



**The World in Watercolor**

July is World Watercolor Month in appreciation of this wonderful art form. In watercolor painting, colored pigments are suspended in water. Watercolor painting may be the first type of painting ever done by humans on cave walls. Watercolor was also used in East Asia, the Middle East, ancient Egypt, Italy, and Ethiopia. Watercolor techniques were initially used for mere sketches or copies. Oil was considered a superior medium. However, as the technique was perfected by masters of the Renaissance and beyond, watercolor became a renowned and complicated medium. While it appears to be an easy method of painting, it takes years to become accomplished. Luckily, the low cost of watercolors allows most anyone the chance to paint with this enduring art form.

**July Birthdays**

- Dennie Cheng – July 2
- Maria Martin – July 4
- Wanda Blair - July 6
- Hedley Bourke – July 6
- Calvin Mueller – July 10
- Dorothy Paulsen – July 12
- Eda Scheuffelle – July 13
- Tony Deogracia – July 13
- Gayle Branden – July 13
- Ed Axline – July 16
- Jane Heath – July 20
- Rebecca Sackett – July 24
- Frank Piceno – July 27
- Sharon Hogden – July 28
- Katie McCollough – July 28
- Frances Ponder – July 29
- Ernestine Gibson – July 30
- Dorothy Jones – July 30
- Segrid Salmon – July 30

**Other Notable Birthdays this month:**

- Ann Landers– July 4, 1918
- Ed Ames) – July 9, 1927
- E. B. White– July 11, 1899
- Woody Guthrie– July 14, 1912
- Ginger Rogers– July 16, 1911
- John Glenn – July 18, 1921
- Ernest Hemingway– July 21, 1899
- Don Drysdale – July 23, 1936
- Beatrix Potter– July 28, 1866

**Anniversaries:**

- Bill & Tee Easton - July 10 1949
- Norman & Merle Jones - July 31 1954



**Celebrating July**

Executive Director:  
Sandy Haskins

Housing Manager:  
Trisha Raines

Dietary Manager:  
Judi Spiller

Activities Director  
Mary Fatooh

Resident Service  
Coordinator  
Dixie Adams

Marketing and Outreach:  
Phoebie Carcot

Maintenance Supervisor  
Bob Piercey

[www. goldcountryretirement.org](http://www.goldcountryretirement.org)

# The Outlook

Gold Country Retirement Center 6041 Golden Center Ct. Placerville CA 95667 530-621-1826

**Management Notes:**

Please welcome the following new residents:

- Gwen Morgan                      301-1
- Dale and Marion Cundall      306-1
- Judi Prince                         313-2
- Kay Smith                          108-2

Ahhhh summer! Time to enjoy all those fresh fruits and vegetables that are in season. Watermelon, corn on the cob, fresh picked tomatoes. Time for Barbeques and swims in the lake, family gatherings and fireworks on the 4th of July.

Here at Gold Country we will celebrate the 4th with an in-house BBQ at the lunch hour and then have a boxed meal available at dinner time so staff is able to spend some time with family.

National Night Out will be coming up on Tuesday, August 7th featuring the band “Random Strangers” at the Health Center parking lot. There will be yummy food and vendors with freebies.

We had a scary incident with a pet eating a dose of medication that was accidentally dropped on the floor. Thankfully she survived, however it was a close call! Please be very careful with medication that is brought into the common areas and if dropped let a staff member know so we can pick it up for you.

Enjoy that sunshine out there, but stay hydrated. Grab a cold drink whenever you think of it. Happy 4th!

Trisha Raines  
Housing Manager

**TRANSPORTATION:**  
IT IS THE RESIDENT'S RESPONSIBILITY TO NOTIFY THE RECEPTION DESK AT LEAST ONE DAY IN ADVANCE FOR TRANSPORTATION SERVICE. PLEASE ARRIVE IN THE LOBBY 45 MINUTES BEFORE YOUR SCHEDULED APPOINTMENT TIME TO BE TRANSPORTED TO YOUR DESTINATION. TRANSPORTATION FOR THOSE WITH SCHEDULED APPOINTMENTS HAS PRIORITY OVER UNSCHEDULED "ADD-ONS".

**BARBER:** On Monday, July 2nd Debbie from the Health Center will be in Bldg. 2-3rd Floor Alcove to trim your hair beginning at 9:00. The Salon is now open on Tuesdays 9:00-2:00 with Kim and Wednesday afternoons with Debbie.

**BOOK MOBILE: 2nd Wednesday,** between Buildings 2 & 3 from 11:00-11:45.

**CHAIR MASSAGE:** Danny, our massage therapist, will only be at the Health Center. See the front desk for an appointment and to make arrangements.

**DRY CLEANING: CLASSIC CLEANERS** provides FREE pickup & delivery service. Your dry cleaning needs to be at the front desk by 6:15 p.m. on Fridays. Please attach your name to your dry cleaning bag to ensure proper delivery.

**HEARING SERVICES:** Sandy from Accuquest Hearing Aid will be here on Tuesday, July 3, at 1:00 in the Library.

**MONDAY: Shopping:**  
12:30p.m. Walgreens & Wal-Mart  
12:55p.m. Prospector's Plaza & Safeway.

**THIRD MONDAY:** Transportation to the Folsom area for medical appointments or shopping (\$10.00).

**Tuesdays:**  
Bus to Cameron Park or other errands  
12:30 NEW!! No Fee.

**TUESDAY & THURSDAY:**  
Scheduled Appointments:  
8:00 a.m. - 2:30 p.m.

**WEDNESDAY:**  
Outings - Independent Apartments

**FRIDAY: Shopping:**  
9:00 a.m. Raley's & Rite-Aid  
9:30 a.m. Walgreens & Wal-Mart  
12:30 First Friday Only-  
Dollar Tree or Thrift Store

**OUTPATIENT THERAPY SERVICES:** Physical, occupational and speech therapy are offered with an M.D. referral. FREE Health and Wellness screenings are available by appointment only. Call (530) 621-1076 for more information or leave a message in the mailbox by the door of Apt. 209, Bldg. 2.

**BUS TRANSPORTATION TO FOLSOM:**  
We now have bus transportation for appointments or shopping in Folsom on the third Monday of every month. Please sign up at the front desk or see Dixie for more information.

**JULY OUTINGS!**

**Wednesday, July 4 at 9:00**  
California Auto Museum/Lunch 9:00  
We will arrive about 10:30 and tour the museum with a docent. Lunch afterwards. \$6.00 admission

**Friday, July 6 at 12:30**  
Dollar Tree/Thrift Store Cameron Park

**Wednesday, July 11 at 12:30**  
ROOT BEER FOATS  
Pine Room

**Wednesday, July 18 at 10:00**  
Trip to Camp Forward in Georgetown w/Lunch.  
Tour the grounds of Camp Forward Bible Camp. They will provide lunch.

**Wednesday, July 25 at 1:00**  
New Resident Welcoming Tea  
There will be tea and refreshments in the Pine Room for invited guests.

**Thursday, July 26 at 4:45**  
Hog Wild BBQ  
Dinner at Hog Wild BBQ bring your bib!

**Friday, July 27 at 8:30**  
Amador County Fair/Lunch  
Pigs, Sheep, Flowers, Corn Dogs, Ice Cream, Lots of fun! It could be hot, so wear a hat and bring sun screen. It's a great fair!

Please join us for...

# National Night Out 2018

at



**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

