

November 2019

# Gold Country Gazette

Assisted Living Activity Department Newsletter



## Celebrating November

**Inspirational Role Models  
Month**

**American Indian Heritage  
Month**

**Author's Day**  
*November 1*

**Men Make Dinner Day**  
*November 7*

**Veterans Day: U.S.**  
*November 11*

**World Kindness Day**  
*November 13*

**Rock Your Mocs Day**  
*November 15*

**Thanksgiving**  
*November 28*



## Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower*, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

## November Birthdays

In astrology, those born November 1-22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

Those born between November 23-30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

Burt Lancaster (actor) - November 2, 1913

Art Garfunkel (singer) - November 5, 1941

Alfre Woodard (actress) - November 8, 1952

Carl Sagan (scientist) - November 9, 1934

Whoopi Goldberg (comedian) - Nov. 13, 1955

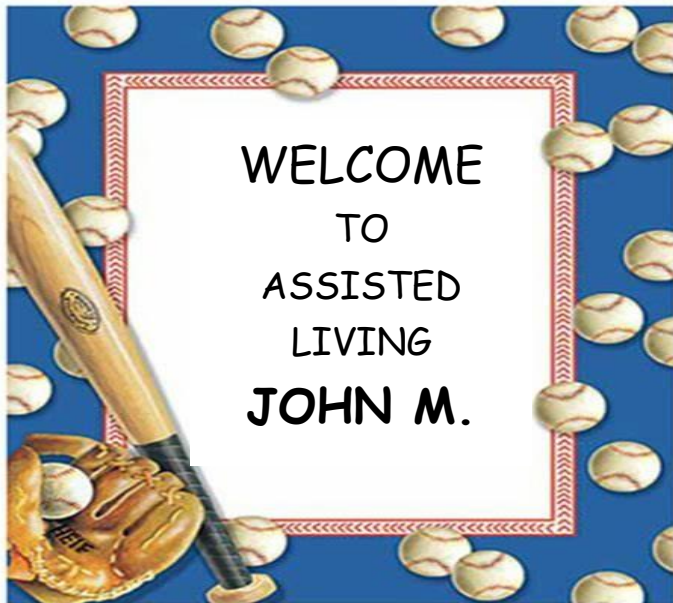
Georgia O'Keeffe (painter) - November 15, 1887

Alan Shepard (astronaut) - November 18, 1923

George Eliot (author) - November 22, 1819

Charles Schulz (cartoonist) - November 26, 1922

Mark Twain (writer) - November 30, 1835



Save the Date

and please join us

on

Saturday,

November 23<sup>rd</sup>

for a festive

Thanksgiving

Meal.

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

On **October 17, at 10:17 am** we again participated in the statewide "**Great California Shake Out**" drill. This was an earthquake drill for all staff and residents on campus. We again joined the whole state, and much of the country, focusing on what we would do during a major earthquake. During this few minutes of participation we took a look around us and assessed what might happen if California experiences a major earthquake. What in our immediate environment threatened our safety? Where would we shelter if major shaking hit our campus? Who can help us shelter residents if we need help? Those of us up on this hillside, feel we will probably more likely be an evacuation site for other communities, rather than be actually "harmed" during an earthquake. But it never hurts to be prepared.

We also use this time to remind all our residents, families, and staff, that **we must be personally prepared in case of disaster**. We cannot depend on the government to be ready to help us in the event of a mass event. At Gold Country we partner with the El Dorado County Disaster Preparedness group to dovetail our plans with the County plans. We will continue this partnership while further preparing our residents and staff.

**Remember when the PG & E power outages strike** we may or may not have power, internet and cable during these outages. This means our emergency generators will power only essential services in the Health Center.

Please note that during an outage our HOME OFFICE will post updates to our Facebook page, so please "like" or "follow" us on Facebook for emergency updates as our phones may go out.

Just an ANNUAL reminder that **FLU (SHOT) SEASON** is upon us. If you haven't done so already health center families, please return your consent (or your loved ones consent) as soon as possible so we can complete our vaccine process. Thank you in advance for participating in our campaign. Remember it's never too early to think about staying home should you have flu-like symptoms or just feel under the weather. In our health center, germs can spread rapidly. Thank you for staying home if anyone in your household is experiencing illness. Please use the hand sanitizers as you arrive and depart our buildings – wash your hands with soap and water frequently – and drink fluids! Our staff in all three units will wear masks if they are not vaccinated during the season – we would encourage you to do the same when you visit if you cannot be vaccinated. This protects all our seniors on campus!

Save the date our first ever **HEALTH CENTER FAMILY THANKSGIVING Saturday, Nov 23** – Space will be limited! Reservations will be required! Watch for your invitation or see the front desk the first of November to sign up.

Have a thought or idea, email me at [sandy.haskins@rhf.org](mailto:sandy.haskins@rhf.org)! Or call me at 621-1100

Sandy

**NOVEMBER IS NATIONAL HOSPICE MONTH**

**We'd like to tip our hat to our Hospice Partners at Snowline Hospice**

**We thank them for their support in our time of need!**

**THANK YOU SNOWLINE HOSPICE FOR ALL YOU DO FOR US!!**

.....

**This page reserved for Calendar**