

Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

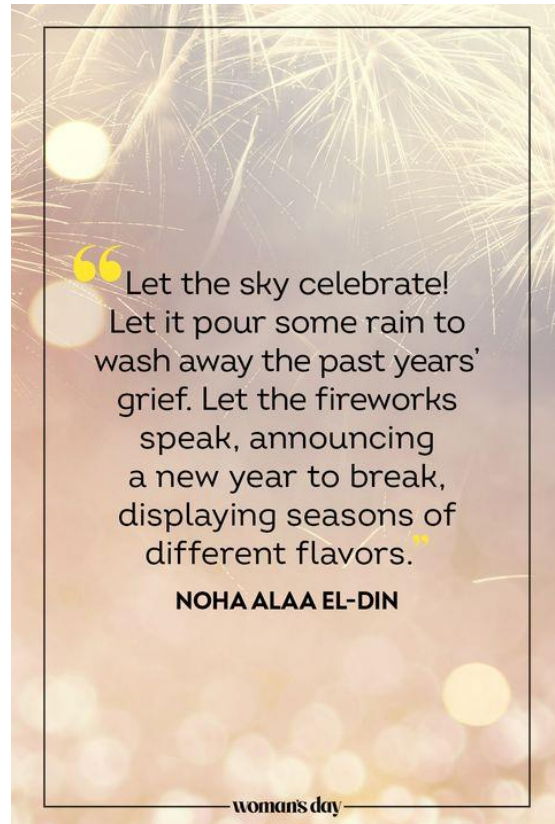
The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

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



Campus Commons

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Celebrating January With Team Campus

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 Evening Porters

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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

Deanna's Download

Happy New Year everyone! I want to wish all of you great health and happiness for the New Year!

We have already begun to work on events for 2023. We're planning to start the year off with a Community Yard Sale. It will be a fundraiser for charity and a great way for you to clear out your unwanted belongings. In April, we are bringing back the Vintage Fashion Show. This show is definitely a fan favorite! You will see clothing that dates back to the 1800's. The ladies who narrate this show are fantastic at sharing the history and stories that apply to the times of the outfits being displayed. In August, you'll want to break out your hula skirts. We're having a luau with delicious food, drinks and live entertainment. October will be the month to bring back the Bingo Bonanza. We'll play bingo for prizes and raise money for another charity. These are just some of the wonderful things we have planned for you.

I am looking for volunteers to help with the Community Yard Sale. This group will choose the charity that we will support, and work small shifts the week before the event. It will include organizing and pricing the items for the sale. Lastly, on the day of the event, we will need cashier teams to accept payments and bag up the items that sell. If you would like to participate, please sign-up on the sheet near the Activity room. We will hold our first meeting on January 3rd at 3:00pm.

This is also a great time to update your information in the office, if needed. If you would like to make any changes to your emergency contacts, please come to the office for a new form to fill out.

Happy New Year! I look forward to spending more time with you in 2023!

Tonya's Activity Corner

Welcome to the new year! We made it through another year together. This is such a joyous moment, and I am so excited to see what this new year will bring us.

Please look at the calendar for some changes to the activity program. I've added a beginners Wii Bowling (suggested by a resident) in hopes to build a Campus Commons team to play against our sister properties. We would like to welcome all newcomers to engage and learn to play; I will be teaching every 2nd & 4th Monday of the month. Advanced players will have opposite weeks on Mondays, every 2nd & 4th Tuesday, and 1st & 3rd Friday of the month. I removed Bean Bag Baseball and replaced it with Shuffleboard every 2nd & 4th Tuesday of the month. Come down and have fun with us!

This year we will change the last Monday of every month from being a Shopping and Bank Run day to a fun resident outing day. Our first outing will be on Monday, January 30th. The first four residents that sign up will be going to Thunder Valley Casino. Make sure you save up your money and go to the bank, if necessary. I am looking forward to hearing from you about some great outing ideas. Please see me or put your requests into my suggestion box.

Reminders:

Sign up for all activities throughout the January calendar. Be sure to sign up to volunteer for our Campus Commons Community Yard Sale on Saturday 28th from 10:00am – 2:00pm. Deanna will be having a meeting with the volunteers on the 3rd at 3:00pm. Speaking of Deanna, you won't want to miss her Prize Bingo that's happening on Tuesday, January 31st at 2:00pm. She's been doing a great job and residents really enjoy her afternoon Bingo games.

Saturday Bingo players please take note of the new time 1:00pm. This is best for the two activities in the Activity Center on the 2nd Saturday of the month. I would love your feedback on adding more potential activities for Saturdays. Let's stay active and enjoy every day with each other.

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

Mark Beik- January 1st
 Virginia Sawyer- January 12th
 Wes Busy- January 13th
 George Tygret- January 14th
 Joanne McKee- January 17th
 Brigitta Ellis- January 25th
 Lorraine Day- January 31st

January Anniversary

Michael Halfant- 9 years
 Nat Linenberger- 8 years
 Eleanor Witter- 7 years
 Sam Adrien- 6 years
 Carol Doring- 3 years
 Shirley Marks- 3 years
 Dorothy Wooldridge- 3 years
 Doris Hyman- 1 year
 Mary Kelly- 1 year
 Amelia Lolli- 1 year

January Move-Ins

Marian M. #227

On the 6th Alincia Vela is a new singer for our property, so come down enjoy the sounds of oldies to current music. On the 13th Songbird Trio is back and excited to get you moving and grooving to the 60's – 70's era. On the 20th Lori Sacco is back for her second time here. You guys loved her style and singing. I know you will have a blast with her. On the 27th The DeLeon's are here to sing from the era 60's – 80's. Every time they've been here, they had you on your feet dancing. Come down and have a wonderful Happy Hour with these entertainers. Have a Joyous January!

Karla's Marketing Minutes

Welcome 2023! Wishing you all a happy and healthy New Year!

We have two fabulous events taking place in January:

Thursday, January 26th at 2:00pm in the Cabaret Lounge, Dr. Patel, a Sacramento dentist who specializes in Dental Sleep Medicine, will speak on sleep issues like apnea, snoring, CPAP alternatives & TMJ Therapy.

Saturday, January 28th from 10am – 2:00pm, right here at Campus Commons, we are holding a Community Yard Sale. Discover unique and wonderful treasures while enjoying coffee and scones from our kitchen. All proceeds will benefit a charity chosen by our resident committee.

I want to express my thanks again for all of you who stop me while I'm touring prospective residents and tell them what a great place Campus Commons is to live. I really appreciate your feedback. It means so much to the people I'm touring when it comes from you...thank you!!

For all residents who want to play Words in Words, we meet the first and third Tuesday of each month from 2:00pm – 3:00pm in the Activity Center. Please come join us!! The more, the merrier and everyone is welcome!

If you know someone who is thinking of moving to a senior living community and you refer them to Campus Commons, we pay you a referral fee of \$1,000! See me for details.

Guess Who?

1. My brothers and I have a 15 & 12 year age difference.
2. I come from a huge family. My family is my everything! My grandma from my mom's side had 12 children, 7 daughters and 4 sons.
3. I love to sing. I've been singing in different choirs since I was 5 years old.

Guess which employee these fun facts are about!

Hopping into the New Year

The Chinese New Year on January 22 rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox.

At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Smart, reasonable, and always paying attention to detail, Rabbits make excellent scholars. While Rabbits may appear careful and conservative in their actions, they need surprises in their life to prevent things from becoming too routine. Rabbits enjoy a peaceful life taking care of others.

Bobblehead Mania



In the 1960s, baseball teams began giving away bobblehead dolls that did not even resemble players. As ticket sales climbed on bobblehead giveaway days, the craze swept from park to park. And it wasn't children who wanted the dolls but grown men and women. Why would someone show up to a ballgame two hours early to wait in line for a wobbly-headed doll? Marketing psychologists chalk it up to escapism. People collect bobbleheads for the same reason they read tabloid magazines, go to the movies, and vacation in Las Vegas—adults use these outlets to escape the rigors and stresses of everyday life. And some are amassing bobblehead collections worth thousands! Some bobbleheads from the 1960s are worth \$10,000. Bobbleheads are so popular they have their own holiday on January 7.