

The Granville Gazette

July 2017

Traditional Thinking about Masculinity Makes Aging Harder for Men

The Granville has had a 25% increase in the number of male residents this year. In honor of all our guys, I've decided to take excerpts of this article from marketwatch.com, published March 8, 2017.

Many of today's older men were taught to be like John Wayne, to be stoic and strong and to not reveal their weaknesses. Edward Thompson, professor emeritus of sociology at the College of Holy Cross says it this way, "I hate to say it, but the way the traditional model of masculinity was written was for boys up to the age of adulthood. Clear models of dignified masculinity are nonexistent for later life."

For men, having a fit, strong body is a central tenet of masculinity. "A man's body...is not supposed to break down," says Michael Addis, a professor at Clark University. "If you're shamed of what's happening because it's against your notion of what it means to be a man that adds to the stress of aging." It's hard not to do the things you used to do. "Men don't have to let go of feeling physically fit in old age. It's ok to challenge yourself. But adjust your expectations."

Experts agree that for men, leaving work is one of the most difficult parts of aging. "Work is a very masculine experience," says Thompson, adding that for many men, feelings of self-worth are strongly associated with a sense of achievement and of being recognized in the workplace. Retirement often leads to a loss of status and influence. One way to keep more satisfied with life after retirement is to volunteer where you can continue to achieve and have respect.

Masculinity also taught men not to ask for help and not to show their emotions. As opposed to women whose gender norms are a source of strength in later years, such as greater experience taking care of themselves and others, and the ability to form deep relationships and accept vulnerability as natural.

Men who conform strongly to the masculine norm of self-reliance have higher rates of depression and other mental-health problems and are less inclined to seek treatment for them. "If you spend your whole life stifling emotions and get to the point you're alone, are you going to be able to share your despair with others? No, you don't have the skill set," says Dr. Barry Walsh

Men, think about attending the monthly Men's Club for an opportunity to socialize with other men or ask about volunteer opportunities. We know you are outnumbered but you are an important part of life here at The Granville!
Sara Taylor
Executive Director



From the Activities Director:

If you have feedback or suggestions on new or old activities Corina and I would love to hear them. We are always looking for new ideas and suggestions for activities to do or outings to go on. At times we find that some suggestions cannot be done, but we try our best to find solutions that are similar to what has been brought to us. This month we will be working on our plans for the fall and early winter. If there is something you would like to see added to the Activity Calendar then come on by and we can discuss it together!

Carrie Peters— Activities Director

July Outings

- 7/5 Elks Club Bingo
- 7/11 Butterfly Pavilion
- 7/17 Walmart
- 7/20 Botanical Gardens
- 7/25 Fishing Trip
- 7/28 Sprouts/TJ Maxx

Welcome to The Granville:



Tom Budnik



Anna Ferrari

Residents Who Have Moved

**Barb Russell
Jan Winterton
Elna Stithem
Gwen Mahoney
Ms. Mun
Bettye Treger**

Happy Birthday!

Residents

Staff

Helene Wilson 07/05
Patricia Kincaid 07/09
Marian LaFleur 07/09
Gladys McCreary 07/14
Dona Bales 07/15
Judy Kirkendall 07/16
Carol Boardman 07/20
Lewis Pool 07/24
Albert Bowker 07/24
Lola Borg 07/28
Luella Pope 07/31

Maria Mancillas 07/08
Sara Taylor 07/13



Puzzler

JUMPSTART 4th of July Worksheets

Fourth of July Missing Vowels

1. FL _ G
2. E _ GL _
3. _ NCL _ S _ M
4. GRE _ T S _ AL
5. L _ B _ RTY B _ LL
6. F _ REW _ RKS



1. Flag 2. Eagle 3. Uncle Sam 4. Great Seal 5. Liberty Bell 6. Fireworks

The Granville's Department Head Staff

Urbano Avila– Food Services Director
Kathy Brock– Bookkeeper/Marketer
Lesley Brown– Medication Coordinator
Andrew Cortinez– Maintenance Coordinator
Carrie Peters– Activities Director
Jaime Tafoya– Medication Coordinator
Sara Taylor– Executive Director
Joe Whitney– Resident Services Director
Oat Whitney– CEO
Rose Marie Whitney– CEO

Department Updates:

From The Kitchen: Starting on July 1, 2017, when you are sick and require a room tray to be brought to your apartment, you will be provided with a BRAT diet. BRAT is an acronym for Bananas, Rice, Applesauce and Toast. You may request soup and crackers as well. The main meal items that are being served in the dining room will no longer be available as room trays.

Resident Services: If there are any adjustments you need made to your care plan please speak to Joe and not the RA's about them. This decreases confusion and scheduling conflicts.

Medication Coordination: Be careful of insect bites if you like sitting outside at dusk. If you are dealing with bug bites you may consider getting some insect repellent to help decrease bites.

Maintenance: Please be aware of the 2 steps to proper microwave use: 1) Heat your food for a minute at a time checking between minutes, 2. Never walk away from food you're heating or cooking.

FYI

Be sure to sign up for the Denver Botanic Gardens Outing on July 20th, and the Downtown Aquarium Outing on August 17th. The Botanic Gardens will cost \$6 and the Downtown Aquarium will cost \$7. We'd love to have full groups for both of these fun outings!

The next Health and Wellness meeting will be Wednesday July 5th, at 2pm, we will have a small introduction for beginners and pass out incentive prizes.

The Raised Gardens in the front are especially beautiful this time of year. Please help keep them this way by not picking the flowers.

When you are placing books in the Library please do not leave them stacked in a pile on the edge of the shelves. Place them back on the shelf with the others to keep the area neat and tidy. Much Thanks!

Fishing Club Sign Up



The Fishing Club will go on a monthly outing to fishing ponds around the Lakewood area.

We will need to get fishing licenses for Each participant so please make sure you Sign up by July 24th
The cost is \$1

Fishing Poles and Bait will be provided.

Jeffco Brass Performance

The Jeffco Brass will be returning to The Granville for their annual summer performance. Come and enjoy the music and summer evening.

Thursday, July 13th 6:30pm

There will be seating in the courtyard and balconies.



Sign Up Today
For the Denver Botanic Gardens

Thursday, July 20th
\$6 per person

Sign Up at the Front Desk by July 12th

**DENVER BOTANIC
GARDENS**