

The Making of a Man

Not only is June 21 Father’s Day, but June is Men’s Health Month. All June long, we are asked to honor the men in our lives: dads, husbands, brothers, and uncles. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends



to overemphasize qualities of toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn’t always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men’s work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men all across the country, such as Philadelphia’s Masculinity Action Project and the global ManKind Project, are attempting to promote “healthier masculinity.” They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. While some critics have gone so far as to call this a “war” on traditional masculinity, many men in these groups feel better about themselves: they have better relationships, stronger core values, and better mental health. These men are not only becoming, in their eyes, better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive male role models, they are better equipped to pass those traits along to younger generations.

June Birthdays

Sylvia Ball	6-2
Faye Sketchley	6-2
Sandie Abreo	6-5
Wally Mason	6-6
Val Pepper	6-10
June Solomon	6-10
Dola Albusche	6-11
Werner Methner	6-12
Lynne Morris	6-13
Vivian Connor	6-15
Maxine Sewald	6 -19
Arlene Carlson	6-20
Clara Neilsen	100!! 6-21

Anniversaries

Elly & Tom Kozlowski	6-6
Christine & Pete Massengale	6-13
Marion & Dale Cundall	6-20



Happy Father’s Day!!

2:00 Friday Happy Hour on Patio:
Beer or Root Beer
(Limited to 10 people at time)

12:00 Sunday Lunch Delivery:
BBQ Ribs & Fixings!

THE OUTLOOK

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



Management Team

Executive Director:
Sandy Haskins

Housing Manager:
Trisha Raines

Dietary Supervisor:
Titus Hartwick

Activities Director:
Mary Fatooh

Resident Services
Coordinator:
Dixie Adams

Marketing & Outreach:
Bev Dierks

Maintenance Supervisor:
Bob Piercey

Housekeeping Supervisor:
Lupe Frazel

From the desk of Trisha:
Managers Message

Please welcome the following new resident this month: Patricia Welter plans to move-in on June 1 to 204-2. We are looking for new neighbors to move in, if you know someone who might like a brochure sent to them, please let Trisha or Bev know.

Happy Father’s Day to all of our Gold Country Dads. My favorite memory of my Dad was that he always made us practice putting the snow chains on our car before we drove up to our cabin in Tahoe. I was so good at it back then, I was the one who put them on our church van when our youth group got stuck in the snow on one of our trips. Even the adult chaperones weren’t sure how to do it.

We tried Bunko in May and it worked OK, so we will play 2 times this month, only 8 players at a time. We may be able to try the country store in June also.

Thank you to everyone who is keeping a positive attitude in this difficult time. Make someone smile: Call to check on them, leave a small gift or card on their door, or anything you can think of to make someone’s day, we all need a reason to smile right now.

Happy June and stay safe,
Trisha Raines, Manager

Transportation during COVID-19:

As per county and state directives, we are encouraging our residents to comply with the “stay home” directive. For those who do not have family, friends or their own transportation but are in need of “Essentials”/prescriptions and/or medical appointments our Bus Service will be available for the following:

Monday Previously made appointments with Dr. Sucheski (podiatrist) 626-5062

Tuesdays and Thursdays: Shopping at Safeway from 8:00 a.m. to 9:00 a.m. (senior hours) and medical appointments in the Placerville area from 8:00 a.m. – 2:30 p.m. Passengers will be limited to four at a time. Please follow normal procedure - sign up at the front desk at least one day in advance if possible and arrive early for appointments.

If your needs cannot be met by these arrangements, please give Dixie a call (530-409-5212) to discuss alternatives.

BEAUTY SALON:

The Beauty Salon is closed until further notice.

HEARING AID SERVICE 📞 : N/A.

BOOK MOBILE: Will return soon. 📖🚌 Books can be returned to Placerville Library Drop Box if you need to. No fines will be applied at this time.

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 & phone number to your dry cleaning bag to ensure proper delivery.

TUESDAY & THURSDAY:
Essential Doctor/Labs
Appointments:

8:00 a.m. - 2:30 p.m.
Senior Safeway Shopping
8:00 – 9:00
(limit 4 passengers for the above trip)

!!!NEW!!!
*Short Country Cruise Special
Tuesday & Thursday
9:30 and 1:00*
(limit 4 passengers for the above trip)

Please sign up at the Front Desk

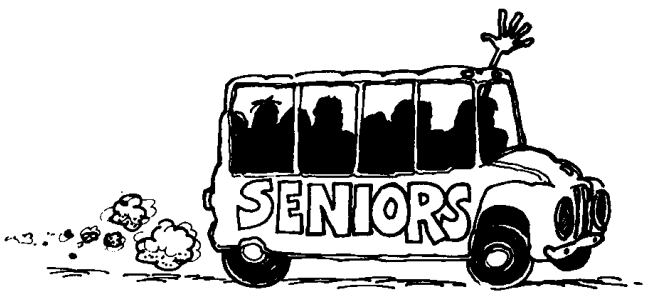
Gold Country Outings

Wednesday, June 3rd
TBA

Wednesday, June 10th
TBA

Wednesday, June 17th
TBA

Wednesday, June 24th
TBA



Here are sweet peas,
on tiptoe for a flight;
With wings of gentle flush
o'er delicate white,
And taper fingers catching at
all things,
To bind them all about with
tiny rings.

~John Keats



ACTIVITY HOT LINE PHONE #
530-497-2005
Call for the most current
Activities **UPDATES!**



Residents Who've Moved or Passed:

Randy Hyde moved to Jackson

Olga Wise moved to ALU

Dorothy Worthington moved to ALU

Shirley Hawes moved to Fresno



We Are Proud to Salute
OUR FANTASTIC C.N.A.'s (AKA HEROS)
during

NATIONAL CERTIFIED NURSING ASSISTANTS (C.N.A.) WEEK
June 18-25, 2020

Monika Baker*	Manny Ballesteros	Marco Brambila	Ampelia Camacho
Noemi Campos	Monica Cantrell	Cari Chavez	Natalee Clark
Gilbert Contreras	Jennifer Costello	C.J. Faircloth	Raj Gill
Edgar Hernandez- Canales		Tammy Holden	Kelsey Jasso
Mickey Johnson	Mike Martinov	Gail McKenna	Hannah Mosby
April Ovalle	Megan Quinonez	Sandra Riffey	Shasta Ruckman
Bonnie Schneider	Josh Sullivan	Karly Talbot	Hannah Woodard
Alexa Yanez			

"It takes a Special ❤️ -To Care"
The Staff & Residents of Gold Country offer you a standing ovation!