

July 2019

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating July

Picnic Month

Tour de France Month

Canada Day

July 1

Independence Day

July 4

Don't Step on a Bee Day

July 10

Yellow Pig Day

July 17

Zookeeper Week

July 21–27

Tell an Old Joke Day

July 24

Lipstick Day

July 29

The Men on the Moon

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed *Eagle*. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous "small step." Aldrin was not far behind, however, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."

From the Desk of Sandy...

Happy 4th of July! Happy Birthday America! We hope you joined us for our first ALL CAMPUS Food and Fun! If we found residents, their families, and our team having fun – during this event – it may become an Annual event!

Patience is the name of the game when trying to complete large projects. While the re-roof went smoothly and is done we then identified some dry rot in the walls that surround the HVAC units. So here we go again, rebuilding these areas. Getting older 35+ is hard. Thank you for your continued patience.

DISASTER PLANNING AT GOLD COUNTRY. As we begin the hot summer months we are planning for power outages courtesy of PG & E. When our power goes out we have disaster procedures that keep you, our residents, safe. We have a generator to run essential processes on campus – however, telephone and internet are NOT run by generator. There are a couple of ways to reach us should it become imperative. Please note in your emergency numbers these cell phones: Sandy Haskins (530) 228 9413, Phoebe Carcot (530) 957 9549 or Maintenance (530) 363-0902. Please confine use of these numbers to emergencies only. We will also post updates on our Facebook Page. In the rare instance we must evacuate the campus, we will concentrate on moving our health center residents to other Skilled Nursing facilities, and our ALU residents to family member's homes, hotels, or other Assisted Living units. How you can help us is to keep all emergency contact numbers updated (our's and resident's). We are working very closely with our El Dorado County Disaster Preparedness partners, plus our local fire department officials to be as prepared as we possibly can. The more we prepare, the better the plans will go if, heaven forbid, we have to implement them!

Please email us if you have suggestions on how to make your home even better! We love hearing from you.

Sandy Haskins - sandy.haskins@rhf.org

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle.

Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

Thurgood Marshall (Justice) – July 2, 1908

Abigail Van Buren (advice columnist) – July 4, 1918

Wanda B. – July 6th

Tom Hanks (actor) – July 9, 1956

Kris S. – July 10th

Henry David Thoreau (writer) – July 12, 1817

Roald Amundsen (explorer) – July 16, 1872

Phyllis Diller (comedian) – July 17, 1917

Nelson Mandela (politician) – July 18, 1918

Jane H. - July 20th

Don Knotts (actor) – July 21, 1924

Walter Payton (football player) – July 25, 1954

Stanley Kubrick (director) – July 26, 1928

Henry Ford (automaker) – July 30, 1863



FANTASTIC TEAM **Celebrating their 30th Year at Gold Country!**

Gail McKenna C.N.A.

Jennifer Clute C.N.A.

Bonnie Berndt, LVN, NA Trainer

The Staff & Residents of Gold Country
offer you a standing ovation for 30 years of
dedication!

"Nursing Team – We don't Do Average!"

Sky-High Ambition



Before becoming a pilot of world renown, Amelia Earhart was a rough and tumble girl who sought adventure wherever she could find it in her small hometown of Atchison, Kansas. She was born on July 24, 1897, to Sam and Amy Earhart. Amy did not believe in molding her daughters into "good little girls," but instead dressed them in pants and allowed them to roam the neighborhood with rifles, hunting rats. It was out of this adventurous youth that the aviation hero Amelia Earhart was born.

Earhart's first encounter with an airplane did not occur until around 1918, when she visited the Canadian National Expedition in Toronto. A World War I flying ace was demonstrating death-defying maneuvers when he spotted Earhart on the ground. In an attempt to fluster her, he dove close overhead, but Earhart stood her ground. It was at this moment that Earhart reported thinking "that the little red airplane said something to me as it swished by." Two years later, U.S. Army Air Service pilot Frank Hawks gave Earhart a plane ride and rekindled her desire to take up flying. She worked multiple jobs to scrape together enough money for flying lessons. Just two years after her introduction to flying from Hawks, Earhart flew to 14,000 feet, setting a world record for female pilots. It was the first of many records she would set.

After Charles Lindbergh flew solo across the Atlantic in 1927, the stage was set for a woman to complete the same feat. At first, pilot Amy Guest expressed interest, but she ultimately declined, deeming the trip too perilous. It was Earhart who was chosen for the honor, and upon completion of the trans-Atlantic flight with a small team, she was hailed as a national hero. But the allure of crossing the Atlantic solo loomed large, and in 1932, she completed her famous solo Atlantic flight. Five years later, in 1937, Earhart disappeared on her attempted flight around the world, a sad and tragic loss. But Earhart's legacy continues to inspire adventurers to this day.

COME ONE, COME ALL!

FOURTH OF JULY EXTRAVAGANZA

On the Skilled Nursing
Courtyard
from 10am - 2pm

BBQ, Games,
FUN, FUN, FUN!!!



Mark your calendars!
Tuesday, August 6th, 2019 is our annual
National Night Out

Let's Give Neighborhood Crime And Drugs
A Going Away Party!

Featuring:



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