

Summer Camp

Last year alone, America’s national parks were visited by almost 312 million people, evidence of how much we crave the clean air, beautiful scenery, and tranquility of the outdoors. Is there any better way to immerse yourself in nature than camping? June is Camping Month, and these days you no longer have to “rough it” to enjoy the splendors of nature. A variety of camping options abound that provide all the amenities and comforts of home.



The *glamping* (“glamorous camping”) trend has hit the mainstream. Tents are large and comfortable, outfitted with electricity, beds, furniture, kitchens, and even running and heated water. Some campgrounds offer yurts, those round tents from Mongolia, or fabulous architectural tree houses that turn traditional camping into a fairytale dream. Of course, glamping doesn’t come cheap, with tents sometimes costing as much as luxury hotel rooms.

RVs, too, have become luxury vehicles. Some RVs are 45 feet long and boast king-sized beds, guest rooms, full bathrooms, leather sofas, quartz countertops in the kitchen, motorized dining tables, washers, dryers, full-sized refrigerators, dishwashers, multiple TVs, skylights, patios, electric fireplaces, Wi-Fi, and jacuzzi-like tubs. One model even has a rooftop lounge with a pop-up sun shield to keep you cool during the day and a heated floor to keep your feet warm while stargazing at night. These RVs are more like luxury apartments on wheels, and they often cost as much, with prices typically soaring over one million dollars.

For those who still want to rough it, there are wilderness survival-skill camps. Professional survivalists lead you into the wilderness without a backpack or any gear and teach you how to live off the land, build your own shelter, and find your own food and water. While this might not be as comfortable as glamping, some might find the challenge more rewarding.

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

Father’s Day up in Flames



Father’s Day is on June 18, and that likely means that dads will be getting plenty of ties as gifts. The first Father’s Day in America was proposed by Sonora Louise Smart Dodd in 1909, who wanted to honor her father, a Civil War veteran and widowed single dad. On the first Father’s Day, Dodd suggested that all fathers be honored with a rose—red for those still living, and white worn for those who had passed. In France, dads receive quite a different gift: a Flaminaire lighter. Flaminaire commercialized the first lighters in 1908, but it wasn’t until the 1950s, when consumerism began to peak, that the Flaminaire company embarked on an ad campaign linking their lighters to a French Father’s Day. It has been traditional to offer dad a lighter ever since.

Campus Commons

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Celebrating June With Team Campus

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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 June everyone! One of the many benefits of summer is the positive effect that it has on many people’s mental health. The sun gives us more vitamin D, which raises energy levels and just simply makes us feel happier. Luckily, the summer gives us the summer solstice—the longest day of the year—which is June 21st. So, take advantage of those extended daylight hours, and soak in as much vitamin D as possible that day. Even though exposure to the sun is beneficial to us for the vitamin D provided, remember that the sun’s ultraviolet (UV) rays are harmful to your skin. When you are outside be sure to protect it with a high-SPF sunscreen to avoid the damage the UV rays can do to your skin if exposed for too long. Lastly, don’t forget to stay hydrated. Add a lemon or lime wedge to your cool water. Mint is also a fresh and delicious addition to make your water taste great!

I would like to thank our food and dining committee members for their hard work and dedication. Thank you for asking fellow residents for their compliments, comments, and concerns. You made a difference, and you are all greatly appreciated. If you would like to join the next food and dining committee please stop by the office and let us know, we have a few spots left. We look forward to hearing from you.

Taco Tuesday Open House will be on, can you guess..... Tuesday, June 20th. Come down and enjoy yummy tacos, nachos, guacamole, and margaritas. We will also have live music in the Cabaret Lounge with Alincia Vela. Please invite your friends that are looking for a fun and friendly senior community to live in. Like we always say, friends make the best neighbors. Do not forget if they move in, you’ll receive a \$1,000 resident referral fee.

Father’s Day is always celebrated on the 3rd Sunday of June. This year, fathers are celebrated on June 18th. We would like to recognize all the fathers here at Campus Commons Senior Living. Thank you for all your hard work and dedication to your families. You are all appreciated and respected.

Marketing Minutes

Happy summer everyone! Welcome June! The warmer weather is coming. Don't forget to stay hydrated and use SPF when going out for medical appointments, morning walks and outdoor trips. This year, the June solstice occurs on Wednesday, June 21st, marking the astronomical first day of summer in the Northern Hemisphere.

Remember that you are always welcome to invite friends and family to our Happy Hour each Friday and 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 lunch or dinner with a tour. Plus, when you refer someone who moves in, you will get \$1,000 off your rent! See the office for details.

Bookworms June Newsletter

The topic for discussion at the May meeting was **Salt Houses**, by Hala Alyan. This is the story of a family that fled Palestine following the Six-Day War of 1967. Three generations moved and moved again, Kuwait, Paris, Boston etc., always maintaining a sense of family but looking for personal roots and identity.

The group discussed the difficulties faced after a move based on individual choice vs. the lives of refugees and exiles. Deliberate choice can still lead to a sense of nostalgia or a heightened search for personal identity. Ideas on "home" vs. "where one lives" led to interesting discussions about different emotions experienced when moving around in our own country.

Upcoming titles for discussion at the next two meetings are **The Age of the Strongman**, by Gideon Rachman, June; and **Churchill's Secret Messenger**, by Alan Hlad, July. Members are reviewing titles to be considered for the rest of the year and will vote at the June meeting for their choices. That meeting is June 21st at 7pm in the library, and interested persons are welcome.

June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming.

Birthdays

- Pat Varro- June 5th
- Jean Franke- June 8th
- Ken Towns- June 10th
- Sue Erlich- June 16th
- Karen Rosa- June 19th
- Sue Cowen- June 20th
- John Cohenour- June 20th
- Amelia Lolli- June 20th
- Helen Waterbury- June 23rd

Anniversaries

- Christa Henkelmann- 10 years
- Ginny Johnson- 6 years
- Mary Lou Owens- 6 years
- Mary Johnson- 5 years
- Doris Morace- 2 years
- Bruce Haisfield- 2 years
- Janice Morrison- 2 years
- Olivia Lage- 1 year
- Larry North- 1 year

GUESS WHO?

- 1. I once knew Rush Limbaugh when he was humble.
- 2. I have taught many people how to water ski and jet ski.
- 3. I flew over most of Costa Rica in a 9-passenger plane.

May Answer: Judy Dadigan
Sun & Mon Resident Relations

Tonya's Activity Corner

June is known for two important topics. The first one is National Safety Month and the second one is Global Day of Parents. Since 1996 the National Safety Council (NSC) declared National Safety Month is a time to get serious about promoting safety in the home, workplace, and community. Global Day of Parents is a United Nations observance that is celebrated on June 1st to honor parents and their commitment to children worldwide.

Can you take a few minutes to think of a way you can make a difference by helping a person in their workplace or with a family parent in their home? You can help by giving them an encouraging word, a smile, or even a compliment. Sharing and caring on both topics how much you appreciate them for the hard work they are doing, and the sacrifices made on a daily basis will definitely make a difference one person or family at a time. Speaking of parenting, the father is an important part of the family. He is the leader of the family and the protector of his household. We are honoring and remembering all the fathers on June 18th for Father's Day. We are proud of the thirty-four Campus Commons men and appreciate you for being someone's leader or protector in your lifetime.

June Activities Updates:

Campus Commons has an extra outing day set for Thursday, June 1st. We will leave at 10:30am for a scenic drive and stop at Leatherby's for lunch. Campus Commons Physical Therapy's licensed therapists are coming back to our exercise program on the 2nd and 4th Wednesday for the month of June at 9:00am in the Cabaret Lounge. They will lead you in an awesome routine that will make a big difference in your body's ability to properly move and strengthen your limbs. For the month of July and going forward the therapists will come every 1st and 3rd Wednesday of the month. Make sure you ask for one of their business cards. Spanish Group will be meeting every 2nd and 4th Wednesday of the month in the Game Room. Get excited to continue learning another language or brush up on one you learned in the past. Words and Words moved to every 2nd and 4th Tuesday at 1:00pm.

Assorted Card Making with Ginny is Tuesday the 6th. Take note of the additional day for Mexican Train on every 1st and 3rd Thursday at 2:00pm. Join us for all the fun activities in the Activity Center!

June's Reminder Dates:

9th and 23rd: Chair Massage with Kevin McLachlan at 9:00am in the Beauty Shop.

13th: Bookmobile with Neil in the Parking Lot.

20th: Entertainer Alincia Vela at 3:00pm for our Open House Taco Tuesday in the Cabaret Lounge.

23rd: Summertime Ice Cream Social will be in the Activity Center at 2:00pm. We will have the playlist with your requested songs from the past playing in the backyard.

Friday Happy Hour: 2:30pm – 3:30pm. Doors Open at 2:15pm

2nd Jerry Lopes, 9th The Western Trio, 16th Songbird Trio, and the 30th Michelle DeVol.

Have a hydrated June because the heat is on! Stay cool.

The Library

We are so lucky to have a very large in-house library. When I became ill, I relied on other residents to help keep our library in order. Thanks to all, but specifically Nancy Mullin and Violet Dillon. It was decided to accept no further book donations many months ago as we have no room for more books at this time. We had announced this and have posted signs in the library. Rotating books out for newer ones is hard work. I know it is easy if you are moving or cleaning your apartment to just bring your books to the second floor, but someone has to deal with these books, I have donated 15 large boxes of books to the book den or thrift shops as we have no room to store them. Thank you for your consideration in dealing with the books you have. Soon, I hope I can again rotate books out to make room for new donations to keep our library new and fresh.

Thank you.

Pat Edmonds, Keeper of the books