

JULY 2018

# Gold Country Gazette

Assisted Living Activity Department Newsletter



## Celebrating July

**Parks and Recreation Month**

**Women's Motorcycle Month**

**Ice Cream Month**

**Clint on Guitar**

*July 3*

**Independence Day (U.S.)**

*July 4*

**Retire the Flag Ceremony**

*July 11*

**Bus Trip to YogaBerries**

*July 20*

**Root Beer Floats  
on the Patio**

*July 24*

## Can't Buck the Truth

Rugged men wearing chaps and cowboy hats with six-shooters on their hips, sitting high in the saddle, driving cattle across wild landscapes—it is an image as American as apple pie but also one perpetuated by Hollywood. Enjoy these interesting cowboy facts for the Day of the Cowboy on July 28.

Cowboys actually did not originate in America at all, but in Mexico. Two hundred years before the first American set foot out west, Mexican *vaqueros* were honing their roping, riding, and herding talents and becoming expert ranchers. When Americans ventured westward, they modeled their habits and dress on the *vaqueros* found in modern-day Texas, New Mexico, and Arizona. The Wild West also wasn't as wild as the movies lead us to believe. Bank robberies were uncommon. Settlers did not circle their wagons and were not under constant threat of attack from Native Americans. And half of all cowboys were either Mexican *vaqueros* or former slaves. In fact, many believe that the character of the Lone Ranger was based on Bass Reeves, a former slave from Arkansas turned U.S. marshal. On the Day of the Cowboy, take in a Hollywood western, but also celebrate the real Wild West.



## Are You a Believer?



July 2 is World UFO Day. Whether you celebrate by watching reruns of *Star Trek* or hosting a sky-watching party in hopes of identifying an unidentified flying object, be sure to keep an open mind when considering that humans might not be alone in the universe.

There have been many recorded observations of strange flying objects throughout history, but it wasn't until 1947 that a UFO sighting captured the public imagination. Businessman Kenneth Arnold was flying a small plane near Mount Rainier in Washington when he spied nine objects flying together. He described them as looking "flat like a pie pan" and "saucer like." From his experience, the term *flying saucer* was born.

Did Arnold actually see an alien spaceship? The United States Air Force determined that Arnold saw a mirage. Yet in mid-1947, UFOs again captured the public's attention when a mysterious craft crash-landed at a ranch near Roswell, New Mexico. Representatives from the Roswell Army Air Field reported that the object was a high-altitude weather balloon, but the government has been accused of covering up an alien encounter ever since.

Is it just coincidence that the U.S. government began Project Sign in 1948? This project, conducted by the Air Force, was an investigation into UFO encounters in order to determine their veracity and whether or not any UFO was a threat to national security. The program lasted for 20 years and concluded that an alien UFO had never been observed. It seems that the public had to wait until 2017 before a Navy pilot, Retired Commander David Fravor, came forward with his firsthand account of what he believes was an alien UFO. Fravor was on a routine training mission off the coast of California in November of 2004 when a 40-foot-long wingless object, like a giant Tic Tac, sped past him. When asked to recall his experience, Fravor said, "I think it was not from this world."

## July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis (Olympian) – July 1, 1961  
Ann Landers (advice columnist) – July 4, 1918  
Ed Ames (singer) – July 9, 1927  
E. B. White (author) – July 11, 1899  
Woody Guthrie (folk singer) – July 14, 1912  
Ginger Rogers (actress) – July 16, 1911  
John Glenn (astronaut) – July 18, 1921  
Ernest Hemingway (writer) – July 21, 1899  
Don Drysdale (ballplayer) – July 23, 1936  
Mick Jagger (singer) – July 26, 1943  
Beatrix Potter (author) – July 28, 1866  
J. K. Rowling (author) – July 31, 1965

Please join us for...

# National Night Out 2018

at

Gold Country Retirement Center

Tuesday, August 7th, 2018 5:00-8:00 p.m.

Health Care Center parking lot at  
4301 Golden Center Drive, Placerville

Join us under the stars to hear music by local band,  
The Random Strangers! The event will include  
over twenty booths run by local vendors.

Entry and some food items are free!

530-621-1100  
TDD 1-800-545-1833 x359  
www.GoldCountryRetirement.org

A Retirement Housing Foundation Community

Find us on

ALF License # 90317665  
SNF License # 300000229

**FROM THE DESK OF SANDY.....**

Keep your calendar's open for **National Night Out August 7th**. We hope you will join us down in the health center parking lot and lawns for this evening of fun and fellowship. 5:00 – 8:30 pm **FREE CONCERT by The Random Strangers**, Fun for the Whole Family. Bring a picnic, lawn chairs, and join us!

IT TIME AGAIN.....to vote for GOLD COUNTRY in the Mt Democrat's Readers Choice Awards. You must vote on an original ballot by July 23 – so please see the Mt Democrat in the next couple editions for an original ballot. We hope you will again choose Gold Country as Readers' Choice **Best Assisted Living** and **Best Retirement Campus!**

Stay hydrated in the heat!! We anticipate a HOT summer, please keep your daily exercise time to very early mornings on hot days, and drink plenty of water even when you don't feel thirsty. Check with staff if you feel dizzy, disoriented, faint, or achy after being out in the heat. Drink, drink, drink, and protect yourself during these hot months!

Don't forget to "Friend us" on Facebook at goldcountryretirementandhealthcare. We post lots of fun pictures and special events. So "like" us and help spread the word about Gold Country Retirement and Health.....We want more friends! We'd also love it if you would like us on YELP....Social media is a great way to spread the word about the mission of Gold Country! Your kudos catches your friends and neighbor's eyes – so Like us, write us a good review, mention us in your comments. It all helps. Thank you for your support!

Happy 4<sup>th</sup> of July! Happy Birthday America! Thank you for your patience as we paint in the Assisted Living Unit and install new handrails; this work has been postponed due to an ordering problem with the handrails. We had to stop painting until they arrived. Now they have arrived, but were damaged in shipping.....

**WISH LIST**

Your family members here  
LOVE their Hot Cocoa!!!  
Donations of large tubs  
Of Hot Chocolate  
would be greatly appreciated.  
Thank You!

**NEED A FRIDGE?**

As the Independent Apartments are remodeled, the refrigerators are being replaced. Currently, we have 5 refrigerators for sale at \$50 dollars each. The Whirlpool appliances can be picked up by you after you have made arrangements with Bob our Maintenance Manager  
#(530) 621-1100 Ext: 4039

so we may be delayed further. Once these are installed and the unit is painted, we will finish up the display boxes, and install new room and directional signage. Whew are we busy this summer!

Coming August 29<sup>th</sup> a whole new Roof on the Health Center Building. Parking will be impacted some days, so watch for signage! Please email us if you have suggestions on how to make your home even better! We love hearing from you.

Sandy Haskins, Executive Director  
[Sandy.haskins@rhf.org](mailto:Sandy.haskins@rhf.org)

This page reserved for Calendar .