

Campus Commons

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



In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!



Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

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 916-432-9236

Dining Room 916-921-5998
 Police Non-Emergency 916-808-5471
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

By Any Measure

Maybe you've forgotten because they've been covered in wool socks all winter, but January 23 is Measure Your Feet Day. Why would someone do such a thing? Perhaps to buy a



new pair of snow boots, ice skates, or ski boots. Or perhaps you should measure your feet on this day because 88 percent of women routinely wear shoes that are too small, and 70 percent of men wear shoes that are the wrong size.

Furthermore, not only does the size of your foot change over time, but your two feet are likely not the same size. It is no wonder that so many people wear uncomfortable shoes.

Celebrating January With Team Campus

Deanna Brewer
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Natalie (Last Name)
 Marketing Director
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 Activities Director
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Natalya Mugoryayeva
 Resident Relations
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Karen Schaefer
 Transportation Driver

Chris Cook, Maintenance
 campus-maint@raystoneinc.com

Charlene Wickizer, Gail Emery
 & Rick Comer, Housekeeping

Shawn Asberry
 Karen Schaefer
 Rheannon Lynch
 Evening Porters

Kelly Gordon, Culinary Director,
 Sodexo Senior Services
 kelly.gordon@sodexo.com

Important Telephone Numbers
 Office: 916-929-3966
 After Hours Cell: 916-432-9236
 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 you all great health and happiness for the New Year! To start the new year, I would love to find a small team of writers to interview and write articles about our residents in the newsletter. We would feature one resident each month and tell a little about their background. We have so many interesting people in our community, and it would be great to share their stories. If you would be interested, please let us know in the office.

I would like to take this opportunity to thank all of the Campus Commons volunteers that have helped us throughout the year. Paige Small, Christa Henkelmann and Joann Charamuga, thank you for your dedication to our Bingo games every Wednesday and Saturday. Victoria Dalkey, thank you for leading the Encore game that so many enjoy. Mary Kelly, thank you for leading our wonderful Spanish classes every month. Dorothy Wooldridge, thank you for keeping our Bookworms book club interesting and taking on the library with Jean Drotts. This is another team that could use more volunteers if you are interested in helping.

Thank you to the gardening club and volunteers who keep the flowers beautiful on the back patio and third floor terrace. Nancy Millin, Judy Schuchmann, Margaret Kozlowski, Jean Drotts and Mary Kelly are the ones who keep these areas nice for us. Ginny Johnson, thank you for all of your card making classes and leading the Knit Pickers that raised a lot of money for the Children's Shriners hospital. Thank you to Sue Erlich for bringing joy by leading our monthly Sing-alongs. Joan Charamuga and Shirley Thornton have been our fabulous Welcoming Committee for new residents. In 2024, we will look for additional members for this team. Wes Busby, thank you for bartending in a pinch when we have been short staffed.

Thank you to everyone that helped on the Food and Dining Committee in 2023: Paige Small, Dorothy Wooldridge, Carol Doring, Ken Beik, Dorothy Pasley, Barbara Cross, Claudia Trnka and Ed Briles. Lastly, I would like to give a special thanks to Pat Edmonds for managing our library for so many years. She did an amazing job!

I sincerely hope that I didn't miss anyone. Without help from this team of volunteers, we wouldn't be the great community that we are.

Marketing Minutes

Welcome December and Happy Holidays to you and your loved ones! It's our favorite time of the year. A friendly reminder, you are always welcome to invite your friends to our festive 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, we would love to offer them a complimentary lunch with a tour. Plus, when you refer someone who moves in, you will get \$1,000 off your rent! See the office for details.



GOOD FRIENDS MAKE THE BEST NEIGHBORS

AS A RESIDENT, REFER A FRIEND AND RECEIVE A \$1,000 RESIDENT REFERRAL FEE!



*REFERRAL FEE PAID 60 DAYS AFTER MOVE-IN

CAMPUS COMMONS SENIOR LIVING
 22 CADILLAC DRIVE
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 WWW.RAYSTONESENIORS.COM

Sacramento Levee Information

NOTICE OF AVAILABILITY
 Draft Supplemental Environmental Impact Statement/Subsequent Environmental Impact Report for the 2016 American River Common Features Project, Sacramento CA

- Project features include American and Sacramento River erosion protection measures, Magpie Creek levee and canal improvements and associated mitigation.
- December 22, 2023 to February 5, 2024**
45-day public review/comment period
- Virtual public meetings scheduled for January 10 and January 16, 2024**

For more information on how to access the virtual public meetings and review the document, visit:

www.sacleveeupgrades.com
 Or call (916) 557-5100

January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

- Mark Beik- January 1st
- Virginia Sawyer- January 12th
- Wes Busby- January 13th
- George Tygret- January 14th
- Linda Karp- January 22nd
- Lena Kato- January 25th
- Birgitta Ellis- January 25th

Anniversaries:

- Michael Halfant- 9 years
- Nat Linenberger- 8 years
- Eleanor Witter- 7 years
- Shirley Marks- 4 years
- Dorothy Wooldridge- 4 years
- Carol Doring- 4 years
- Doris Hyman- 2 years
- Mary Kelly- 2 years
- Amelia Lolli- 2 years
- Marion McKone- 1 year

Move Ins:

- Peggy P. #115
- Dwayne B. #126



Tonya's Activity Corner

Goodbye 2023 and welcome 2024!! What a year it's been. Glad we made it through all of the ups and downs. Cheers to the new year. May it be filled with happiness, joy, love, good health, and new adventures. December was a month full of holiday cheer and bliss.

Santa came to visit Campus; we were on the nice list this year. Thank you all for coming to the Resident Holiday Party and inviting your friends and family. We enjoyed celebrating with you!

Dr. Hague, a Podiatrist, will be here on Monday, January 8th in the beauty salon. Please sign up at the credenza as soon as possible. The new charge for his services is \$45. Please bring your insurance or cash at your appointment time. We'll be starting the new year with a new game called "Chronology." It will be played in the Game Room on the 1st and 3rd Tuesday of each month. Grab a friend and come on down. Chef Mike will be preparing a food demo on Tuesday, January 9th at 2:30pm in the Cabaret Lounge. Come down and enjoy a delicious treat. The Activity Talk with Tonya will be held on Tuesday, January 16th at 1:00pm in the Cabaret Lounge. Everyone is welcome to join. Please bring your ideas, suggestions, and feedback to the meeting. Mark Eddy with Campus Commons Physical Therapy will be here on Thursday, January 18th at 2:30pm in the Cabaret Lounge. Come down and listen to his seminar on shoulder problems. Ceramics with Claudie will be here on January 18th at 10:30am in the Activity Center. Paint & Sip with Teresa will be on the Tuesday, January 23rd at 2:30pm in the Activity Center. Grab a friend and a glass of wine and paint a lovely winter painting. Prize Bingo with Deanna will be on Tuesday, January 30th at 2:00pm in the Cabaret Lounge. Just a friendly reminder, this bingo is free, keep your quarters for Wednesday and Saturday bingo.

Our January resident outings will be as follows:

- January 3rd: Century Arden Movie Theatre and Mimi's Café for lunch.
- January 4th: Thunder Valley Casino and lunch on-site.
- January 10th: Crocker Art Museum and lunch at the Crocker Café.
- January 17th: El Novillero Restaurant Fine Mexican Cuisine.
- January 24th: Westminster Church Music at Noon and Packed Lunches.
- January 31st: Venita Rhea's Brunch.

Friday Happy Hours:

- January 5th: Moon Glow
- January 12th: Alincia Vela
- January 19th: Incurrigible. (A new duo that will be playing here at Campus for the first time.)
- January 26th: Jerry Lopes

Let's have an amazing new year! I look forward to new activities, outings, and events. Happy January! 😊

