

## Tips for Getting & Staying Fit

For almost every senior, exercise can be an important part of maintaining overall health, well-being, and longevity. Beneficial exercises and activities exist for every age group and health and fitness level. Adopting a regular workout routine can help you combat the effects of aging. And it can help you maintain your youthful vitality, sharpen your mind, and enhance your joy for life. For a senior, exercises completed daily can also help improve immune function and allow you to live with less pain and more mobility. Plus, they can help you maintain or lose weight after 60 (if necessary) in a safe, healthy, and sustainable way. And those benefits can result in being able to reduce your healthcare spending and extend the amount of time that you're able to live independently at home or in a retirement community.

Today's seniors are more vital than ever before. And good exercise is just as important for them as it is for people in any other age group. In fact, a 2013 study in Population Health Management found that senior exercise programs helped improve the overall quality of life for those who regularly participated in them. Exercise was actually found to be more important than a healthy diet. Specifically, the study found that seniors who exercised regularly were more likely to have:

- Improved physical and mental health
- Increased energy
- Improved social interactions
- Slowing or reversal of overall declining health
- Fewer limitations with daily activities
- Lower risk of depression
- Fewer falls and injuries
- Lower rates of hospitalization
- Lower rates of chronic disease

For adults who are 65 or older, don't have any limiting health concerns, and are generally fit, the CDC recommends a minimum of 150 minutes of moderate-intensity aerobic exercise per week. Seniors who want to achieve even greater health benefits can up their moderate-intensity exercise to 300 minutes a week. The CDC also

## Important Telephone Numbers

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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

recommends taking part in muscle-strengthening exercises that work all major muscle groups at least two days per week. Muscle-strengthening exercises can help you maintain your muscle and bone mass and slow down common age-related ailments like back and joint pain. When you do any strengthening exercise, you want to try to do eight to 12 repetitions before you take a break. Then, you should try to repeat that two or three more times. Depending on your current fitness level, you may not be able to start or complete that kind of routine, but you can work up to it and eventually get there.

So, as you can see, there are many great benefits to beginning a regular workout routine. When it comes to senior fitness, fueling your body with good food and staying hydrated is one of the most important steps to take. It helps keep your body energized and feeling strong, which makes working out much easier. Talk to your doctor if you have any concerns.

Don't forget we have Monday through Friday morning exercise classes here at Campus Commons in the Cabaret Lounge, come down and start your morning with us.

August 2022

# CAMPUS COMMONS

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## Celebrating August with Team Campus

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Comcast: 1-800-266-2278  
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## Christine's Farewell Comments

On August 1<sup>st</sup> I will return to Winding Commons while you welcome Deanna Brewer as your new Administrator. I had the pleasure of working with Deanna for over four years while she was the Marketing Director here. We remain friends till this day, and I will be stopping by monthly to see her and all of you!

Since my time at Campus Commons, I have worked with two Maintenance men, (many part time Maintenance men), two Activity Directors, six Resident Relations, five part-time Assistant Marketing Directors/Resident Relations, and four Marketing Directors. I have seen 293 new residents move in and 274 residents move out. That is a lot of people to know in nine years.

My thanks to the Campus Commons team. The employees have shown dedication, heart and loyalty and I will miss them dearly. And to all of you, words aren't enough to say thank you for being who you are, challenging me, talking with me one on one, and most importantly, laughing and having fun with me.

We want to welcome two new members to the dining committee: Barbara Cross and Dorothy Pasley. A special thank you to Nell Farr and Carol Doring who served on the committee the past six months.

I met with Kyle Williams, District Manager, Kerwin Higashi, VP and Zeta Smith, CEO, all with Sodexo in July. Kyle shared with me their planned training with their employees and commitment to serving our residents better. There will be more to share at a later date on this.

If your birthday is in August, look for your invite for the birthday celebration on the 10<sup>th</sup>. Kona Ice will return on the 18<sup>th</sup> for an iced cold treat in the roundabout and be sure you don't miss Isaias and Armon's food demo on the 31<sup>st</sup>.

All good things are happening this month so try to attend them all if you can.



### Tonya’s Activity Corner

August is the last month of summer with high digits. Yay! Cooler weather is on its way! I know there will be those late-night gatherings on the patio outside. It is always great to see you all coming together socializing.

We will go back in time with our Sock Hop Happy Hour on Friday, August 12<sup>th</sup>. Do you remember the good old days when you wore poodle skirts, pedal pushers and saddle shoes and danced to rock-n-roll music in the gymnasium? Our Sock Hop Happy Hour will star Jerry Lopes as our rock-n-roll entertainer when doors open at 2:15 for drinks and appetizers. This will be a blast from the past with a variety of music to dance the hour away.

If you are interested in purchasing a poodle shirt for women or a sock hop t-shirt for men, please see Natalya or Tonya in the office to help with your purchase. The shirts range from \$15.95 - \$19.95. Come in as soon as possible to make your purchase in time for the event. It will be fun to see all of you in your shirts for an awesome picture at 10:00am with a classic car prop made by Teresa Gutierrez, our very own paint instructor.

Come down to our “Soda Shop” (Activity Center) for 50’s Trivia with Karla, and Carol will be there to serve you a refreshing Root Beer Float at 1:00pm.

Update: Physical Therapist Joe will not be available this month to replace Brody due to short staffing at Campus Commons Physical Therapy.

We have an awesome Happy Hour line up for you this month with the Evening Star Band on the 5<sup>th</sup>, Jerry Lopes on the 12<sup>th</sup>, and Al Skinner, magician and comedian on the 19<sup>th</sup>. Al will bring a different type of entertainment to us. The Happy Trails Duo will end the month on the 26<sup>th</sup>.

Let’s have a rockin’ good time!

### August Birthdays

In astrology, those born from August 1–22 are Leo’s Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo’s Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

- Paige G. Small, August 4<sup>th</sup>
- Rick Trnka, August 13<sup>th</sup>
- Doris Morace, August 15<sup>th</sup>
- Ron Rasmussen, August 17<sup>th</sup>
- Terry Thorpe, August 19<sup>th</sup>
- Nat Linenberger, August 27<sup>th</sup>
- Dick Taylor, August 30<sup>th</sup>
- Eleanor Witter, August 31<sup>st</sup>

### August Anniversaries

- Jean Franke – 13 years
- Doris Forward – 11 years
- Birgitta & Russ Ellis – 5 years
- Paige G. Small – 5 years
- Mary Higdon – 4 years
- Annabeth Terry – 3 years
- Patsy Bennett – 2 years

### August Move- Ins

- Rita C. #108
- Rosemary S. #133
- Jo Ann B. #135

### Composting

Some residents have asked when we are going to comply with Sacramento’s new composting requirements. The city has not issued guidelines or directives for apartment complexes, so at this point we do not have a program for composting food in individual apartments.

However, the kitchen has been composting all food waste since August of 2019.

### Karla’s Marketing Minutes

August has arrived, often referred to as the dog days of summer! In the northern hemisphere, August is considered the last month of summer. Many countries in Europe see August as a holiday period. So much so in fact, that you’ll find major European cities such as Paris almost completely empty of locals. Don’t get your hopes up too much though, these cities are still packed full of tourists at this time of year!

Thanks to everyone who helped make our Open House on July 1<sup>st</sup> such a success. I truly appreciate all the residents who made it a point to tell our touring visitors what a great community Campus Commons is. I truly appreciate your support and the impact that your positive words have on those who come to look at our community. Your words have genuine meaning since you live here. Thank you!

We have two presentations in August. On Thursday, August 4<sup>th</sup> at 2:00pm we will have a presentation on the importance of hydration by Jennifer Badillo with Rx HealthCare Services. On August 31<sup>st</sup> at 2:30pm, Isaias and Armon will give a demonstration on how to make healthy smoothies and the health benefits of these smoothies. They will also have chips and demonstrate how to make salsa. Yum!

During the month of July, I began meeting with residents to play games. We played Words in Words and Scattergories. This is a fun way for me to get to know all of you. In August, we are changing the day and time to Tuesdays at 2:00pm. Come join us in the Game Room on August 2 at 2:00pm. Everyone is welcome!

Remember that you are always welcome to invite friends and family to our Happy Hours each Friday and also to our special presentations each month. If you know someone who is thinking about moving to a community like ours, I would love to offer them a complimentary brunch or dinner with a tour. Plus, when you refer someone who moves in, you will get \$750 off of your rent! See me for details.

### Bookworms by D Wooldridge

In deference to Covid issues, the group canceled their June meeting and held their July meeting outside by the pond. In discussing the books from both June and July, they were surprised at how many parallels they found.

**Petal of the Sea**, by **Isabel Allende**, chronicles a couple who fled the Spanish Civil War and settled in the developing country of Chile in a search for home. **The Patron Saint of Liars**, by **Ann Patchett**, is the story of a woman who drove endlessly in her own country, also searching for a place that felt like home.

But different topics; different countries, Europe pre-WWII and US in the 60’s; and women from totally different backgrounds led to interesting discussions. How we make family units, how we always carry what we left behind, and the way women create their own space in a world that does not readily provide it. And when is a lie not a lie?

The next meeting will be on August 17, and the book under discussion is **Jimmy Bluefeather** by **Kim Heacox**. The time and place will be decided closer to the date, based on weather and Covid. Interested residents are invited to attend, so watch for the announcement.

### Composting continued

Our “green” waste, grass clippings, leaves, etc., is composted by the landscapers.

Regular households in the city have separate bins for disposing of trash, recycling, and green waste. Their food waste goes into special small kitchen containers provided by the city, while supplies last, and they add it to the green waste container as needed.

If the city comes up with a compost plan for a complex like ours, we will do our part.