

June 2019

Gold Country Gazette

ASSISTED LIVING NEWSLETTER



Celebrating June

Beautiful in Your Skin Month

Soul Food Month

Lemonade Days

June 1–9

World Bicycle Day

June 3

Banana Split Days

June 7–8

Roller Coaster Day

June 13

Father's Day

June 16

World Music Day

June 21

Social Media Day

June 30

The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies on one of the ocean's smallest animals for its chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So what mysteries lie at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?



Operation Overlord

Operation Overlord, the invasion most familiarly known as D-Day, commenced on the morning of June 6, 1944. Forces of Nazi Germany held the beaches of France's Normandy coastline. Allied forces numbering 156,000 American, British, and Canadian troops landed en masse to retake the beaches. D-Day has been called the largest amphibious assault in history, and its success was largely due to both the heroism of the Allied soldiers and months of planning. General Dwight D. Eisenhower enacted a masterful plan of deception that left the Germans unaware of where the Allies would strike. Fake radio transmissions detailed the movement of a phantom army. Even fake supplies and equipment were routed to misleading locations. Within a week, despite heavy losses, the beaches were within Allied control. It was the beginning of the end of the war in Europe.



FAMILY COUNCIL: As always both the Skilled and Assisted Living Units have the right to form a Family Council. On the ALU side Mr. Mike Bozzone (Ruth) would like you to contact him if you'd be interested in joining him to form a Family Council for **Assisted Living** families. **Please call Mike at (530) 644-6420.** This is an Advisory Council to management and we will provide announcements, a meeting space, and responses to issues raised by the council. We do not attend these meetings so the Family Group chooses their own Chairperson/Leader. The Council may also invite the State Ombudsman to attend if they choose. Guest speakers on topic of interest are also a possibility. It is not open for residents to attend; so please plan to attend without your family member. Residents have their own Council which works with leadership. As soon as we have an interested group of Family Members we will send out a Meeting Announcement inviting other family members in the Assisted Living to attend.

June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing.

Those born June 21–30 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.

Marilyn Monroe (actress) – June 1, 1926

Josephine Baker (entertainer) – June 3, 1906

Lucetta H. (Resident) – June 7th

Tom Jones (singer) – June 7, 1940

Frank Lloyd Wright (architect) – June 8, 1867

Harriet Beecher Stowe (author) – June 14, 1811

Igor Stravinsky (composer) – June 17, 1882

Lionel Ritchie (singer) – June 20, 1950

Octavia Butler (writer) – June 22, 1947

Pearl S. Buck (writer) – June 26, 1892

John Elway (quarterback) – June 28, 1960

Join us for...

Gold Country Retirement Community's

Father's Day Car Showcase

June 15th, 2019 from 10 a.m. to 2 p.m.

Entry to the event is free!

Local high schools to provide fundraiser BBQ and Dad's Root Beer Floats to benefit their programs

Musical entertainment will be provided by "Last Two Standing," a duo specializing in Blues, Doo-Wop, Classics & Oldies.

Event Address: 4301 Golden Center Drive, Placerville, CA

For more information, email Phoebe at Phoebe.Carcot@rhf.org or call 530-621-1100.

ALF License # 9802966
SNF License # 2000029

Find us on

A Retirement Housing Foundation Community

TDD 800-545-0833 x379
Language Assistance Services
916-257-5267



FROM THE DESK OF SANDY.....

NEW CALL BELLS ARE COMING..... we hope by the time you are reading this we have started the work in the Assisted Living Unit and we will then progress to the Skilled Nursing unit. Watch for posters announcing start of work if not already posted; and please excuse the mess and noise in advance. We think you will be very happy we have remodeled this old system. But there will be some inconveniences while construction occurs.

Annually, I like to remind our residents and their supporters that we are a "abuse and neglect free zone". Our staff in both units undergo several training sessions a year to teach them how to watch for possible abuse and neglect and remind them of their role in preventing and reporting possible incidents. We also include in this discussion the fact that our community is our resident's home and that we work in our resident's "home;" our residents do not live in our workplace. We hope each interaction you have with staff reinforces that thought process. If we fall down on the job, please do not hesitate to bring us your observations! Of course we admit we have some who understand this concept better than others.....thank you for your patience with those who are still growing!

We hope you will take a minute and "friend" us on Facebook at:

goldcountryretirementandhealthcare

You will be able to keep abreast of happenings on campus when you are our friend. We also hope you will take a minute and tell the public, via a YELP review – that Gold Country "rocks!"

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



**Send a Greeting
Keep in touch with
your Loved One!**

Go to our webpage-
[goldcountryretirement
.org](http://goldcountryretirement.org)

Click on "Resources"
Then "Send a
Greeting"
It's easy & fun!



4th of July Celebration

**We are celebrating the 4th this year with a BBQ,
music from Last 2 Standing & games
in the Health Center Courtyard.**

**We will have a bounce house, waterslide,
watermelon eating contest,
water balloon toss and
more games for everyone to enjoy.**

**Residents and staff, please invite your families
to come and spend the day
celebrating with you!**

**Party will run from 10-2pm
RSVP to Phoebe @ 957-9549 or
phoebe.carcot@rhf.org or
let your activity director know.**



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