

July 2021

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating July

Anti-Boredom Month

Women's Motorcycle Month

World Watercolor Month

Canada Day

July 1

Roswell UFO Days

July 1-3

Independence Day (U.S.)

July 4

Classic Car Show and Band

July 14

Talia's Student Recitals

July 17

World Chess Day

July 20

Day of the Cowboy

July 24

**World Lumberjack
Championships**

July 29-31

World Ranger Day

July 31

FROM THE DESK OF SANDY.....

Happy 4th of July! Happy Birthday America! We will have some type of celebration on campus, but cannot re-create our Family/Resident/Staff BBQ this year! Think forward to 2022 for another mass gathering in celebration!

Patience is the name of the game we finally got approval from our regulators to hook up our new Call Bell System in the Skilled Nursing only to have COVID postpone both installation and our contractors availability. Maybe 2021 will be the year!

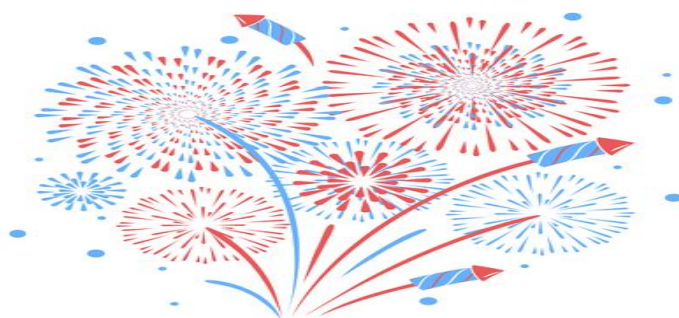
Despite the Governors' ALL OPEN declaration from June 15, we as Senior Care facilities cannot follow the general population guidelines. We are held to stricter guidelines from both the State and the County instructions. While writing this, we do not know what that looks like; however for the time being it is Masks Must be Worn on campus by both Staff and visitors, regardless of Vaccination status. Maybe by the time this publishes we will have less restrictions in family groups OUTSIDE, but inside for the time being we are being cautious. Please check with us on this and other regulatory changes as time passes.

We are so thrilled to have visitors back on campus! Welcome back!

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

Sandy Haskins, Executive Director

Sandy.haskins@rhf.org



July Birthdays

In astrology, those born July 1–22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

Those born July 23–31 are Leo's Lions. These "kings of the savanna" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Thurgood Marshall (justice) – July 2, 1908

Wanda B. (Resident) – July 6th

Frida Kahlo (artist) – July 6, 1907

Satchel Paige (ballplayer) – July 7, 1906

Tom Hanks (actor) – July 9, 1956

Henry David Thoreau (writer) – July 12, 1817

Harrison Ford (actor) – July 13, 1942

Regina Belle (singer) – July 17, 1963

Carlos Santana (guitarist) – July 20, 1947

Ernest Hemingway (writer) – July 21, 1899

Amelia Earhart (pilot) – July 24, 1897

Ray S. (Resident) – July 29th

Vivica A. Fox (actress) – July 30, 1964



Important Numbers

Main (530) 621-1100

Direct Dial (530) 497-2000

Sandy Haskins, Administrator.....ext 4043

Nancy Feather, Activity Director.....ext 4051

Bonnie Stone, Resident Relations.....ext 4027

Mary Ann Cook, Manager.....ext 4020



Mark your calendars!

Tuesday, August 3rd, 2021, 5-8pm,

is our annual

National Night Out

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

Featuring:



Let's PARTY like it's 2019!

REMINDER - DISASTER PLANNING

AT GOLD COUNTRY

On top of living with our Pandemic (yes this is considered an emergency and is part of our disaster planning.....We are entering the hot summer months and have to start thinking about and planning for possible power outages. When our power goes out, we do have disaster procedures that keep you, our residents, safe. However during power outages our phones and computers may not run and your internet and cable will also go out. Plan ahead for those times when we might be sitting in the dark! While we do have generators to run essential processes on campus –NOT all systems on campus can be run by the generators. We have personal cell phones and a portable landline phone we use to contact MDs and family members in the health center BUT even those may not work depending on the complexity of the power outage. For emergency contact, there are a couple of ways to reach us should it be essential! Please note in your emergency phone numbers these campus cell phones: **Sandy Haskins Executive Director on her personal cell (530) 228 9413, Wendy Hudson, Director of Nurses for Skilled Nursing emergency calls at (530) 317-7744 Bev Dierks Marketing on her company cell (530) 957 9549 or the Maintenance cell phone (530) 363-0902.** If the phones appear to be down at the campus (which sometimes happens outside a power outage) you can also contact us this way. **PLEASE FRIEND US ON OUR FB PAGE AS WE WILL POST OUTAGES ON THIS SOCIAL MEDIA PLATFORM from our Home Office in Long Beach! Please note that flooding the receptionists with calls about when power will be back on is counterproductive, so please be patient as we deal with this “disaster” should it occur.** IF CELL TOWERS are out, again for emergency information please see the GC Facebook page where our home office will post updates for you to follow. 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 and/or other Assisted Living units if possible. Again info on these moves will be posted to FB by Home office. Remember if it is a community wide evacuation/disaster, our residents may have to scatter many miles if they are dependent on hospitals, nursing homes, hotels, or shelters.

How you can help us, in any of our three senior living options, is to help your **resident keep their emergency contact numbers updated**; discuss locations where they can evacuate to should the need arise; and have a phone number of an out of area relative they can contact should their local contacts be evacuated as well. We are working hard to continuously update and refine our emergency planning, but we cannot do it alone – we need your participation and help! If you are very local and could assist residents to leave the area should we have an area wide disaster/evacuation – please keep us in mind! More on this as the summer fire season develops! Have questions? We are happy to try and answer them – ask us!

Just know many plans have to be fluid (this is the same answer our disaster folks give us); plans are dependent on the type and scope of the emergency! We work very closely with the 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!

FINALLY WE ARE CREATING A BLAST EMAIL SYSTEM THAT SOMEONE AT HOME OFFICE COULD ACCESS IF WE CANNOT TO SEND OUT A GROUP EMAILS ABOUT MAJOR EMERGENCIES LIKE EVACUATIONS; Please choose a primary contact and get us their email address so we can continue to maintain our blast email! We are also exploring a text option for mass notification of staff and residents. If it is viable we may include emergency contact cell numbers. More on this as it evolves.

PLEASE BE SURE WE HAVE ONE CONTACT PER ALU UNIT. Right now our ALU families are ahead with the most emails on file – so **please email us your resident name, unit number, your name, your resident's name/unit location, and your email address if you are the primary contact to goldcountry@rhf.org** and we will add you to our blast email list.

