

March 2020

# Gold Country Gazette

ASSISTED LIVING DEPARTMENT NEWSLETTER



## Celebrating March

**Women's History Month**

**World Compliment Day**

*March 1*

**International Women's Day**

*March 8*

**St. Patrick's Day Party**

*March 17*

**Monthly Birthday**

**Luncheon**

*March 19*

**Monthly Bus Cruise to Ione**

*March 20*

**Tuskegee Airmen Day**

*March 22*

**Sierra Wildlife Rescue with**

**Birds of Prey**

*March 24*



## Won't You Be My Neighbor?

Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor.

Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.

"Discovering the truth about ourselves is a lifetime's work, but it's worth the effort."

Fred Rogers



**2019  
EMPLOYEE OF  
THE YEAR  
Sharon  
Rodgers**

Sharon joined the Gold Country dietary team in our Senior Apartments in August of 2004. She was a dietary aide when hired and has worked hard, beside the team, to provide our residents wonderful meals. When our Sequoia Dining Room converted to AnyTime Dining, we found we needed a hostess to greet our residents and Sharon was the natural selection with a winning smile and an always welcoming greeting. Sharon also spoils her fellow team members, along with the chef/cook.

Sharon has tried to retire, saying its time, but the residents and staff keep encouraging her to stay part of the team! "We would miss her too much if she left!"

**Thank you Sharon for your dedicated and caring service to the residents (and staff) at Gold Country!  
We salute you!**

**March 30, 2020**

**NATIONAL DOCTORS DAY**

National Doctors' Day is a day celebrated to recognize the contributions of physicians to Individual lives and communities.

**THANK YOU DR. GREGORY SMITH, MD, MEDICAL  
DIRECTOR SKILLED NURSING  
We Salute you!**

**March Birthdays**

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Theodor Seuss Geisel (writer) – March 2, 1904  
Lou Costello (comedian) – March 6, 1906  
Mickey Dolenz (Monkee) – March 8, 1945  
Liza Minnelli (actress) – March 12, 1946  
Simone Biles (gymnast) – March 14, 1997  
Moms Mabley (comedienne) – March 19, 1894  
Fred Rogers (neighbor) – March 20, 1928  
**Normadene (Resident) – March 22nd**  
Chaka Khan (singer) – March 23, 1953  
Harry Houdini (magician) – March 24, 1874  
Flannery O'Connor (author) – March 25, 1925  
Mariah Carey (singer) – March 27, 1970  
Liz Claiborne (designer) – March 31, 1929

**FLU and OTHER ILLNESSES**

**JUST A REMINDER.....PLEASE DO NOT COME TO VISIT RESIDENTS OR FRIENDS ON CAMPUS ESPECIALLY THE HEALTH CENTER IF YOU ARE ILL! PLEASE DO NOT COME DOWN TO THE DINING ROOMS OR ACTIVITY ROOMS UNTIL YOU HAVE BEEN SYMPTOM FREE FOR SEVERAL DAYS. PLEASE ASK FAMILY AND FRIENDS TO AVOID VISITING OR BRINGING CHILDREN TO THE HEALTH CENTER BUILDING IF THE CHILD HAS RECENTLY BEEN ILL. PLEASE WASH YOUR HANDS UPON ENTERING AND LEAVING ANY OF OUR BUILDINGS.**

**EL DORADO COUNTY PUBLIC HEALTH REQUIRES ALL OF OUR EMPLOYEES TO HAVE FLU SHOTS. IF WE DO NOT HAVE FLU SHOTS BY DECEMBER 1, WE MUST WEAR A MASK WHEN WE ARE AROUND OUR RESIDENTS – ON ALL LEVELS OF THE CAMPUS. THANK YOU FOR YOUR UNDERSTANDING.**



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

We hope at the time of reading this you will be noticing work on our Skilled Nursing Call Bell system. This will involve re-placing all call bells in every room with new wiring and new pull cord boxes. Please accept our apologies as we make this mess. The ALU got their new system a few months back. We are going to be able to monitor response times once the systems are fully operational. Thank you for your patience.

ALU residents/families will notice new Heating/Cooling vents being put in their units. This, when fully operational, will allow for each room to control their heating and air to their preference. We hope to have this project complete mid-April, thank you for your patience as we mess up your room, to make it better!

At the time of this newsletter creation the Assisted Living had already had their Annual State Inspection. Congratulations to the Assisted Living Team for a perfect survey! The Skilled Nursing is now having their Annual Inspection. Skilled Nursing results are not available yet – so please see a team leader if you'd like to know the results, and results will be posted. We are confident we will again only find a few areas where we can tighten up.

Just a reminder that there is an ALU Family Council available to family members. For more info, contact Mary Ann Cook, ALU Manager.

**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)**

## MARCH IS SOCIAL SERVICES MONTH Honoring

**Vicki Hume Estrada**

Social Services, Skilled Nursing

**Phoebie Carcot**

Community Outreach & Marketing

*A Standing Ovation for all you do!*

**“Social Workers Do the HEART Work”**



**WELCOME  
TO  
GOLD  
COUNTRY!  
RAY**



Reserved for Calendar

