

For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his life to his unique art. His birthday, April 26, is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

Important Telephone Numbers

Office Hours
Monday-Sunday 8:30am-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

Honesty and Deception

You may find that April 4 goes against your moral code, for it's Tell a Lie Day. Many ethical people live by the credo "Always tell the truth." But do we? Researchers have discovered that most people tell occasional lies for several reasons. Sometimes we lie to gain other people's respect or to cover up for making mistakes. The good news is that most people lie to spare someone else's feelings from being hurt. If people choose to always be honest regardless of the consequences, that honesty could lead to injury or harm. Compassion may sometimes override honesty.

Lucky, then, that April 30 is Honesty Day. Honesty can certainly hurt sometimes, but it also takes courage and maturity to be honest in difficult situations. Furthermore, staying honest attracts other honest people to you. When you are surrounded by the truth, you can be your authentic self. The freedom that

Campus Commons

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Celebrating April with Team Campus

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After Hours: 916-432-9236
Kitchen: 916-921-5998
Comcast: 1-800-266-2278
AT&T: 1-800-310-2355

Deanna's Download

It's going to be another busy month at Campus Commons! On April 16th, Carolyn Martin will be here for a presentation on The Women of World War II. Carolyn has been a guest speaker for the Renaissance Society for years. She did a presentation called California Women Trailblazers for us years ago, and our residents and guests talked about it for weeks. We have tried to get the Renaissance Society to come back to our community, but they are only doing classes at Sac. State on Fridays, and on-line courses. If you know of anyone that has knowledge to do an educational presentation for us, please let me know. We can pay for their time if it's something that our residents would enjoy.

On the 25th, we are having an Open House with new entertainment for your enjoyment. It's an acrobatic group called Aries Moon Circus. We are all looking forward to this show! If you have friends that are considering Independent Living, this would be a great day to take a tour.

On the 29th, I will be hosting another fused glass class. I am offering two different classes, one to make a fused glass pendant, and one to make either a magnet or tea light holder. You will have to make a choice as to which class you would like to attend. If you decide to make a tea light holder, there will be a minor cost of \$3.00 for additional materials. Just bring the money with you to the class. I've been doing these classes for years, and residents that were unsure about their creativity, have been surprised with the outcome of their pieces. I'm super excited that I'm going to the annual Glass Expo in Las Vegas before this class, so who knows what I will learn, or what kind of interesting glass that I will bring back with me. Come join my class and make a one-of-a-kind piece of art.



Natalie's Marketing Minutes

Spring is in the air, and we can't wait for the nicer weather. April is going to be an exciting month! In addition to all our monthly activities and Happy Hours, we have a couple of other events we hope you can attend. Please feel free to invite a friend to our Open House event. They can take a tour of our beautiful community and stay for the acrobatic performance. Referrals are the best way to turn a friend into a neighbor!

Mark your calendars for the following:

Comfort Keepers will host a Hydration Seminar and Mocktails!

Thursday, April 11th 2:00-3:00pm

Carolyn Martin will facilitate an informative look at "The Women of World War II"

Tuesday, April 16th 2:00-3:00pm

Open House featuring the acrobatic performers from Aries Moon Circus

Thursday, April 25th 1:00-3:00pm

Library Update

Just FYI. As we add new volumes to the library collection, we will arrange them on the small table to the right. The books will remain for about two weeks, but if you check one out please return it to the regular return basket. We recently added three new mysteries by Louise Penny, several by Stuart Wood and one by Donna Leon.

The most interesting addition, however, is a memoir by our very own Christa Henkelmann. Titled "Living Through WWII In Germany," it is the harrowing story of her family fleeing the Russian invasion of their German homeland. Forced to leave everything behind, they traveled by horse-drawn wagon, trains, buses, and miles on foot. For months they lived off the land and the kindness of strangers. Then the desperate crossing from East Germany to the safety of West Germany.

April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Connie Lineberger- April 3rd

Gayle Cowen- April 11th

Randy Gon- April 12th

Peggy Paulson- April 14th

Carol Doughty- April 22nd

Barbara Wunderli- April 23rd

Anniversaries:

Virginia Sawyer- 8 years

Renee Davis- 7 years

Bob Chadwick- 6 years

Ed Briles- 6 years

Move Ins:

Gary T. #339

This is the universal story of refugees leaving danger in the search for safety in another land. It is also a very personal story of faith in God and family.

If you or any resident you know wrote a book or memoir, please let Dorothy Wooldridge know. We would love to have a copy in our library.



Tonya's Activity Corner

April is here and this month will be great for getting out! Time to spring out of your apartment homes and onto the excursion bus for an awesome adventure! I will explain how you can earn raffle tickets and extra raffle tickets. For resident participation in our calendar activities and bus outings, you will receive one raffle ticket. For our Wednesday and Thursday bus outings, you can receive an extra raffle ticket for every family member, outside friend, new community neighbor or even your caregiver that joins the excursion with you. Now, what will I do with all these raffle tickets you might wonder? On every Friday during Happy Hour, I will draw one raffle ticket winner and that person will receive a nice prize for each month. The reason for the raffles is an incentive to enjoy your activities program and be a part of all the fun...Yes, I said, FUN! This is your time to worry less and smile more! Did I say SMILE 😊? Now, say cheese to the camera so we can see the smile on your face!

There are many outstanding things to do this month. Here are some you may want to highlight on your calendars. I will first start out with dates to remember and hopefully you can attend all or most of them. April 3rd at 2:30pm is our Paint & Sip with Teresa Gutierrez. She has been with us since 2019 and the residents that participate enjoy her time and patience during her class. Teresa sketches every canvas and provides all the materials for her monthly projects. Please come and join the artistic group for a drink of your choice and a wonderful time together. April 8th at 10:00am go up to the 3rd floor Terrace to meet with Dorothy W. She is so excited to view the total solar eclipse with you. April 9th at 2:00pm join Ginny for Assorted Card Making in the activities center. I enjoy seeing the resident's designing cards for their loved ones. Ginny always has holiday, birthday, and seasonal cut-outs or stickers prepared and ready for every class. It is a time not only to make cards, but to socialize with each other around the table. April 15th at 2:00pm is Activities Talk/Feedback with Tonya. Last month, I held an activities community meeting and just a few residents attended.

I was hoping for more to participate and to go over the calendar together to make any revisions or updates. In September, for our next activities community meeting, you can join me with any suggestions, comments, or ideas. Remember your input is vital to me for your enjoyment and enrichment of our activities program. April 17th at 2:30pm starts a fun gathering and two of the funniest young ladies to lead Horse Races. Please join Karen and Tonya at the horse races and bid on the six horses to win the best prizes ever. You will have a blast and remember to invite some residents who have not been to the horse races, and you will receive extra raffle tickets. April 18th at 10:30am is Ceramics Class with Claudie Hiles. She is great with the residents and has a unique personality. She brings all the materials and helps the residents with forming the clay into a masterpiece. April 29th is Glass Class with your very own Community Administrator, Deanna Brewer. Please choose one of the class times starting at 10:00am for pendants or at 2:00pm for magnets. Deanna has a passion for working with glass and creating beautiful pieces of art. She will teach you how to design and use glass colors that complement another color for a brilliant pendant or magnet. Finally, April 30th at 2:00pm is Prize Bingo with Deanna. She decided to speed things up by "Speed" Bingo. For this activity be prepared to get a ticket... "A raffle ticket" for participating in this event.

There are other fabulous activities, happy hours, presentations, and even an amazing Open House. Please refer to your April calendar for dates and times.

Have a marvelous April!

