

Elvis Shocks the Nation



By 1956, Elvis Presley had already hit No. 1 on the music charts with "Heartbreak Hotel," and he was becoming a rock 'n' roll sensation, but nothing prepared the public for his live performance of "Hound Dog" on *The Milton Berle Show* on June 5, 1956. Elvis had already appeared on television several times, including on *The Milton Berle Show*. But in these appearances, Elvis was always filmed close-up or behind his guitar. On June 5, the 21-year-old Elvis was televised head to toe, swinging his hips in wild gyrations as he danced, earning the moniker "Elvis the Pelvis." The next day, critics across the country roundly criticized Elvis, calling him vulgar and untalented. Ed Sullivan declared Elvis would never appear on his show. None of this criticism stopped Elvis from becoming rock 'n' roll's first superstar. In the end, Elvis' critics had to eat their words.

When I read this I thought to myself "if Milton or Ed were alive today, they'd think Elvis' performances were tame compared to what's on stage now." But I never knew he earned the moniker "Elvis the Pelvis." Now that's some funny stuff!

Did You Know?

The Petco Foundation, with Skechers, has declared June National Foster a Pet Month. They hope to encourage people to foster a pet, especially during the summer months when animal shelters are overrun with animals.

On June 5th, 2019, the US Senate officially designated June 2019 as 'Great Outdoors Month.' GOM began under President Clinton in 1998 and has grown under the Bush, Obama, and Trump administrations into a month-long celebration of the outdoors. Since 2008, governors from across the country have joined in designating June as a month to celebrate the great outdoors and more than half the states have already proclaimed June as 'Great Outdoors Month!' Now if only our governor will lift the stay at home order so we can actually get out and enjoy the Great Outdoors!

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-929-3966 Fax 916-929-3627
 Tonya/Activities Office 916-929-6003
 Van/Transportation Cell 916-468-3091
After Hours Cell 916-468-3092
 Dining Room 916-921-5998
 Police Non-Emergency 916-264-5471
Adult Protective Services 916-874-9377
 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 Jane Ma 916-223-9658
 Wednesday-Saturday (temp. closed)
 Clean Touch Dry Cleaning 916-366-6666
 Pick-up & drop-off Monday & Thursday

Guess the Employee



Campus Commons

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Christine's Comments

Do you remember the well-known television series, Dallas? The first episode of season 10 finds Bobby Ewing's wife, Pam, waking up from a dream to find her "dead" husband taking a shower. As much as I wish we could all wake up tomorrow and find out this pandemic was just a bad dream, it's not. But it started my article off with high hopes! Remember this too shall pass as we learn more businesses are opening up. Trust me when I say, "you'll be the first to know" when we can start slowly getting back to some normalcy.

As a reminder, we deliver your new menus on Wednesday morning to your outside bag and ask that they are completed and returned back to your bag by noon on Thursday. If you can get them done before this time, that's great (most of you do now anyway). Then on Friday, we return your menu so you can refer back to it to know what you ordered for the week.

We have noticed residents with their apartment doors open and we have asked you to keep your door closed. There are many reasons why you should always keep your doors closed and locked, but the most important one is: should you burn something on the stove or in your oven and smoke escapes to the hallway, the building's fire alarm system will activate. This is exactly what happened several weeks ago. If your door is closed, the smoke will be contained in your apartment. Please keep your doors closed and locked at all times.

When packages are delivered to Campus Commons, delivery personnel leave them at the front. We take the packages (unless they are perishable), to a vacant apartment and quarantine them for 24 hours. Please be understanding that we are doing this for your protection.

As we continue to follow proper protocols our corporate office has in place, please be patient. Be kind. You may not agree with everything we are doing, but your health and safety come first to us, and to your family.

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.

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June Birthdays

In astrology, those born between June 1 and 20 are the Twins of Gemini. A Gemini's dual nature is expressed through skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent. Those born between June 21 and 30 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators.

Elsie Beebe, June 2nd
 Jean Franke, June 8th
 June Bost, June 14th
 Eunice Enkoji, June 15th
 Sue Erlich, June 16th
 Helen Waterbury, June 23rd
 Gary Smith, June 24th
 Shirley Cosca, June 30th

Campus Anniversaries

Christa Henkelmann – 7 years
 Eunice Enkoji – 5 years
 Ginny Johnson – 3 years
 Mary Lou Owen – 3 years
 Mary Johnson – 2 years
 Dick Baker – 1 year
 Anita Martin – 1 year
 George Nelson – 1 year
 Dusty Rhodes – 1 year

HAPPY FATHER'S DAY

Financial Scams Targeting Seniors – Internet Fraud

While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers.

Their unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) make seniors especially susceptible to such traps. One example includes:

Email/phishing scams: A senior receives email messages that appear to be from a legitimate company or institution, asking them to "update" or "verify" their personal information. A senior receives emails that appear to be from the IRS about a tax refund.

Horsing Around



In June of 1878, photographer Eadweard Muybridge put an end to a debate that had been raging for years: whether or not all four of a horse's hooves left the ground during a gallop.

Muybridge was no mere photographer but also a savvy inventor. Cameras in 1878 had lengthy exposure times of two seconds, but over two seconds a horse in motion would have galloped across an entire field, preventing it from being photographed. Muybridge's solution was to create a mechanical wooden shutter that could close within one-thousandth of a second. His photos seemed to freeze time, capturing each movement of the horse. He not only proved that all four hooves left the ground, but he created the first motion picture and laid the foundations of the movie industry.

Employee Spotlight

Natalya Mugoryayeva migrated to the United States in 2000 from Anapa, Russia with her family. Having a last name that no one can pronounce has been a struggle to say the least, which is why she is looking for a husband with the simplest last name. So, if you know a Johnson or Smith send him her way!

She has 2 older brothers, with whom she is 12 and 15 years apart. At the age of 39 her mother was surprised to find out she was 4 months pregnant with a baby girl, oopsy baby? she thinks so....

She is a fun and loving aunt to 4 beautiful girls, the youngest, Alice, is her little twin.

She worked as the Assistant Director of an afterschool program for 7 years. Working with children helped her become more open, understanding, kind, and very patient.

She joined the Campus Commons team in early January of 2019. She is extremely honored and passionate to work with seniors. The residents have shown her so much love and appreciation. Forming relationships with residents and their families has been a privilege and brings her so much joy. If you have a problem or just want to chat, she is always there to help and put a smile on your face.

And those of you that guessed Natalya as the "Guess the Employee" from last month, you were correct!

2020 Census

A resident thought it would be a good idea to have us remind you to be sure and complete your 2020 Census. If you've done so already, wonderful. It's due by June 1st. Thank you~