

## Screened Out

In our modern world, more and more things are being digitized, and more and more people are spending time in front of screens: televisions, cell phones, computers, tablets, even cars and refrigerators are now being made with interactive screens. Some consider these computerized screens to be harmful enough to declare the first week in May Digital Detox Week, a week spent free of the influence of these screens in our lives.



Is "screen time" truly harmful? Some scientists have found screen time to have greater negative influences on kids. One study showed that kids separated from their screens for a week did a better job of reading emotions on other people's faces than those who spent their days watching TV or playing computer games. This shows that too much screen time perhaps reduces children's abilities to empathize with each other. Kids are not the only ones under the influence of screens. Adults who are on their computers or cell phones before they fall asleep have been shown to suffer through the night. The light from the screen disrupts the brain's sleep-wake cycle, causing insomnia-like symptoms and sleep deprivation.

We must accept that computers and media such as television and games are a fact of modern living. But how do we strike a healthy balance with these digital devices? One researcher advises that if the sun is shining, then screen time should be limited. There is no digital substitute for a walk outdoors or a visit to the playground. Another suggestion is to strike a balance between the more passive, consumptive nature of sitting in front of screens with active creativity. For every minute spent in front of the TV or a computer game, balance that with cooking, knitting, building a fort, doing a puzzle, or creating an art project. In our digital world, where our every whim seems catered to, it is important to stay engaged and curious with the world beyond our electronic screens.

## Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm  
 Saturday & Sunday 9:00am-5:00pm  
 Office 929-3966 Fax 929-3627  
 Barbara/Activities Office 929-6003  
 Van/Transportation 468-3091  
 Dining Room 921-5998  
 Comfort Keepers 560-9100

Police Non-Emergency 264-5471  
 Emergency & Fire 911  
 Comcast Cable 1-800-266-2278  
 AT&T 1-800-310-2355  
 Para Transit 429-2744  
 Yellow Cab 444-2222

Beauty Salon – Jane Ma 223-9658

**Tuesday-Saturday**

Tanya Nguyen 489-9416 Call for appointment  
 Beth Davison 247-8973 Call for appointment  
 Clean Touch Dry Cleaning 366-6666

## Music at Noon



On Wednesday from noon to 1pm, there is a concert series, Music at Noon at Westminster Presbyterian Church on 13<sup>th</sup> & N Street facing Capitol park in downtown Sacramento. The music ranges from classical to pops, and the best part, it's free! Music at Noon is one Sacramento place to listen to music. The classical concerts are given, attracting nearby senior citizens and state workers on their lunch hour (yes, you can bring your lunch).

Next month we are planning a trip on June 7<sup>th</sup> to see "Silent Film Theater Organist Dave Moreno accompanies two silent films"! Please let Barbara know if you'd like to "brown bag it" or leave early and get breakfast downtown and then to the concert.

Thanks to Sue Erlich for passing on this information. For more information, you can go to [www.musicatnoon.org](http://www.musicatnoon.org).

# Campus Commons

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Chris Cook, Maintenance

Charlene Wickizer, Marcy Solis &  
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer  
 & Tom Combo, Evening Porters

Richard Beyerl  
 Chef/General Manager, Sodexo

## Christine's Comments

Can you believe that CVS opened a year ago this month and construction started on the Raley's store? Here we are a year later and Raley's is now open! We are so excited to see these stores plus Starbucks right across the street from us. What a convenience to all of us.

Tonya will be stepping in as our driver for medical appointments, grocery shopping and banking. Due to her work schedule and all holidays that land on a Monday, we decided to move bank and grocery shopping runs to Friday starting May 5th. Ken will continue to drive for our outings on Wednesday.

Please be sure and look at your calendar. We have added "travel dvds" on Sunday at 1pm in the Library/Theatre.

I will now be your new Word Makers game show host on Tuesdays (Barbara will continue to host on Thursdays) at 10am. For this month, we'll do it the 2<sup>nd</sup> and 5<sup>th</sup> Tuesday as I will be gone the fourth week of the month.

Our offices are quite busy and the phones are ringing and it can get hectic from time to time. If you see someone in the office or one of us on the phone, please wait outside until we are finished. If you would like to talk with me one on one, please let Alena or Tonya know – I'm always happy to meet with you.

I'd like to welcome our newest residents; Martha F., Nancy L.. and Gloria R. Thank you to our hospitality members who have taken these ladies under their wing to show them around. It sure does make these ladies feel welcome when moving into a brand-new home.

Wishing you all a very Happy Mother's Day!

## Activities Corner by Barbara Higley

Welcome to the warmer days of spring. Soon the garden club will be planting and maintaining the backyard patio along with the 3<sup>rd</sup> floor terrace adding color for all to enjoy. As a new resident, you are welcome to join this group and meet new friends while enjoying the outdoors. Just let me know and I will be happy to help you get involved.

The biggest reason people choose not to use our public transit system is simple: they don't know how. Residents will have the opportunity to learn to use Regional Transit Buses, Light Rail and Paratransit on **Tuesday, May 9<sup>th</sup>** at 2pm in the Cabaret Lounge. Join us for this informative presentation.

**Saturday, May 20<sup>th</sup>** we will celebrate Armed Forces Day with a Red, White & Blue pancake breakfast along with music provided by the Sacramento Banjo Band. Plan to join us for this patriotic occasion and to honor all those who served. Don't forget to wear your red, white and blue.

As most of you know, Campus Commons Physical Therapy has partnered with our community and provides us with a great exercise program every other week on Wednesdays. In addition to the exercise class, they provide educational presentations. Brody, the exercise instructor, will be here on **Tuesday, May 23<sup>rd</sup>** at 2pm to offer a seminar on Balance and Fall Prevention. You won't want to miss this valuable class to learn more about protecting yourself.

We will end the month on **Friday, May 26<sup>th</sup>** with a Memorial Day celebration with a lively happy hour with Lincoln Highway and a lip smack'in All-American bar-be-que. Plan to join us!

Tonya has some great crafts lined up this month so be sure and sign up if you want to craft with her now on **Friday's at 1:30pm**.

Happy Mother's Day to all of our lovely ladies and I wish you all a wonderful and safe Memorial Weekend should you be traveling with family.

## May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them true romantics and lovers of the good life. Those born between May 21–31 are Gemini's Twins. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Irene Garcia, May 5th  
Loretta Landers, May 11th  
Fred Bloom, May 14th  
Norman Eade, May 17th  
Jack Spitz, May 18th  
Lyn Gaskin, May 22nd  
Ann Paul, May 24th  
Bill Becker, May 26th  
Roberta Bagwell, May 28th  
Midge Stahelek, May 31st



## Library News by Pat Edmond

Helpful information:

At this time, the books are being tagged with a colored label designating the type of book it is. There is a chart on the wall to the left of the first bookshelf which shows the label designations ie: yellow for fiction and pink is for mystery.

The large print books are alphabetized by author but not separated by category. The labels will help you find the books you want to read.

Biographies and memoirs are combined. These books are not alphabetized by authors but rather by the subject person.

At times, a book is too large to fit on a shelf in alphabetical order. I have created an area designated "Oversize" books. Here, too, books are not sorted by category. The labeling again will help find the type of book you seek.

## May's Featured Resident by Shirley Riemer

At just age 18, Lorraine Day made a life-changing discovery. She had completed a happy childhood in the tiny town of Chehalis, Washington. She had completed a good, solid college education. She had recently married.



Then her "eureka moment" struck! This is what she discovered: That there are places beyond Chehalis where it doesn't rain every day! Thus armed, she was on her way.

The first good news: her husband got a job in faraway San Francisco. Still, her thoughts strayed to places like New York, Hawaii, Florida, and places far beyond.

But hold on! What's missing here is the story of the family she would be leaving behind. After all, as they say, "The apple doesn't fall far from the tree."

Lorraine's father, Arvo Kaija, as well as her grandparents, aunts and uncles, all emigrated from Finland. (Her grandfather left to avoid being drafted into the Russian army.) Schooled only as far as the eighth grade, Arvo founded a "feed-and-seed store" in Chehalis, keeping him busy supporting his family – yet all the while staying active in the Masons, the bowling league, the cemetery board, the Kiwanis Club, the board of the county fair, and the popular "Saturday-night boxing club."

But can you believe this one! Both political parties in the state of Washington asked this Finnish immigrant to run for political office! Without U.S. citizenship, he could hardly accept such offers. Incidentally, he advertised himself as "The Friendly Finn." (As a nationality, Finns were not considered to be very friendly.)

When Arvo Kaija died, the pastor warned Lorraine and her brother that they should not expect a very large turnout at the funeral service. Yet people poured into the church; it could hardly accommodate the throngs of townspeople who came to honor Arvo.

A Finn through-and-through, Lorraine's father was firmly committed to a national trait known as "*Sisu*," a word impossible to translate to English – but here's a try: "*Sisu*" can refer to "guts," or resoluteness in the face of adversity, or perseverance, or "grit," or passion for a long-term goal.

Arvo Kaija once told this story about himself as a young boy: While helping his father to clear some land, and while lifting a heavy log, he grunted, and he grunted loud. Hearing the sound, his father told him it was "a dirty shame for a man to grunt – and what's worse, to have a Finn grunt."

In 1990, Lorraine, with her father and his two sisters, embarked on a month-long trip to Finland. Upon arrival in Helsinki, they discovered that most of their luggage had been lost. Lorraine remembers her Finnish aunt declaring, "Aren't we lucky! We won't have to lug all those heavy bags everywhere we go! And besides, I have a scarf with me in case it gets cold. . . . this is going to be wonderful!" That was a Finn talking. That's *Sisu*.

So now we have to ask, "How far did the apple fall from the tree?" Well, let's take a look at Lorraine's long trail of lifetime projects, all in places "where it doesn't rain every day" – like giving bridge lessons on cruise ships; like serving as a cruise director to all parts of the world to participate in tournament bridge; like acting out Washington Huskies fever with her husband; like taking active roles in politics.

And through it all – watching the sun set over the Parthenon, steaming through the Panama Canal, approaching the Rock of Gibraltar, shoving off for Bermuda, New Orleans, Boston, New York City, Atlanta, London, the Mexican Riviera, Alaska, Australia, Istanbul, Israel...

Now there's a definition of *Sisu* – a passion for a lifetime goal!



**A Finn's Character**