

Mother May I?



Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Dia de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the

third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Dia de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?

May Birthdays

- Ruth Mason - 5/3
- Bill SchalkR - 5/7
- Marjory Hubbell - 5/10
- Salmon, "Sam" - 5/10
- June "Moose" Knox - 5/11
- Betty Lore - 5/13
- Dolores Sawyer - 5/13
- Lois Orr - 5/19
- Robert Sychta - 5/19
- Huwe, Julia - 5/21
- Ruth Bozzone - 5/22
- Bill Lehman - 5/22
- Darlene Taylor - 5/23
- Doug Spottswood - 5/29
- Spencer Turner - 5/31

May Anniversaries

- Bob and Lorraine Flickenger - 5/12/46
- Wallace and Ruth Mason - 5/17/14
- Greg and Nancy Ross - 5/18/13
- Larry and Margaret Murphey - 5/22/48 70 Years!

OTHER NOTABLE BIRTHDAYS.....

- Benjamin Spock (pediatrician) - May 2, 1903
- Sugar Ray Robinson (boxer) - May 3, 1921
- Sigmund Freud (psychoanalyst) - May 6, 1856
- Fred Astaire (entertainer) - May 10, 1899
- Yogi Berra (ballplayer) - May 12, 1925
- George Lucas (film maker) - May 14, 1944
- Adrienne Rich (poet) - May 16, 1929
- Cher (singer) - May 20, 1946
- Sir Arthur Conan Doyle (writer) - May 22, 1859
- Bob Dylan (songwriter) - May 24, 1941
- Jim Thorpe (athlete) - May 28, 1887
- Walt Whitman (poet) - May 31, 1819

We remember fondly our friends and neighbors who have recently passed

- Marilyn Simon
- Don Turney
- Claudine Rossi
- Ed Ramme
- Roy Pearson

The Outlook

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



Celebrating May!

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.goldcountryseniorliving.com

  Like us on Facebook and review us on Yelp!

May Greetings !

Please welcome the following new residents:

- Walter and Leona Narr: 104-3,
- Dola Albusche; (welcome back!) 200-2,
- Eileen Hawkins: 308-1
- Joan Stich: 302-3.

Our housekeeping staff plans to do spring cleaning this year the weeks of April 30 – May 11th. Everyone who has lived here 6 months or more will get a deep cleaning once during the 2 week period. Residents who have lived here less than 6 months will get a regular cleaning once during the 2 week period.

Senior Fitness Day is Wednesday, May 30th. We will celebrate by going for a walk on the nearby walking trail. We also plan to repeat the class with our Therapy provider, ONR on how to use the exercise equipment in Bldg. 2. Watch for a flyer with more details.

Happy Mother's Day to all of our Gold Country Moms!

Trisha Raines, Manager



A Property of Retirement Housing Foundation

SERVICES.....MAY - 2018

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, May 7th 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, May 1, 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

MAY 2018 Wednesday, May 2 8:30

Mystery Trip # 3, and lunch

This is another out-door trip. Wear comfortable, close-toed shoes and long sleeves. Also a hat if you have one. We will be outdoors for about 45 minutes. There are no restrooms, but we will find one before we begin the tour! \$5.00 admission/donation

Friday, May 4 12:30

Dollar Tree/Thrift Store

Thrift store and/or the Dollar Tree in Cameron Park.

Wednesday, May 9 10:30

River Cats Game

The game starts at 12:05. Bring a hat, sun screen, and money for a hot dog

Wednesday, May 16 9:30

Shopping & Lunch at Sunrise Mall

We will for a couple of hours and then lunch at Elephant bar or on your own.

Wednesday, May 23, 9:30

High Hand Nursery/Lunch

You will have a chance to shop for flowers or plants and then have lunch in the lovely arboretum restaurant

Wednesday, May 30 9:30

25th Annual National Senior Health & Fitness Day

We will go to the El Dorado Trail for walk and to pass out waters and healthy snacks to other trail users.

Thursday, April 26 4:45

Dinner at Hog Wild BBQ

Bring your bib!

OUTPATIENT THERAPY SERVICES: Physical, occupational and speech therapy are offered with an M.D. referral. 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.

RESIDENT RELATIONS COORDINATOR: Gold Country is very interested in the well being and comfort of our Residents. Please call Dixie if you have any suggestions or issues that you would like to discuss.

Dixie Adams-530-409-5212.



Gold Country Retirement and Health Centers
Is Proud to Salute
OUR FANTASTIC NURSING TEAM

NATIONAL NURSES WEEK
May 6-12, 2018

WE ARE A CMS 5-STAR BUILDING BECAUSE OF
YOUR DEDICATION!

**"We Love, We Care, We make a
Difference"**

The Staff & Residents of Gold Country salute
you!

Representing our Licensed Nursing Team

Suzanne Schroeder, RN, BSN
Director of Nurses
Colleen Warren, LVN, MDS

- | | |
|------------------------|------------------|
| Kimberly Anstead | Mary Sousa |
| Abigail Boersma | Carol Reis |
| Ruth Cooke | Bonnie Berndt* |
| Monica Cornejo | Wendy Wagner* |
| Ashley Ferguson | Carol Schroeder* |
| Nobuyo Iwagami | April Amergian* |
| Danute Malley | Nicole Grote* |
| Enrique Cotton Ordonez | |
| Magdalena Hernandez | |

* On Call/Casual

Starting May 1st Style Magazine is accepting votes for "Best Of" in the Foothills. Wouldn't it be great to win again ☺ Please vote for us for each of our resident levels so we can retain bragging rights for the 5th consecutive year. It is all because of **YOU** that we are the "Best Senior Living Community in El Dorado County Foothills"
Our goal is to win for all THREE level this year!
Every vote counts!
www.stylerca.com

High Flyin' at Gold Country!



Thank you to Heritage Flyers Foundation for the wonderful day spent with friends old and new! We had a bus full travel up to the Placerville Airport where we were treated to a delicious BBQ lunch and 6 vintage airplanes to choose from for a ride in the clouds! It was a glorious day!

Save the Date: June 21st 10-1pm
Early Ford Car Showcase

In the Health Center parking lot!

**We are anticipating 30 classic Fords
and a dozen vintage motorcycles**



* **BBQ Lunch for sale to benefit the
Union Mine High School Basketball
Team**

