

Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls, but browsed the Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us? Only time will tell.

June Birthdays & Anniversaries

Sylvia Ball – June 2
Wallace Mason – June 6
Jim Howe – June 7
Val Pepper – June 10
June Solomon – June 10
Dola Albusche – June 11
Joe Muschetto – June 11
Maxine Sewald – June 19
Arlene Carlson – June 20
Gwen Upshaw – June 23
Mildred Romero – June 26
Lily McGowan – June 26

Other Notable Birthdays ...

Jerry Mathers (actor) – June 2, 1948
Anderson Cooper (journalist) – June 3, 1967
Prince (musician) – June 7, 1958
Cole Porter (composer) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Donald Trump (president) – June 14, 1946
George Mallory (explorer) – June 18, 1886
Brian Wilson (musician) – June 20, 1942
John Dillinger (bank robber) – June 22, 1903
George Orwell (writer) – June 25, 1903
Richard Rodgers (composer) – June 28, 1902



The King Is Born

On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

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



Celebrating June

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

The Outlook

From the desk of Trisha....

Please welcome the following new residents:

Eva Johnson – 305-1

Margaret Brody – 313-2

Phoebie has arranged an Early Ford car showcase featuring Ford Vehicle designed and built between 1932-1953. They will be on display June 21st from 10:00am-1:00pm in the Health Center parking lot. Please invite your friends and families, a BBQ lunch fundraiser will be available benefitting the Union Mine High School Athletics program.

In housekeeping this month, Sofia will be subbing in Building 2 from June 11-22. Please join me in wishing Rose congratulations and best wishes on her wedding this month!

At our reception desk we wish Coco a fond farewell as she goes back to work for Red Hawk Casino. We will be seeing more of Danette, Debbie and Brenda at our front desk.

As the weather warms up we remind you to call us right away if there is any trouble with your air conditioning. It is much easier to get service for you during the day and we can also bring in a temporary unit or fans to keep you comfortable. Remember to keep hydrated also and take your walk earlier in the morning when the weather is cooler.

Have a fabulous June and happy Father's day to all of our Gold Country Dads!

Trisha Raines, Manager

SERVICES.....JUNE - 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, JUNE 4TH
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, JUNE 6TH, 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

GOLD COUNTRY OUTINGS JUNE 2018

Friday, June 1st 12:30
Dollar Tree/Thrift Store in Cameron Park.

Wednesday, June 6th 9:30
Thunder Valley Casino/Lunch- We will arrive about 10:30 and stay until 1:30.

Wednesday, June 13th 1:00
Trip to "The Niche Ice Cream" shop in Folsom- Come and experience a new and unique way to eat ice cream.

Thursday, June 21st 10:00-1:00 pm
Early Ford Car Show- Cars, Food and Fun! On our Health Center Parking Lot. There will be bus transportation to the car show and BBQ lunch being sold to benefit Union Mine High School Basketball.

Wednesday, June 27th 9:00
Tour of Shriners Hospital & Lunch - We will tour Shriners Hospital for about an hour, and then have lunch at Dad's Kitchen-Sacramento.

Thursday, June 29th 4:44
Hog Wild BBQ - Dinner at Hog Wild BBQ, bring your bib!

May 1st Style Magazine started 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".

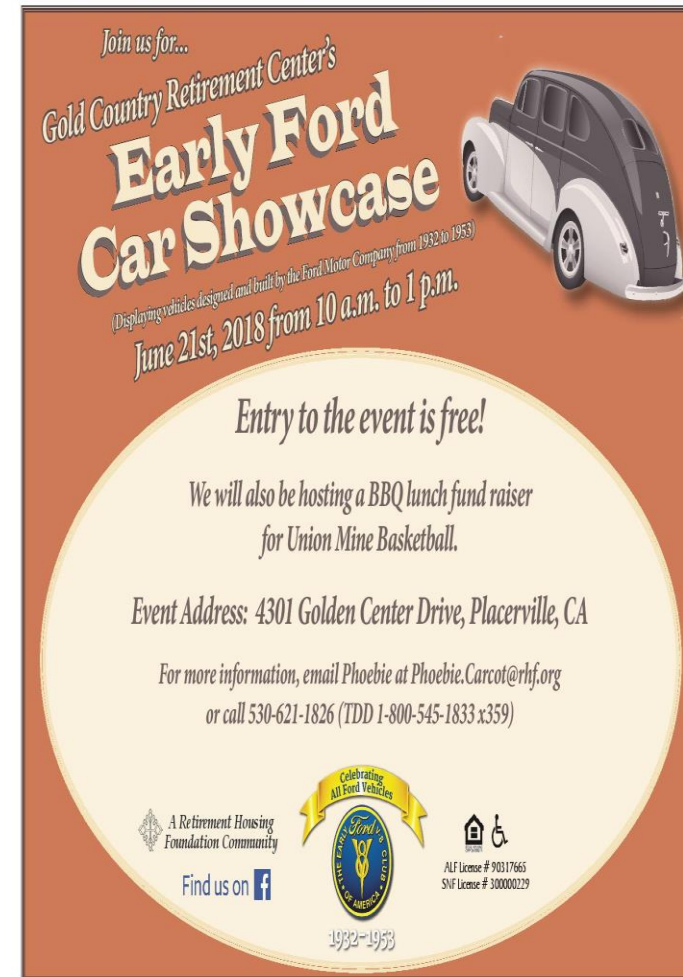
Our goal is to win for all THREE levels this year!

Every vote counts!

Visit www.stylerca.com to cast your vote

Coming soon....

We are creating a Veterans wall to be on display throughout the year. If you are a Veteran and would like us to include you please bring Mary a 5x7 or 8x10 photo of you in uniform and write your rank and branch at the time of the photo. We are very excited about this project and look forward to honoring you!





Join us for...
**Gold Country Retirement Center's
Early Ford
Car Showcase**
(Displaying vehicles designed and built by the Ford Motor Company from 1932 to 1953)
June 21st, 2018 from 10 a.m. to 1 p.m.

Entry to the event is free!

We will also be hosting a BBQ lunch fund raiser for Union Mine Basketball.

Event Address: 4301 Golden Center Drive, Placerville, CA

For more information, email Phoebe at Phoebe.Carrat@rhf.org
or call 530-621-1826 (TDD 1-800-545-1833 x359)

A Retirement Housing Foundation Community
Find us on 
Celebrating All Ford Vehicles

1932-1953
ALF License # 910317665
SNF License # 300000229

Seeing What's Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to the betterment of others.

Tale of the Tape



June 14-16 heralds Duct Tape Days, and it is no coincidence that this celebration aligns with Father's Day on June 17. After all, duct tape is Dad's most versatile tool. Duct tape was originally invented by Johnson & Johnson during World War II as a cloth-based waterproof tape used to seal ammunition boxes. It wasn't a man who invented it, but the mother of two Navy sailors, who believed so much in her idea she wrote a letter to President Franklin Delano Roosevelt touting her invention. The rest is history, and men have been obsessed with duct tape ever since. After all, duct tape can be used for everything from taping ducts to curing warts, removing pet hair, mending tubes of toothpaste, plugging leaky canoes, and catching insects. Of course, women use it, too. Some innovators have even gone so far as to create duct tape wallets, shoes, and dresses. Look no further for the perfect Father's Day gift.