

April 2020

Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



Celebrating April

**Arab American Heritage
Month**

Poetry Month

Jazz Appreciation Month

Passover Begins
April 8

Easter
April 12

Gardening Day
April 14

Bulldogs Are Beautiful Day
April 21

Earth Day
April 22

Arbor Day
April 24

International Dance Day
April 29

Out of the Mouths of Babes

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit.

Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults.

Children are filled with the sense of wonder that comes with constantly learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the happier and healthier we will be.

From the Desk of Sandy...

As you are aware we are in the midst of adjusting to a "new normal" in our operations as the Coronavirus continues its march through our world. We remain closed to visitors as of the time of printing, and request you increase your phone calls, emails, and snail mails to our seniors! We are working to see if we can provide a FaceTime, Facebook Chat type medium for visiting but are not there yet, stay tuned. The other thing we are doing, at your request, is working on a list of email addresses (ONE PERSON PER RESIDENT) that we can eventually blast email information out to you. We have power outages pretty routinely, and phone outages – those might be a way to notify you why you are getting busy signals or no response when you try to call. Please send your email with the name of the resident to goldcountry@rhf.org. Thank you for your support during these uncertain times – we hope you are staying inside, washing your hands many more times than normal, eating well, drinking lots of water, and getting outside in the fresh air – ALONE! Please reach out if we can answer any questions during this time of nothing but questions! We appreciate your trust in our operation and will do our best to meet your expectations.

We apologize that we must be closed to visitors as stated above! We know this adds stress to an already stressful situation. You trust us to do the best we can for your resident and this is the plan we have been given both by the CDC and our regulators (not to mention our Governor and our President). We appreciate your patience. As the weather improves if you wish to attempt window visits we will do our best to accommodate that somehow (some of our planters have rocks, or large bushes, but we will find a window that can be reserved for a family visit!

Gold Country Retirement and Health Centers *Celebrates*

NATIONAL ADMINISTRATIVE PROFESSIONAL WEEK

April 22, 2020

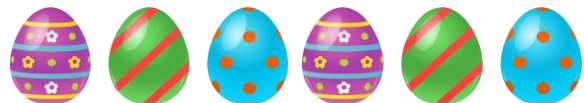
"Excellence Every Day Every Time"*

"REPRESENTING THE ADMINISTRATIVE TEAM"

Trisha Raines
Kim Mattos
Denise Pirnik
Teresa Schoener
Dawn Whitecotton
Susan Keale
Claudia Bethke
Debbie Grote
Monique Churray
Danette Helwig
Coco DeCarlo



WE APPRECIATE YOU!



We hope to have the Call bell systems replaced and/or fully functional in both health center units this spring. This of course is now delayed for both units (ALU-completion and SNF begin and finish) because of the no visitor rules (we can only have emergency repair person in). More on this next month – hopefully with happy news that we will be starting the Skilled Call bell replacement.

Have a thought, question or suggestion on how we can be even better? Feel free to call me at (530) 621-1100, or email me at sandy.haskins@rhf.org

April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations.

Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Louie V. (Resident) – April 1st

Washington Irving (writer) – April 3, 1783

Maya Angelou (writer) – April 4, 1928

Booker T. Washington (leader) – April 5, 1856

Jan P-K (Resident) – April 6th

Ardis W. (Resident) – April 7th

Kit M. (Resident) – April 7th

Billie Holiday (singer) – April 7, 1915

Joseph Pulitzer (journalist) – April 10, 1847

Mo M. (Resident) – April 16th

Charlie Chaplin (actor) – April 16, 1889

Charlotte Brontë (writer) – April 21, 1816

John Muir (naturalist) – April 21, 1838

Ella Fitzgerald (singer) – April 25, 1917

Harper Lee (writer) – April 28, 1926

Duke Ellington (composer) – April 29, 1899

**Want to see what your family member
has been up to?**

PLEASE LIKE US ON FACEBOOK!

**All these internet notations help us
spread the message about Gold
Country! Check in, Mention us, Rate us
on Yelp!! Please encourage friends and
family members to do the same!**

APRIL IS VOLUNTEER MONTH

Thank you to all our Gold Country
Volunteers. We love your music,
your stories, your crafts, your
service animals, your presence on
our campus. We could not do it
without you. Thank you from all
of us from the bottom of our
hearts!

You are amazing!

We are planning to celebrate you
sometime this summer!

WE SALUTE OUR LOCAL PHYSICIANS NATIONAL DOCTORS DAY

MARCH 30, 2020

Thank you

Dr. Gregory Smith, MD

Medical Director

& Attending Physician

Skilled Nursing

2019 PHYSICIAN OF THE YEAR

Dr. Gerardo Galang, MD

Family Medicine

As Selected by Our Residents

This page reserved for Calendar