

April 2021

Gold Country Gazette

Assisted Living Activity Department Newsletter

Celebrating April

Habitat Awareness Month

Jazz Appreciation Month

**Card and Letter Writing
Month**

April Fools' Day
April 1

Easter
April 4

Draw a Bird Day
April 8

Ramadan Begins
April 12

Scrabble Day
April 13

World Amateur Radio Day
April 18

Earth Day
April 22

Kiss of Hope Day
April 24

International Dance Day
April 29

Every Day Is Earth Day



On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America's passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, President Nixon had created the Environmental Protection Agency, and shortly thereafter Congress passed the Clean Air Act and Clean Water Act. It's been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses.

Earth Day 2020 Report...



Well a full year has passed in our world of a new normal – the pandemic. While I/we see a distant light at the end of the tunnel, I am asking each of you to be patient and please continue to practice Social Distancing and Mask wearing. Get your Vaccine when it's your turn, and be patient as we slowly start turning the corner in our pandemic operations. You will see increased visitation in the Health Center, with indoor visits allowed (with guidelines); and outside visits encouraged. In our apartments we are slowly seeing families return to visit using our recommended Social Distancing recommendations. Our dining rooms are slowly starting to serve residents again in small groups that can socially distance. And the constant fear of an outbreak has been relieved by the many who have been vaccinated (thank you Residents on campus you ROCK with almost 95% participation!). Please reach out if you have any questions about where we are in our progress or if you have questions about our guidelines.

We are working on creating availability for anyone on campus to get the Johnson and Johnson vaccine if you missed an opportunity for Pfizer or Moderna. Stay tuned for upcoming "clinics" down at the health center! We hate that you might have to wait or go off campus!



PLEASE LIKE US ON FACEBOOK AND MENTION US ON YELP 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!

Gold Country Retirement and Health Centers

Celebrates

NATIONAL ADMINISTRATIVE PROFESSIONAL WEEK

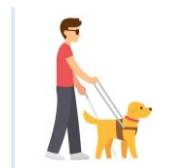
April 18-24, 2021

"Thanks for Being EPIC!"

"REPRESENTING THE ADMINISTRATIVE TEAM"

Denise Pirnik	Kim Mattos
Trisha Raines	Teresa Schoener
Dawn Whitecotton	Susan Keale
Debbie Grote	Ky Bessom
Kate Stanford	Claudia Bethke
CoCo Decarlo	Maureen Thompson

EPIC: Essential*Phenomenal *Inspiring *Courageous



APRIL IS VOLUNTEER MONTH

Thank you to all our Gold Country Volunteers and Volunteer Organizations. We have MISSED seeing you this past year and can't wait to see you again! Let us know when you have been fully vaccinated, and we can look to re-incorporate you back into the residents' lives in some way!

FROM THE DESK OF SANDY...

We mailed out our updated visitation policy recently both by snail mail and email if you have an email address on file. (Hint hint, let us know your residents' name and your name/email and we'll add you to the list.....email it to us at goldcountry@rhf.org) Please be patient as we open back up to visitation. If you are not the person who gets the resident's mailings on the ALU, we can provide you a copy at the front desk. But you can also get a copy from the resident's primary support person. Again we are enforcing guidelines to protect you, your residents, and of course staff. Not everyone could get the vaccine, and not everyone had COVID. Please understand we are not trying to keep you away – we just have to be cautious so we don't have another outbreak. We know many facilities that had 2 or more outbreaks and we hope we won't join their ranks!

We hope to have the Call bell systems fully functional in both health center units by summer. 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 incomplete project in the upcoming months – hopefully with happy news that we will be finishing this project on both units.

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



WE SALUTE OUR LOCAL PHYSICIANS

NATIONAL DOCTORS DAY

MARCH 30, 2021

Thank you for a year of extraordinary support!

Dr. Gregory Smith, MD Medical Director

Instead of picking just ONE MD to be our MD of the Year we had to recognize these physicians who served, with their teams, over and above The call of duty during the pandemic! Including providing COVID19 Vaccines – door to door – to our Apartment Residents!

2021 PHYSICIAN(S) OF THE YEAR

Dr. Ceridon

Dr. Barba

Dr. Young

Dr. Koble

Dr. Ramassubbaiah

Marshall Medical Group's hardworking Team!

April Birthdays

In astrology, those born from April 1–19 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, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

Marvin Gaye (singer) – April 2, 1939

Eddie Murphy (comedian) – April 3, 1961

Sterling K. Brown (actor) – April 5, 1976

JAN (Resident) – April 6th

KIT (Resident) – April 7th

Jackie Chan (actor) – April 7, 1954

Al Green (singer) – April 13, 1946

Julie Christie (actress) – April 14, 1940

Charlotte Brontë (writer) – April 21, 1816

Barbra Streisand (entertainer) – April 24, 1942

Ella Fitzgerald (singer) – April 25, 1917

Willie Nelson (musician) – April 29, 1933

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