

When Earth Roared

August brings two very ominous anniversaries: the cataclysmic volcanic eruptions of Mount Vesuvius in Italy and Krakatoa in Indonesia.



The eruption of Mount Vesuvius might be the most famous in history. On August 24 in the year AD 79, the volcano began to erupt. Two authors, an uncle and nephew, described the events firsthand. Pliny the Elder, living across the bay from Vesuvius, noticed a cloud of ash spewing from the mountaintop. He sent ships to investigate, but they turned back due to a rain of flaming rocks. Pliny the Elder himself ventured closer to investigate. Sadly, he died the next day, likely from inhaling toxic gases.

Pliny the Elder's 18-year-old nephew, Pliny the Younger, also witnessed the eruption. He described people climbing over waves of ash to escape. He also wrote of how a larger eruption the next day devastated the region. Ash mixed with rain created a sort of concrete that blanketed the town of Pompeii, perfectly preserving its contents for hundreds of years.

Rumblings began on the uninhabited island of Krakatoa as early as May 20, 1883. Over the next weeks, the rumblings grew until the eruption began on August 26. The volcano exploded at 1 p.m., sending ash 20 miles into the air. The next morning, four massive eruptions occurred, the last of which produced the loudest sound ever recorded on Earth. The sound waves ruptured the eardrums of sailors 40 miles away. The blast itself was heard 3,000 miles away.

Enormous floes of volcanic rock plunged into the ocean, triggering massive tsunamis that wiped out hundreds of nearby coastal villages. Waves reached as far away as South America. So much gas was pumped into the atmosphere that global temperatures dropped over 2°F. Weather patterns did not normalize until 1888. Krakatoa left no doubt that volcanic eruptions are some of nature's most awesome events.

Important Telephone Numbers

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Van/Transportation Cell 279-200-6743

After Hours Cell 916-432-9236

Dining Room 916-921-5998

Life Station 844-303-3443

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

Clean Touch Dry Cleaning 916-366-6666

Pick-up & drop-off Monday & Thursday

Where Buses Beat the Jam



was Australia's ingenious response to fighting traffic congestion in the fast-growing region.

First opened in March 1986, the O-Bahn is a cross between a railway and a busway. Instead of a train track, buses run on a dedicated concrete guideway. Specially outfitted O-Bahn buses move from city streets into tunnels that lead to the busway, where they carry more than 35,000 passengers per day unimpeded at up to 55 mph over the nearly eight-mile length. Each year, drivers keen to avoid traffic attempt to drive their cars onto the O-Bahn, but the track's design prevents ordinary cars from navigating it. They have to be removed from the track by crane.

On August 20, 1989, stage two of the O-Bahn Busway opened in Adelaide, South Australia. This rapid-transit bus system

Campus Commons

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Celebrating August With Team Campus

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Deanna's Download

Staying hydrated is important at every age, but it becomes especially vital for older adults. Water supports digestion, circulation, temperature control, kidney function, joint health, and the delivery of nutrients throughout the body. Even mild dehydration may contribute to fatigue, dizziness, weakness, poor concentration, and confusion.

Older adults may not always recognize that they need fluids. The sensation of thirst can weaken with age, while changes in body composition and kidney function can make it harder to maintain a healthy fluid balance. Medications, mobility limitations, memory problems, swallowing difficulties, diabetes, and concerns about incontinence can further increase the risk.

There is no single amount that is right for every older adult. General guidance commonly cited by health organizations is approximately 9 cups of total fluids per day for women and 13 cups for men. This total can include water from beverages and food, not just glasses of plain water. Individual requirements vary according to body size, activity, climate, diet, illness, and medication use.

Coffee and tea generally can contribute to daily fluid intake, despite their caffeine content, although water and other low-sugar drinks are usually better everyday choices. Alcohol is less suitable for hydration. Eating water-rich foods like fruits, vegetables, and soups is another effective way to increase fluid intake.

Older adults should not wait until they feel thirsty to drink. Establishing a routine, making beverages easy to access, and watching for early warning signs can help prevent dehydration and its complications.



Kayla’s Marketing Minutes

I was reminded of the power of first impressions recently while meeting a new resident. Within just a few minutes, she commented on how friendly everyone had been—from the residents she met at an event to the team members who helped answer her questions. It made me think about how quickly we form opinions about places and people. In fact, many of our strongest impressions happen within the first few moments of an experience. We spend a great deal of time thinking about first impressions because they matter. Whether someone is trying a new restaurant, visiting a city for the first time, or considering a move to a new community, those initial experiences often shape how they feel long afterward. A warm welcome, a friendly conversation, or a positive interaction can make all the difference. The good news is that first impressions aren't created by marketing materials alone. They're created by people. Every smile, every introduction, every invitation 'to join a table or attend an event contributes to the overall feeling someone has about our community. Each of you plays an important role in making newcomers and guests feel welcome.

August provides two great opportunities to share that welcoming spirit with friends and family. On August 13th, we invite you to join us for "The French Connection – Lafayette," an engaging look at the critical role France played during the American Revolution, including some fascinating historical figures and stories that helped shape our nation's independence.

Then, on August 21st, we'll gather for our Annual Summer Luau, featuring delicious food, refreshing drinks, and beautiful Polynesian dance performances. It's one of our favorite traditions and always a wonderful opportunity to enjoy time with neighbors and guests.

If you know someone who might enjoy learning a little history or spending an afternoon celebrating summer with great entertainment, invite them to join you.

August Birthdays

In astrology, those born between August 1 and 22 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Peggy Barnes- August 3rd
Paige Small- August 4th
Dick Johnson- August 12th
Kimberely Gazaille- August 13th
Rick Trnka- August 13th
Dana Rich- August 17th
Ron Kincaid- August 21st
Judy Schuchmann- August 28th

Anniversaries

Paige Small- 9 years
Mary Higdon- 8 years
Annabeth Terry- 7 years
Rosemary Stevens- 4 years
Walter Hofmann- 3 years
Charles Schaffer- 1 year
Sally Kint- 1 year
Dick Johnson- 1 year
Pat Fries- 1 year

Kayla’s Marketing Minutes Continue...

Their first impression of our community may begin with one of these events, but it will be the warmth and friendliness of our residents that they remember most.

As always, thank you for helping make this community such a welcoming and special place to call home. The best first impression is one that turns into a lasting connection.

Tonya’s Activity Corner

August is like a habanero...it’s hot, hot, hot! I have a jaw-dropping Sacramento fact; the All-time August record for the most triple-digits (100°F or higher) days in Sacramento is **16 days, set in August 1998**. This year’s summer weather is bringing the heat. A little advice, if you can, stay indoors where it is cool and drink plenty of liquids to stay hydrated. If you have errands to run during the high peak temperatures, be aware of heat exhaustion.

August is a month for your healthcare check-ups, celebrating a fur friend, starting a new sport or workout activity. For the month of August there are a few national days I chose to post for you. On August 21st - National Immunization Awareness Month. Reminder that the season will be changing and this is your opportunity for your fall flu shots and update shingles or pneumonia vaccines. On the 26th is National Dog Day. This is your special time to share that unconditional love and joy like your fur friends show to you. This is the day to celebrate your special bond. Lastly, it is National Golf Month. To all those enthusiasts for the game of golf, this sport is literally in your backyard. Take a short trip next door to Campus Commons Golf Course. It would be nice to improve your golf skills, such as pre-swing fundamentals (grip and alignment), ball-striking, pitching and putting. I encourage you to get out and hit the greens.

Everybody grab your coconut shell tops, grass skirts and your Polynesian Leis for the BIG LUAU PARTY! This Luau Open House will take place on August 21st from 1:30 PM – 3:30 PM. The planned event starts out with tours, appetizers and tropical drinks in the Lobby and there is a seating area for you in the Cabaret Lounge. The entertainment will begin at 2:30 PM – 3:15 PM with the Polynesia Aloha dancers and be ready when the dancers call on the audience to shake your grass skirts. This is a very fun time to get together. Have a beer or Mai Tai cocktail. After their performance, the Polynesian dancers will be happy to take pictures with you. Come down and have great fun! Tama’ara’a (meaning: Tahitian party packed with food, music, and dance). I’ll see you there.

August 6th is Paint & Sip at 2:30 PM in the Activities Center. Teresa will be prepared to teach you the techniques and the colors for your canvas picture. Teresa applied for a grant to give a second class each month, and she will be back on August 19th at 2:30 PM. Come down and have a great time making a masterpiece. On the 12th, we have a Food Demo with Chef Zsolt. He is full of surprises with whatever tasty treat he has planned, so you don’t want to miss out. Your Marketing Director, Kayla, has connected with guest speaker Carolyn Martin for a presentation about The French Connection ~ LaFayette. Come down to the Cabaret Lounge to hear all about it. On August 19th at 10:00 AM, Gold Country Hearing and Balance is here to provide service for you to tune up your hearing aids and to tune into life! Join Sadey, Sarah, and Kris in the Campus Commons Conference Room here for a **FREE hearing aid cleaning** clinic! A signup sheet will be put out a week before their arrival. Please fill out your name and number on the sign up sheet at the credenza by the Activities Center. On the 20th - Ceramics Class with Claudie Hiles at 10:30 AM in the Activities Center. Claudie always has a project and place for you during her class. August 26th at 2:30 PM in the Cabaret Lounge we have our favorite way to end these summer months - an Assorted Ice Cream Social. Last month was a big hit with the Afternoon Smoothie Social and I plan on seeing another big turnout. Come down and get your summer treat.

I am ending this article with a funny joke since it is August National Day for jokes.
Tell a Joke Day (Aug 16): What did the reporter say to the ice cream?
What’s the scoop?
*August is the only month when ice cream gets promoted to survival food. 😊

Have a fun August!

