

March 2021

Gold Country Gazette

Assisted Living Activities Department Newsletter



Celebrating March

**Irish American Heritage
Month**

Women's History Month

Optimism Month

Peace Corps Day
March 2

Courageous Follower Day
March 4

International Women's Day
March 8

Mothering Sunday
March 14

St. Patrick's Day
March 17

World Poetry Day
March 21

National Physicians Week
March 25–March 31

Passover
March 27–April 4

**International Laundry
Folding Day**
March 30



2020

EMPLOYEE OF THE YEAR

Ky Bessom

**Health Center Front Desk Concierge
(Receptionist)**

Ky joined the Gold Country team last year as a relief Concierge/Receptionist. She has since taken the full time role and has excelled at representing the face of our Community. Ky joined Gold Country just as the pandemic hit and has been gracious in handling of confused visitors, staff screenings, vendor deliveries, and visitation schedules. It has been a year of constant change in rules, yet Ky explains them with a cheerful smile. Always there with a “welcome to Gold Country attitude,” Ky leaves visitors with responding smile. During these unsettled time Ky has represented the hard work and gracious adaptability of our team and we are proud to have her as our 2020 Team representative!

Thank you Ky for your immediate impact to Gold Country as the welcoming “face,” of our Community during a totally crazy year!

We applaud you!

COVID19 UPDATE FOR OUR READERS

Readers: I do not have many answers about where we are going with this virus! But I wanted to note some things I do know, at this point.

1. Mask wearing is not going away. Even if you are vaccinated YOU MUST wear a mask when out of your dwelling. You do NOT know who's been vaccinated. Vaccination does not mean you will not get COVID19 OR PASS IT ON to others! Please remain Socially Distant and wear your mask (even for quick trips out). Yes we understand some of us forget: let's just keep our masks on, and stay 6 feet away. Spending less than 15 minutes in their proximity is probably NOT going to expose you!
2. WASH YOUR HANDS CONSTANTLY
3. IF YOU FEEL SICK – STAY HOME!
4. IF you turn positive with COVID – self isolate for at least 10 days.
5. While we vaccinated almost 100% of our residents in the Apartments and over 95% in the Health Center, there are some folks that medically cannot be vaccinated. We have others who will get their vaccination when they are available in the community (they missed the clinics). THANK YOU RESIDENTS!
6. While all our eligible staff did not take advantage of our vaccine clinics, we will continue to encourage and support their later vaccinations. We estimate over 65% of our staff is vaccinated. IF YOU did not get vaccinated, and want it, we can help you get on the list for a shot in the community. YES you may have to wait, but I suspect it won't be long!
7. VISITORS – remember the more people we bring on campus, the higher the possibility of spread. Use your best judgement. Remember you could expose them too. Those cute little grandkids, or great grandkids are at risk (and present a risk) so, while we miss them, we do not want to encourage spread.
8. FINALLY WHEN WILL CONGREGATE DINING ensue? We don't know. Just because we are vaccinated does not mean all our staff are vaccinated. It has been proven gatherings spread the virus, but we do not

MARCH IS SOCIAL SERVICES MONTH

Honoring



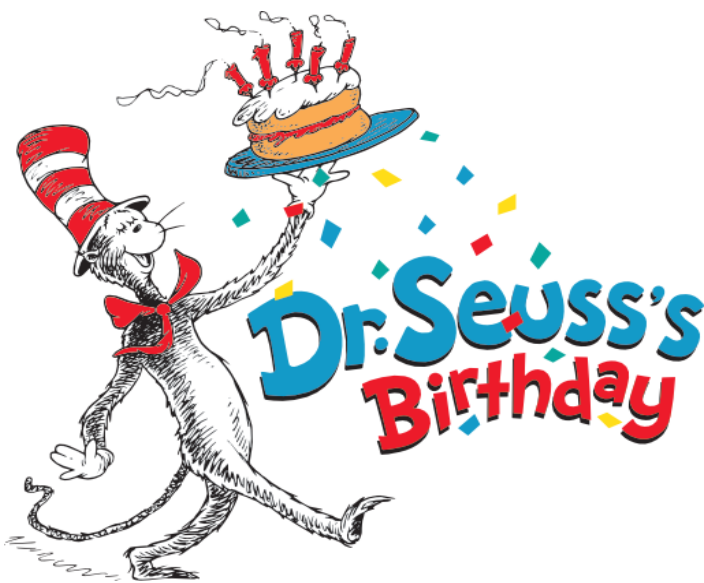
**Vicki Hume Estrada, Social Services,
Skilled Nursing Department
Bev Dierks, Community Outreach and
Marketing
A Standing Ovation for all you do!
**“Empowering Other*Changing
Lives”****

know if gatherings of vaccinated folks are safe. So we will continue to follow CDS guidelines and recommendations. BUT WE WILL RE-OPEN OUR DINING ROOMS – one day!! In the meantime Unidine has been challenged to find ways to progress our dining to something beyond Room Service! Be patient as we work through the obstacles that our small space present! Do not lose faith! We will be able to gather again. I am hopeful that even if we have to expand our dining space with outside dining, we can find a way! For our HC residents, now that our outbreak has subsided we are opening limited socially distant dining.

To all our supporters, residents, staff and readers, thank you for your continuing support, your belief in us, and your encouraging words. I have to tell you this is a year I never want to repeat – ever! So I am hoping we can get past this “pandemic” and get back to semi normal soon!

Sandy

**Have a thought or idea, email me at
sandy.haskins@rhf.org! Or call me at 621-1100 x4043.**



Dr. Seuss's birthday is celebrated on March 2 and it celebrates both the birthday of Theodor Seuss Geisel and the National Education Association to endorse the importance of reading. A lesser-known fact about Dr. Seuss is that he created the word nerd. The first documented use of the word was in the 1950 book he wrote titled "If I Ran the Zoo" about a boy named Gerald McGrew who visits a zoo and ponders what it would be like if he ran it. So in a way, Dr. Seuss is partly responsible for nerd culture.



March 30, 2021

NATIONAL DOCTORS DAY

National Doctors' Day is a day celebrated to recognize the contributions of physicians to individual lives and communities.

For This Year's Recognition we are Celebrating A Group of Dedicated Professionals versus just ONE!

THANK YOU MARSHALL PHYSICIANS GROUP
(Dr. Ceridon, Dr. Barba, Dr. Koble, Dr. Young, & Dr. Camisa)

FOR YOUR OUTSTANDING SUPPORT DURING THE PANDEMIC AND DURING OUR OUTBREAK

March Birthdays

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists.

Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

Ron Howard (director) – March 1, 1954
Shaquille O'Neal (athlete) – March 6, 1972
Wanda Sykes (comedian) – March 7, 1964
Bobby Fischer (chess player) – March 9, 1943
Simone Biles (gymnast) – March 14, 1997
Queen Latifah (singer) – March 18, 1970
Spike Lee (director) – March 20, 1957
NORMADENE (Resident) – March 22
Aretha Franklin (singer) – March 25, 1942
Mariah Carey (singer) – March 27, 1970
Warren Beatty (actor) – March 30, 1937

In Loving Memory

MILDRED HARTUNG

2/10/1921 - 2/17/2021



This page reserved for calendar