa and chips. Then, for dinning, I will be serving a vegetable pozole for soup and a Mexican salad. For our entree we will be having chicken chile verde enchiladas casserole style, one of my favorite dishes to make anytime of the year. We will be serving these fantastic enchiladas with Angelicas homemade Spanish rice and refried beans, and to end this fabulous fiesta, we will be serving a luscious tres leches cake.

On to one of the best holidays every year, Mother's Day! We will have a delightful dinner, along with the soft sound of background music by Greg Perkin.

Food committee meeting!! How do we feel about attending a meeting to talk about the food and everyone's experience here at Roseville Commons? This would be an open meeting were any resident can be heard and speak their concerns, likes, dislikes, wishes, or ideas for upcoming menu items. We would love for every resident to attend this meeting. This is YOUR FOOD, residents and YOUR DINING ROOM; we want all the residents to be proud of our service and the food here at Roseville Commons. We devote our energy into making sure everyone has the best dining experience possible.

*Warmest Regards*

*-Chef Chris*

*Let us give a very warm welcome  
to our new residents!*



*William Amato- #218*

*James Moore- #107*

*Gail Linder- #323*

**Kathy's Bingo!**  
**Wednesday, May 18<sup>th</sup> @ 2:30pm**  
**No money needed to play!**



## The Sky Is Falling!



In May of 2009, NASA identified an asteroid known as JF1. Much has been made of JF1, especially the news that it will hit Earth on May 6. Some people are claiming that the asteroid is the size of an Egyptian pyramid, and, on impact, it will destroy mankind. Luckily, these are crazy exaggerations. NASA's Center for Near-Earth Object Studies is tasked with monitoring any cosmic debris that could impact Earth. It estimates that JF1 has a 1-in-3,984 chance of hitting the planet (or a 99.974% chance it will miss). Moreover, the size of JF1 is just 13 to 20 meters in diameter, hardly a threat to human civilization. It could, however, burn up in the atmosphere and explode in a massive ball of fire, releasing the equivalent of 400 kilotons of TNT, a blast large enough for people on Earth to notice.

## What's Happening in May

May is such a special month, it's when the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day.

**Tuesday, May 3<sup>rd</sup>, and 17<sup>th</sup>** from 12:30pm-1:30pm in the RR, we have Dan the piano man playing you oldies but goodies to sing along with.



Let's get ready to fiesta! **Thursday, May 5<sup>th</sup>** is Cinco De Mayo, and we are going to have a wonderful time dancing to the music by Alincia in the RR from 2:30pm-3:30pm during our celebration. We will have Chef Chris's homemade chips and salsa, some delicious margarita's, or maybe a cold Corona, or soda. After the celebration you will enjoy a delicious, prepared dinner by Chef, which was inspired by his day. You can read his article to see what's on the menu.

On **Friday, May 6<sup>th</sup>**, we will be having a fabulous Mother's Day celebration from 2:00 p.m.-3:30 p.m. in the RR. We will have a variety of delicious finger sandwiches, some sweets, along with champagne, or iced tea, while Todd Troutman plays beautiful background music. This event is not our Mother's Day dinner! Mother's Day dinner will be on Mother's Day, which is **Sunday, May 8<sup>th</sup>**. This is the perfect time to invite your family members to celebrate Mother's Day.



May is the month of Meditation. So, I hope you are taking advantage of our new Tai Chi instructor. Pati comes in on **Mondays, at 11:00am** in the RR. It's a 30-minute low impact class. This class can be performed standing or seated. Patricia has been a Physical Therapist with Kaiser for 18 years.

*Check your calendar daily for events.*

*Tina*

## Meditate on This

Take a deep breath and relax. May is Meditation Month. Meditation might have gone mainstream thanks to popular practices like yoga and tai chi, but meditation is a practice that dates back many millennia.

While some archaeologists date meditation back to 5000 BC, and some anthropologists speculate that even our Neanderthal ancestors might have meditated, the earliest written records referencing meditation date to around 1500 BC in India.

The Hindu tradition of Vedantism included the practice of *Dhyana*, a pursuit of enlightenment that emphasized "the training of the mind." The word *meditation* comes from the Latin *meditatum*, meaning "to ponder." The notion that meditation is closely linked to the mind has persisted across various cultures for thousands of years.

Specifically, meditation is a technique used to calm and clear the mind. The Buddha, although he did not invent meditation, used it as a means to achieve enlightenment. Lao Tzu, the Chinese sage and author of the



*Tao Te Ching*, wrote, "Be still. Stillness reveals the secrets of eternity." Meditation has long served as a valuable tool during humanity's relentless search for the meaning of life.

Today, modern science shows us that meditation benefits the body just as much as it benefits the mind. In 1967, Dr. Herbert Benson of Harvard's Medical School found that people who meditated used 17% less oxygen, lowered their heart rates, and increased brain waves that aided sleep. He called these effects "the relaxation response." Studies now confirm that meditation reduces anxiety, promotes emotional health, enhances self-awareness, improves sleep, controls pain, and can even make you more kind. Meditation isn't a miracle or magic. All it takes is deliberate practice. Dr. Benson might have put it best when he said, "All I've done is put a biological explanation on techniques that people have been utilizing for thousands of years."



## May Birthdays

In astrology, those born May 1—20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21—31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

## Famous May Birthdays

Dwayne Johnson (actor) – May 2, 1972  
 Frankie Valli (singer) – May 3, 1934  
 Audrey Hepburn (actress) – May 4, 1929  
 Don Rickles (comedian) – May 8, 1926  
 Stevie Wonder (musician) – May 13, 1950  
 Janet Jackson (singer) – May 16, 1966  
 Malcolm X (activist) – May 19, 1925  
 Mr. T (actor) – May 21, 1952  
 Bob Dylan (musician) – May 24, 1941  
 Sally Ride (astronaut) – May 26, 1951  
 Betty Shabazz (activist) – May 28, 1934  
 Brooke Shields (model) – May 31, 1965

## Our May Birthdays

James M. 7<sup>th</sup>, #107  
 Alice W. 16<sup>th</sup>, #124  
 Rosa G. 21<sup>st</sup>, #221  
 Marge G. 23<sup>rd</sup>, #120

*Birthdays Brunch will be on Wednesday, May 25<sup>th</sup> at 11:00 a.m. in the Dining Room. Invitations will be given out on Monday, May 23<sup>rd</sup>, please RSVP.*

## Reminder: Pendant Test



Well, our emergency health pendant system is up and running. The process has been rather smooth, switching from the pullcords to the pendant. Just a little reminder to all of you who are using the pendants, if you accidentally press the button on your pendant and do not answer your phone from CST, the fire department and EMTs are sent out to your apartment. Please answer the call to inform them you accidentally pressed your button, so emergency units are not dispatched. Also, don't forget to perform your monthly pendant test. To test, you will need to press the button on the pendant and wait for a phone call from CST-Best Buy Health. The call will be from a 248-area code. Let the dispatcher know you are performing your monthly test.

## Animal Attraction



The first week of May is Pet Week, a week for humans to shower their animal companions with love and attention. Such a celebration of the human-animal bond might sound strange to those who do not have or want a pet, but some scientists argue that keeping a pet is an intrinsic part of human nature. Plenty of headlines tout the health benefits of pet ownership, but scientists suggest that our real attraction to animals might be a deep genetic predisposition for social grooming. Social grooming, the physical combing of hair, was one of the first and most powerful forms of social bonding. Petting animals stimulates the release of powerful "love hormones" such as oxytocin. In fact, studies show that some animal lovers possess a genetic variation that produces more oxytocin, making them even more likely to feel bonded to others, including pets.

## Games & Crafts



Ceramics: **Friday, May 20<sup>th</sup> & 27<sup>th</sup>** 12:30 p.m.-1:30 p.m. in the RR. Claudie will be on vacation the first Friday on the month.



Bean Bag Baseball games: **Tuesday, May 3<sup>rd</sup>, 10<sup>th</sup> and the 31<sup>st</sup>** starting at 2:30 p.m. in the RR. This is

such a fun interactive game for everyone. No matter if you use a walker or a scooter, you can still come join in the fun, while making homeruns! This last month we have had so many new players join our teams, and spectators in the room during the game. Keep spreading the word!

BUNCO is on **Monday, May 2<sup>nd</sup>** at 2:30 p.m. in the Library on the 1<sup>st</sup> floor. We had a great turn out on our last two games. I have Resident BUNCO is on the calendar for Saturdays at



2:30 p.m. in the library. I hope you all get together and play on the weekend. This is a great way to meet new people. The BUNCO game box is in the cabinet where the sign-up sheets are located, by the front office.



Karaoke will be on **Friday, May 13<sup>th</sup>** at 2:30 p.m. in the RR. We are looking for all you wonderful singers, and audience members.

You are also invited down to and play Wii Bowling, Bingo, **POKENO**, Cards, Scrabble. Cornhole, and Horseraces.



**Crafts w/Tina** on **Wednesday, May 17<sup>th</sup> at 2:30** in the RR. We will be making a beautiful air plant in a hanging glass globe. These plants are very easy to care for and are beautiful to look at..Please sign-up in the **Pink** book

*Check your calendar for our daily events, Tina*

## Punny Business

The O. Henry Museum in Austin, Texas, holds one of the punniest events of the year on May 22. The O. Henry Pun-Off gathers 32 of the country's mightiest "punslingers" and challenges them to a competition sure to elicit plenty of good-hearted groans. The Pun-Off showcases two main events. The first is "Punniest of Show," where contestants deliver a 90-second pun-filled monologue that judges rate on a scale of 1–10. The showstopper comes in the afternoon with a no-holds-barred, one-on-one competition in which punslingers must barrage each other with puns. The slightest tongue-tied slip-up or strike (a failed pun attempt) leaves a punslinger disqualified. Would O. Henry be proud of such a competition held in his name? O. Henry, born William Sydney Porter, was a prolific short story writer at the turn of the 20th century. He was known for his wit, humor, and love of language, and his stories often ended with a surprise twist. The fact that O. Henry has inspired such a competition might be the biggest twist ending of all.

## Motherhood: Priceless



How will you show Mom that you care on this Mother's Day, May 8? In its early days, Mother's Day was celebrated by attending church and sending mom a handwritten letter. Today, Mother's Day is a \$28 billion industry. As well it should be! After all, if we were to pay Mom for the various tasks she performs, that salary would be over \$116,000 a year. The least we can do is shower her with gifts! Mothers aren't the only ones who look forward to the holiday. It is the busiest day of the year for restaurants, with 80 million people dining out. Jewelry stores make out big, too. Shoppers spend \$5 billion on new bling for Mom. When Mother's Day began in 1914, the floral industry declared that carnations were the best way to honor mothers: red carnations for moms still living, and white for those who had passed. Today, the tradition of gifting flowers lives on. Mother's Day is the number one day for floral sales, which total \$2.66 billion.



