

Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



Celebrating January

Happy New Year!

January 1

Alvin Entertains Us!

January 9

Monthly Birthday Lunch!

January 16

**Martin Luther King Jr.
Day**

January 20

**Happy Hour with
Friends!**

January 23

**Inspire Your Heart
with Art Day**

January 31



Brain Games

As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as

Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month.

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no."

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend. Better yet, take that friend and play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio

episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys.

The Lone Ranger phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

The Lone Ranger hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth.

Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

J.R.R. Tolkien (author) – January 3, 1892
Joan of Arc (heroine) – January 6, 1412
Zora Neale Hurston (writer) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
Rod Stewart (musician) – January 10, 1945
Martin Luther King Jr. (activist) – Jan. 15, 1929
Muhammad Ali (boxer) – January 17, 1942
George Burns (comedian) – January 20, 1896
Virginia Woolf (writer) – January 25, 1882
Sandy S. (Resident) – January 28th
Nolan Ryan (ballplayer) – January 31, 1947

**WELCOME to
ASSISTED LIVING**

**Gwen
Kit**

FROM THE DESK OF SANDY.....

Happy 2020! It's January Again? A new year already? All over campus we hear the same exclamation. My how time flies! What's your New Year's resolution? Remember we're never too old to set goals and try new things! Think of one thing you've always wanted to try and go do it!

As we start a new year – 2020 I want to again thank you for your continued support throughout 2019. We appreciate you our residents and family supporters! You are what make us successful! Remember we are here to help; and we have wonderful team members anxious to help you with solutions! Ask, call, email – just let us help!

2019 was another crazy busy year with plenty going on. Campus repairs march on and many of the projects are getting done! We finished installing new handrails in the ALU. Painted the outside of the Health Center and rebuilt the roof equipment wells on the roof. We made more headway on the call bells by installing the new system in the Assisted Living Unit and hope to complete the Skilled Unit in the early part of this year. We also began the retrofit of new individually controlled HVAC units for the Assisted Living rooms (this will take several months to complete). Thank you for your continued patience as we continue our march in updating and refreshing our campus – we hope this will then last another 20+ years!

2019 (and of courses continuing) brought us many more regulations courtesy of the Centers for Medicare and Medicaid (CMS), and a whole new reimbursement system for our skilled nursing unit (Oct 2019). This year we are going to be busy trying to work these changes and trying to avoid negative impacts. Good times – these ever changing regulations designed to make us better!

IF YOU ARE FEELING UNDER THE WEATHER; we ask you to discourage visitors don't visit if you are family, and avoid going out and about until you feel you are no longer contagious. This is especially true if our visitor is a young person – they often bring is "bugs" that we cannot fight as easily once we are older. Thank you for keeping them home until they are 100%.

Finally as we usher in a new year, we know you are the reason for our success! Thank you for your ever present support; we love hearing your compliments, kudos and praises. Thank you for being with us through thick and thin!

Have a Problem, Question, or Idea? email me sandy.haskins@rhf.org or call 621-1100 x 4043

Sandy Haskins

Gold Country Retirement and Health Centers

Is Proud to Salute

OUR FABULOUS ACTIVITY TEAM MEMBERS

during

NATIONAL ACTIVITY PROFESSIONAL WEEK

January 19-25, 2020

Angela Chuculate – SNF Activity Director

Nancy Feather – ALU Activity Director

Mary Fatooh – Apt Activity Director

Maureen Thompson

Kathleen Camilleri

Darlene Chilton

Julie Timofeyeva

Sarah Schoener

Amanda Parks

Dixie Adams

Bev Wilkie

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