

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.

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-485-0100 Fax 916-485-0611
 Van/Transportation 916-870-0738
 Dining Room 916-485-0361
 Police Non-Emergency 916-264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Paratransit 916-429-2744
 Yellow Cab 916-444-2222

Beauty Salon - Debbie Sledge 916-532-5775
 Manicurist – Angie Tran 916-267-5486

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."

Winding Commons

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 Evening Porters

TBA
 Chef/General Manager, Sodexo

Deanna's Download

The warm weather has finally arrived which is going to make the outside patio areas enjoyable. Have you tried the outdoor dining area yet? I'm hoping that if the weather is nice, we can have part of the Casino Party outside on the patio. The Casino Party is on June 22nd, and it should be a blast! We're working on getting all kinds of fun and interesting prizes for the party. On this night, we will not be serving our regular dinner. We plan to have the party in the dining room, with food stations set up around the room. I will send out instructions about the event when we get closer to that date.

On the 7th, we are having an Ice Cream Social. As you know, we love to take your photos. At this event, we will show photos of you and the fun times that we have enjoyed for the first part of the year. If you see a photo that you love, and want to share it with your families, they can see it on our Facebook page under Winding Commons Senior Living.

On Father's Day, we plan to have a Barbecue Brunch from 11:00-1:00pm. We'll serve western burgers with all the fixings, pork ribs, corn, potato salad, barbecue beans and garlic bread. I will post the sign-up sheets next week.

Here's a logic problem for you:

Two fathers and two sons went on a fishing trip. Everybody caught fish, but all together only three fish were caught. How is this possible?

(Answer: The fisherman was a grandfather, his son and a grandson.)

**Happy Father's Day from the staff at
 Winding Commons!**

Out and About at Winding Commons
By Mary Singewald

Getting ready for our sizzling summer fun at Winding Commons. We start the month with the West Sacramento Community Singers on Sunday, June 3, at 3:00pm. Do not miss this wonderful performance!

Join us for an ice cream social with all of the toppings on Thursday, June 7th at 2:00pm. On Tuesday, June 12th, we will head out to Cache Creek Casino to have lunch and try our luck. Cache Creek is a beautiful casino and we have not been there for about 5 years. I feel lucky already!

Happy 100th birthday to Lillian Gallichio on June 11th. Come help us celebrate with her at Happy Hour on Wednesday, June 13th, at 3:30pm with the Good Time Jazz Band.

We will be visiting the Bank of America Art Gallery at the Harris Center in Folsom on Tuesday, June 19th, leaving at 10:00am. We will be going to Mimi's for lunch before the art gallery. There is no charge for the gallery. Please sign up for any of these outings in the mailroom.

Finally, it's that time of year for our Winding Commons Casino, which is scheduled for Friday, June 22nd, from 3:00pm to 6:00pm. Great fun, food, music, and many great prizes. Come try your luck. Can't miss this!

Happy Father's Day to all the dad's everywhere! Well, that wraps it up as we start an event filled sizzling summer of 2018 at Winding Commons. Would like to "Thank" all the residents and staff for making Winding Commons so much fun. Best seniors ever!

DON'T FORGET, FRIENDS MAKE THE BEST NEIGHBORS! PLEASE LET HILARY KNOW IF YOU HAVE A FRIEND THAT WOULD LIKE TO TOUR WITH US.

June Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 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.

- Barbara Ashley, June 5th
- Barbara Banning, June 6th
- Lill Gallichio, June 11th
- Retha Mayfield, June 13th
- Bob Mayse, June 15th
- Dorothy Halverson, June 15th
- Lou Fontaine, June 16th
- Ken Biek, June 23rd
- Virginia Halk, June 24th
- Naida Jensen, June 24th
- Bob Howke, June 29th

Marketing Minutes by Hilary Pimental

Ready or not, June is here! This year is just flying by. What better way to kick-off summer than to have an ice cream social with all of the fixings for a great ice cream sundae. Next, we will jazz it up at happy hour with the Good Times Jazz Band on the 13th. Don't forget to tell Lill Happy 100th birthday on that day. Are you feeling lucky?? You should because we're bringing the Casino to you on the 22nd!!! This will include fun games of Blackjack, Roulette, Texas Hold'em, and Craps for "funny money" that can be redeemed for raffle tickets and prizes. If you don't like to gamble you can enjoy the music and delicious food, drinks and desserts. This will be such a fun evening for all!

On the 29th, please join us for a wonderful scarf demonstration. Our guest, Michelle, will show us amazing ways to tie a scarf for different looks. After her presentation, she will be selling scarves and accessories.

June's Featured Resident:
Frances Petefish

Frances was born in Udell, Iowa. Her family moved to Cedar Rapids when she was five years old. She grew up with two brothers. After completing high school in McPherson, Kansas, Frances went to college for two years and then it was time to go to work. She worked in a one room class teaching ten children from kindergarten to eighth grade.

"When World War II began, I went to work for a defense plant. We made radios for tanks. Worked at the plant for about three years and when the war was over, I went back to college and finished. I earned a Master's Degree at the University of Northern Colorado and proceeded to teach for 33 years. I taught children with many learning disabilities, which was a great reward for me as they were so anxious to learn. I moved to San Diego in 1951 and Retired in 1977.

Throughout my life I have experienced many different phases of art. I loved photography at a young age in junior high. My father built a dark room for me and I learned to do all of the processing of photographs. I won a couple of prizes for my photographs in San Diego. I painted oil paintings and took classes in watercolor, I always enjoyed watercolor. I loved crafts of all kinds; I would take a class and make it. I loved to do arts and crafts and basically devoted my life to it.

Traveling all over Europe and Northern Africa and some Asian capitals were some of my best times. I had a camper and did a lot of camping in the United States, I loved to camp.

I have had so many wonderful friends in my life and have been very fortunate. I moved to Winding Commons in April 2007. I really did not want to leave San Diego, but no longer had any family there. I enjoy the activities at Winding Commons, Bingo, Canasta and the Book Club, and also appreciate their library and the wonderful job the librarians do. We also have Bookmobile once a month which I always attend. I believe you should do the best you can and enjoy life while you are here."

Frances is the first resident I see every morning when I come to work as she is walking throughout the community and around the parking lot. In Walk Across America, we tracked how far the residents walked, and I think Frances was miles ahead of many.

Her oil paintings were the hit at our Resident Art Show and the birthday cards she hand makes are enjoyed by all that are fortunate to receive them. How lucky we are at Winding Commons to have such a talented lady be our neighbor.

Frances, you are one in a million!