

June 2020

# Gold Country Gazette

Assisted Living Activity Department Newsletter



## **Celebrating June**

**Foster a Pet Month**

**Great Outdoors Month**

**Soul Food Month**

**Yo-Yo Day**

*June 6*

**Flag Day: U.S.**

*June 14*

**International Surfing Day**

*June 20*

**Play Catch Week**

*June 21–27*

**Father's Day**

*June 21*

**Sunglasses Day**

*June 27*

## **The Making of a Man**

Not only is June 21st Father's Day, but June is Men's Health Month. All June long, we are asked to honor the men in our lives. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends to overemphasize qualities of toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn't always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men's work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men all across the country are attempting to promote "healthier masculinity." They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. Many men feel they have better relationships, stronger core values, and better mental health. These men are not only becoming better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive role models, they are better equipped to pass those traits along to younger generations.

**HAPPY  
FATHER'S DAY!**

## **FROM THE DESK OF SANDY...**



### **ATTENTION RESIDENTS, FAMILY MEMBERS AND SUPPORTERS.....**

Yes El Dorado County has entered Phase II, but we REMAIN **CLOSED to Visitors!** I realize we are all sick of being in quarantine, but our Health Center is regulated by higher authorities than our local County or City officials. As you have heard on the news, Assisted Living and Skilled Nursing Centers have suffered greatly with COVID in other parts of the state and the country. As a result, our State and Federal officials are not going to allow us to open up to visitation until they feel comfortable that protection can be offered to our vulnerable seniors. CMS (Centers for Medicare and Medicaid Services – Federal regulatory agency) states in a recent letter to our facility and its staff.....*That coordination with CDC has been fruitful as we've begun to understand just how easily the virus is transmitted in nursing homes. We have advised nursing homes to temporarily restrict visitors.....*It is our understanding that they will enforce this until they feel comfortable we can prevent the introduction and/or spread of COVID in our building. So bear with us as we try to keep up with the daily deluge of instructions from all our regulators on what we need to be doing to meet their expectations. Thank you for your patience as we work to bring up alternative methods of staying in touch. With an appointment (so we can get the tools ready and/or the resident ready) we can do FaceTime chats, Zoom calls, or iPad conversations. Please arrange these visits with Angela or Vicky in the Skilled unit and Nancy or MaryAnn in the Assisted Living. We ask you avoid the lunch and dinner hours as staff has to deliver meals room to room as we avoid large

gatherings in group spaces; 11:40 – 1:30 are super busy for lunch and 4:45-6:00 are super busy with dinner. The same goes for window visits (where the window is required to stay shut) they are time consuming for staff to arrange, so please if you must come make an appointment for staff assistance. The caregiving staff is very busy keeping our residents well taken care of, so interrupting them for a window visit takes time away from someone else's care. Thank you for your understanding that all of our operations have been disrupted and everything seems to take twice as long; resident care has to be our top priority. We hate to turn you away if you arrive without an appointment but this may have to happen. Please call and talk to the above listed staff about coordinating a call. If you must come in person, we remain closed to anyone under 18 anywhere on campus – so please do not bring the kiddos along. We love them, we miss them, but we can't have them even outside. Thank you again for understanding we are just trying to protect those we care for and you love! Please spread this word to your friends and family members.

As we sadly cancel our Father's Day Car show, our 4<sup>th</sup> of July family festivities, and watch anxiously at other big events that we had planned for you; we also hold on to the hope that these events will return bigger and better! Please watch our notices and postings for the resumption of normal fun activities. Please believe me when I tell you that your activity crews are enlisting lots of help to keep your residents entertained during this period of containment. Rolling Happy Hours, visiting Ice Cream Carts, Wild West shows out the window, Staff dressed as Clowns, Dress up Silly days, hallway bingo, or socially distant bunco.....and the list goes on! Thank you to our activity teams and please join Facebook to see the pictures of some of the fun we are providing to keep our residents happy and entertained during this event! (It keeps our spirits up too!)

## June Birthdays

In astrology, those born between June 1 and 20 are the Twins of Gemini. A Gemini's dual nature is expressed through skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

Those born between June 21 and 30 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators.

Morgan Freeman (actor) – June 1, 1937  
 Angelina Jolie (actress) – June 4, 1975  
 Prince (musician) – June 7, 1958  
 Frank Lloyd Wright (architect) – June 8, 1867  
 Hattie McDaniel (actress) – June 10, 1893  
 Harriet Beecher Stowe (author) – June 14, 1811  
 Paul McCartney (musician) – June 18, 1942  
 Bob Vila (builder) – June 20, 1946  
**Gwen – (Resident) – June 23rd**  
 George Orwell (author) – June 25, 1903  
 Bernard Harris Jr. (astronaut) – June 26, 1956  
 Lena Horne (singer) – June 30, 1917

## Elvis Shocks the Nation



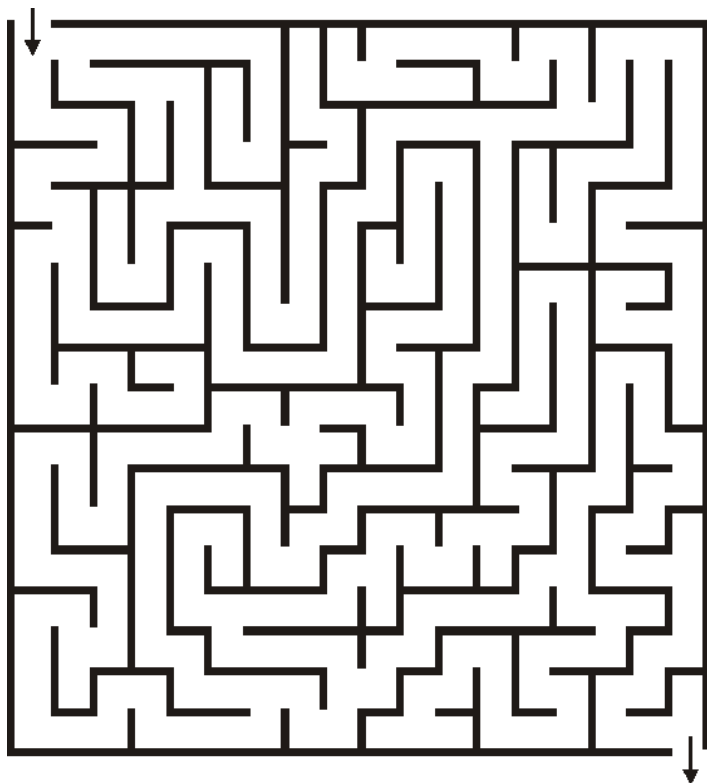
By 1956, Elvis Presley had already hit No. 1 on the music charts with "Heartbreak Hotel," and he was becoming a rock 'n' roll sensation, but nothing prepared the public for his live performance of "Hound Dog" on *The Milton Berle Show* on June 5, 1956. Elvis had already appeared on television several times, including on *The Milton Berle Show*. But in these appearances, Elvis was always filmed close-up or behind his guitar. On June 5, the 21-year-old Elvis was televised head to toe, swinging his hips in wild gyrations as he danced, earning the moniker "Elvis the Pelvis." The next day, critics across the country roundly criticized Elvis, calling him vulgar and untalented. Ed Sullivan declared Elvis would never appear on his show. None of this criticism stopped Elvis from becoming rock 'n' roll's first superstar. In the end, Elvis' critics had to eat their words.

## Horsing Around



In June of 1878, photographer Eadweard Muybridge put an end to a debate that had been raging for years: whether or not all four of a horse's hooves left the ground during a gallop.

Muybridge was no mere photographer but also a savvy inventor. Cameras in 1878 had lengthy exposure times of two seconds, but over two seconds a horse in motion would have galloped across an entire field, preventing it from being photographed. Muybridge's solution was to create a mechanical wooden shutter that could close within one-thousandth of a second. His photos seemed to freeze time, capturing each movement of the horse. He not only proved that all four hooves left the ground but he created the first motion picture and laid the foundations of the movie industry.



## Ladies' Day at the Ballpark



During the early years of baseball, the game was geared toward an audience of men, for many during that narrow-minded era believed that the rules of baseball were just too difficult for women to understand. That is, until 1883 when the New

York Gothams (soon to be Giants) hosted the first "Ladies' Day" at the Polo Grounds, where women were admitted free of charge. Baseball player, manager, and pioneer Abner Powell would later capitalize on this promotion when his own New Orleans Pelicans struggled to draw crowds. Powell held Ladies' Days every week throughout the season. His reasoning? Not only would it expand the game's audience but the presence of women would discourage unruly behavior.



**MORE FROM SANDY...** Please remember to send us a primary email to send out updates about happenings on campus or updates during emergencies. Email the primary contacts name (include the resident name and unit) to [goldcountry@rhf.org](mailto:goldcountry@rhf.org) and we will add it to our master list. Remember one email per resident and that person must be responsible to send it on to other interested family members and friends.

We hope you will take a minute and "friend" us on Facebook **goldcountryretirementandhealthcare**. You will be able to keep abreast of happenings on campus when you are our friend. This is another medium we can use to keep you posted during an emergency!

Thank you for the outpouring of support! Your letters, goodies, calls, and well wishes have kept our Hero's holding fast! Your encouragement has given our team "wings" and we truly appreciate the thoughts, prayers, and good wishes.

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](mailto:sandy.haskins@rhf.org)

We Are Proud to Salute

### OUR FANTASTIC C.N.A.'s (AKA HEROS)

during

### NATIONAL CERTIFIED NURSING ASSISTANTS (C.N.A.) WEEK

June 18-25, 2020

Monika Baker	Manny Ballesteros	Marco Brambila	Ampelia Camacho
Noemi Campos	Monica Cantrell	Cari Chavez	Natalee Clark
Gilbert Contreras	Jennifer Costello	C.J. Faircloth	Raj Gill
Edgar Hernandez- Canales	Tammy Holden	Kelsey Jasso	Hannah Mosby
Mickey Johnson	Mike Martinov	Gail McKenna	Shasta Ruckman
April Ovalle	Megan Quinonez	Sandra Riffey	Hannah Woodard
Bonnie Schneider	Josh Sullivan	Karly Talbot	
Alexa Yanez			

"It takes a Special  -To Care"

The Staff & Residents of Gold Country offer you a standing ovation!