

February 2019

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating February



Wear RED Day
February 1

Groundhog Day
February 2

Bob Raleigh's Love Songs
February 11

Valentine's Day
February 14

President's Day
February 20

Monthly Bus Trip Day
February 22

The Year of the Pig

February 5th ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig's connection to good fortune stems from this tale: Despite the pig's hardships, he still triumphed and was added to the zodiac.

The Chinese New Year's celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe. For example, on the first day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later, people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers to these riddles often involve blessings for the family and good fortune, reinforcing the major themes of the Chinese New Year.

February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Clark Gable (actor) – February 1, 1901

Red Buttons (comedian) – February 5, 1919

Babe Ruth (ballplayer) – February 6, 1895

Bettie J. (Resident) – February 7th

Jules Verne (author) – February 8, 1828

Mildred H. (Resident) – February 10th

Jimmy Durante (actor) – February 10, 1893

Galileo Galilei (astronomer) – February 15, 1564

Cybill Shepherd (actress) – February 18, 1950

Helen V. (Resident) – 20th

Patty Hearst (kidnapee) – February 20, 1954

Olave Baden-Powell (guide) – February 22, 1889

Steve Jobs (innovator) – February 24, 1955

Fats Domino (musician) – February 26, 1928



The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.

Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*—a legalized pirate ship plundering for the British Crown. When conditions on board got bad, Selkirk tried to raise a mutiny against the ship's young captain by begging to be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive, perhaps within days, but again he miscalculated, and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, Selkirk attempted to tell his story but he could barely remember the English language. Selkirk found it difficult to reintegrate into society, often thinking that he was happiest when he had nothing on the island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps, however, this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget Robinson Crusoe.

FROM THE DESK OF SANDY.....

Here we are again –February is the month of LOVE! This is the month when we focus on those we love, and those that love us. Take a moment to think of those you love, those you have loved, and those you will love in the future; whether it is grandkids, new spouses for us, our family members, or even very dear friends! Even when those we love are gone, February can still be a month to celebrate the time we had with them and celebrate the love you shared! We also celebrate the “HEART” with **Wear Red Day on February 1, 2019**. Please join us in drawing attention to all matters of heart care by wearing red on this designated day, and take care of your heart health!

FLU SEASON: Just a reminder that this is the time of year when the germs are easy to share. Please stay in your room or apartment if you are ill. Do not visit the health center if you are ill or have been caring for someone who has had the flu. Wash your hands OFTEN and use the hand sanitizer stations we have throughout the campus. Do not come to dining rooms if you have a fever or have active uncontrolled coughing. Please wear a mask when around campus IF YOU HAVE NOT HAD A FLU SHOT!! You will see a few staff members wearing their masks as they are unable to have the flu shot. Remember we have 98% of us that have had the flu shot (among the staff) We want to protect you – so please help us protect others by staying away if you are ill.

At the writing of this newsletter, we had our Annual “surprise” State Inspection in our Skilled Nursing Unit. Five weeks early! Again, we are proud and thrilled to say that we passed with only minor areas where they want us to improve. CMS (Centers for Medicare and Medicaid) have imposed many new regulations on us in 2018 and now 2019 – so this was stressful as they checked these new requirements. We are still awaiting our Life Safety Fire and Disaster survey which will follow on the heels of this annual state inspection.

Have a thought or idea? Email me at sandy.haskins@rhf.org or call me.

Coming soon.....a whole new Call Bell system for both the Skilled Nursing and the Assisted Living units. This new system will have all the bells and whistles we can use including monitoring software for timeliness. We hope to start installation in late February. It will entail running new lines and installing new call bell panels and cords. Thank you for your patience as we install this new and improved system.

ASSISTED LIVING FOLKS we hear, at the time of writing, that your new handrails have been re-manufactured (the other order was defective) and should be here late January. Patience! We will also have a new “puzzle” poker table in the fireside lounge for you to work on the puzzle or even play poker. Talk to your activities folks on ways you can use it!

Just a reminder that we have a **Resident Council** monthly in your unit; have a thought or idea - come to Resident Council or talk to an Activity staff member. If you are a health center family member and would like to suggest a periodic Family Council meeting - please email me at sandy.haskins@rhf.org. We will be happy to facilitate such a meeting, We are required by law to facilitate (offer) a Family Council in both our ALU and SNF, so I wanted to remind you that you can take advantage of our help and organize such a group. We also offer periodic food sub committees attended by residents, so if you or your family member has food suggestions or comments, encourage them to speak to activities about the next meeting.



“BUT IF EVERYBODY ELSE GETS A FLU SHOT, I WON'T NEED ONE, 'CAUSE THERE WON'T BE ANYBODY TO CATCH IT FROM.”

THIS PAGE RESERVED FOR CALENDAR.