



A RETIREMENT COMMUNITY

6550 Yank Way  
Arvada, Colorado 80004  
303-424-6550

Postage  
Information

JUNE 2017

# The Fountains

Springwood Retirement Community



## Celebrating June

**June 5**  
Birthday Party

**June 6**  
Jack and Grill Restaurant

**June 9**  
Happy Hour

**June 12**  
Black Hawk  
Joe's Crab Shack Restaurant

**June 18**  
Father's Day

**June 19**  
Idaho Springs/Georgetown Trip

**June 22**  
Rockies vs Diamondbacks

**June 23**  
Potluck

**June 26**  
Red Hats Lunch at  
Black Eyed Pea Restaurant  
Margarita Monday

## My Dad's Hands

David Kettler

Bedtime came; we were settling down,  
I was holding one of my lads.  
As I grasped him so tight, I saw a strange sight:  
My hands . . . they looked like my dad's!  
I remember them well, those old gnarled hooks,  
there was always a cracked nail or two.  
And thanks to a hammer that strayed from its  
mark,  
his thumb was a beautiful blue!  
They were rough, I remember, incredibly tough,  
as strong as a carpenter's vice.  
But holding a scared little boy at night,  
they seemed to me awfully nice!  
The sight of those hands - how impressive it was  
in the eyes of his little boy.  
Other dads' hands were cleaner, it seemed  
(the effects of their office employ).  
I gave little thought in my formative years  
of the reason for Dad's raspy mitts:  
The love in the toil, the dirt and the oil,  
rusty plumbing that gave those hands fits!  
Thinking back, misty-eyed, and thinking ahead,  
when one day my time is done.  
The torch of love in my own wrinkled hands  
will pass on to the hands of my son.  
I don't mind the bruises, the scars here and there  
or the hammer that just seemed to slip.  
I want most of all when my son takes my hand,  
to feel that love lies in the grip.

## Springwood Van Transportation

Van transportation is available by appointment only. Please turn in transportation request forms to the front desk at least 24 hours prior to your scheduled appointment time.

The van schedule is as follows:

**Monday, Tuesday & Thursday**

9:00 A.M. to 12:00 P.M.

and

1:00 P.M. to 4:00 P.M.

## Outing Reminders

Please sign up for all outings at the front desk. Please pay for outings with fees other than bus fees, at the time of sign up.

West Cottage residents will be picked up at their driveway. East Cottage residents will be picked up streetside of the cul-de-sac or at the Fountains.

## The Big Fish Employee of the Month



**Congratulations to Char Valdez!**  
**She is our "Big Fish" Employee**  
**Of the Month! Char works in the**  
**Companion Plus. She was nominated**  
**by you, our residents for her**  
**outstanding service.**

**We would like to thank you**  
**for your support and thank you for**  
**voting, they do make a difference!**

# Happy Birthday

Rosemary Ritter 1  
Liz Skulski 6  
Margo Guenther 6

## June Anniversary

Robert & Josephine 21  
Guilinger

## Employee Birthdays

June Wells 11  
Shari Lareau 20  
Jeri Burnham 27

## Employee Anniversaries

Fernando Zazuetazarain 5  
Christy Carpio 5  
Carrie Crosby 3  
Devin Coombe 1  
Jane Pohlman 1  
Stephanie Champlin-Wagner 1  
Jacob Knott 1



## June Birthdays

In astrology, those born between June 1–20 are Twins of Gemini. Twins 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 Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

Marilyn Monroe (actress) – June 1, 1926  
Allen Ginsberg (poet) – June 3, 1926  
Tom Jones (singer) – June 7, 1940  
Jacques Cousteau (explorer) – June 11, 1910  
Venus Williams (tennis pro) – June 17, 1980  
Roger Ebert (film critic) – June 18, 1942  
Chet Atkins (guitarist) – June 20, 1924  
Meryl Streep (actress) – June 22, 1949  
Pearl S. Buck (writer) – June 26, 1892  
Mel Brooks (actor) – June 28, 1926  
Mike Tyson (boxer) – June 30, 1966

## Baseball Trivia

Around 1883, Art "Foxy" Irwin, a Canadian shortstop playing for the Providence Grays baseball team, broke two fingers while fielding a ball. He padded a large buckskin glove and continued to play. Soon, many players began using the "Irwin Glove."

Please join us June 19 on our Spring Trip to Idaho Springs for lunch at Smokin' Yard BBQ! After lunch, we will continue our journey to Georgetown, where we can enjoy homemade ice cream and some local shopping. Please sign up!

## June Movies

**3-Lion-(2016)** Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

**10-Wild Oats-(2016)** After mistakenly receiving a large amount of money, a woman (Shirley MacLaine) and her best friend (Jessica Lange) travel to the Canary Islands for a fun-filled adventure.

**17-Magnificent Seven-(2016)** Looking to mine for gold, greedy industrialist Bartholomew Bogue seizes control of the Old West town of Rose Creek. With their lives in jeopardy, Emma Cullen and other desperate residents turn to bounty hunter Sam Chisolm (Denzel Washington) for help.

**24-Denial-(2016)** When university professor Deborah E. Lipstadt includes World War II historian David Irving in a book about Holocaust deniers, Irving accuses her of libel and sparks a legal battle for historical truth. With the burden of proof placed on the accused, Lipstadt and her legal team fight to prove the essential truth that the Holocaust occurred.

## Cucumber Lemonade

Enjoy this quick and easy refreshing summer sipping drink.

1 (6 Ounce) can frozen lemonade concentrate.

4 (6 ounce) cups of water

1 Cucumber, peeled and sliced

**DIRECTIONS:** PLACE LEMONADE CONCENTRATE INTO A JUG WITH A LID.

STIR IN 2 CUPS OF WATER. IN A BLENDER, BLEND CUCUMBER AND 2 CUPS OF WATER, POUR CONTENTS INTO JUG AND SHAKE THOROUGHLY. MAKES 6 SERVINGS.

## Rockies vs. Diamondbacks

June 22

Bus departs at 11:45 a.m.

Let's Go Rockies!

## June Classic Movies

**6-Stand By Me-(1986)** After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body.

**13-A Bridge Too Far-(1977)** Late in 1944, the Allies seem to have the upper hand in the European land war.

**20-Marley and Me-(2008)** Newlyweds John and Jenny Grogan (Owen Wilson, Jennifer Aniston) leave behind snowy Michigan and move to Florida, where they buy their first home and find jobs at competing newspapers.

**27-Bridget Jones Diary-(2001)** At the start of the New Year, 32-year-old Bridget (Renée Zellweger) decides it's time to take control of her life -- and start keeping a diary.

### In the Good Ol' Days of June

In June 1917, the average annual income was \$1,100. The average cost of a new house was \$5,520. A loaf of bread was 9¢, a gallon of milk was 44¢, and a dozen eggs was 36¢.

Stamps were 2¢ each. A car cost \$375, and gas was 24¢ per gallon.

### Social Media Matters

Social media. It is a powerful force that is redefining humanity's communication and sense of interdependence. In this sense, every day is Social Media Day, but its holiday is celebrated on June 30.

Social media begins with the Internet.

Thanks to our wirelessly connected world, people are now able to access the Internet wherever they go, through their cell phones, computers, and other electronic devices. About 20% of our time online is spent visiting social media sites such as Facebook, Twitter, YouTube, Snapchat, and others. Some of these sites allow us to share pictures and videos. Others allow us to share personal comments and opinions.

Some are dedicated to shopping, cooking, or other hobbies. The point of social media is to connect people. Groups that used to be out of contact due

to distance or isolation can now be connected via the Internet, and the effects this new connectedness has on human culture are substantial. Artists separated by continents

can collaborate. Unknown individuals can become overnight Internet sensations.

Inventors and entrepreneurs no longer need storefronts to sell their unique products to the masses. Experts warn that social media is a double-edged sword. It is a powerful force for connection, but it is also rife with pitfalls for young users. Perhaps Social Media Day on June 30 should be a day to encourage teens (and remind adults) to wield the power of social media wisely.

## Joseph and the Amazing Technicolor Dreamcoat

Thursday, July 20, 2017

Tickets are \$49.00 - Center Seating

Transportation fee: \$5.00

Bus Departs at 5:00 p.m.

Please pay for tickets at the front desk

*Deadline to purchase tickets July 1, 2017*

*One of the most enduring shows of all time, Joseph and the Amazing Technicolor Dreamcoat is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. The first collaboration of composer Andrew Lloyd Webber (Jesus Christ Superstar, Phantom of the Opera, Cats) and lyricist Tim Rice (Jesus Christ Superstar, The Lion King), Joseph blends pop, country, and rock into an uplifting story of biblical proportions! Retelling the parable of Joseph, his eleven brothers and the coat of many colors, this magical musical is full of unforgettable songs including Those Canaan Days, Any Dream Will Do and Close Every Door.*



### Opening June 28!

This Sprouts store will be located at 15050 W. 64<sup>th</sup> Ave in Arvada. We will be adding Sprouts to the grocery shopping on Wednesday along with King Soopers.

## June Active Minds Presentations



### Turbulent Waters: Conflict in South China Sea

**Wednesday, June 14, 6:30 p.m.-Springwood Activity Room**

The South China Sea is an incredibly strategic body of water located between China, Vietnam, Malaysia, Indonesia, and the Philippines. At stake is one of the busiest trade routes in the world as well oil and fishing rights. Recently China has been pressing its claim to long disputed parts of the South China Sea, raising concerns as to what might happen as tensions rise. Join Active Minds for a closer look at this delicate situation.

### Buddhism

**Wednesday, June 28, 6:30 p.m.-Springwood Activity Room**

Buddhism is the sixth largest religion in the world with estimates of over 350 million followers. Join Active Minds for an examination of its origins, teachings and practices. We will discuss the life and the teachings Siddhartha Gautama (Buddha) and discuss the various types of Buddhism, including Zen Buddhism, Tibetan Buddhism and others.