

November 2020

Gold Country Gazette

Assisted Living Activity Department

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Celebrating November

Aviation History Month

Native American Heritage Month

Adopt a Turkey Month

Polar Bear Week

November 1–7

Cliché Day

November 3

Veterans Day: U.S.

November 11

Rock Your Mocs Day

November 15

International Men's Day

November 19

Thanksgiving: U.S.

November 26

Square Dancing Day

November 29

A Bridge to the Past

Historic bridges are links to our past. They are exemplary of an era's architecture, engineering, art, and technology. They also tell the story of a region. Who built the bridge? Who used the bridge? What communities did it connect? During November, Historic Bridge Awareness Month, take the time to seek out a local historic bridge and learn the history it embodies.

The oldest bridge in America is a humble stone arch crossing of Pennypack Creek in Philadelphia, Pennsylvania. Built in 1697, men from the surrounding communities were expected to contribute to its construction either through labor or with money. Over the centuries, the three-span bridge has gone by many names: Pennypack Creek Bridge, the Holmesburg Bridge, the Frankford Avenue Bridge, and the King's Highway Bridge. It was originally built to carry America's first highway, the King's Road, from Philadelphia to New York. It was just 18 feet wide when it was built, large enough to accommodate two teams of horses. It is said that in April of 1775, a rider from Boston sped across the bridge into Philadelphia, delivering news of the Battle of Lexington and the start of the American Revolution.

Historic bridges range from the humble to the magnificent. On November 21, 1964, the Verrazano-Narrows Bridge opened, a massive two-span suspension bridge connecting Brooklyn to Staten Island over the "Narrows," the mile-wide entrance to New York Harbor. When it was built, it was the longest bridge in the world, and it is still the longest suspension bridge in the Americas. New York's master planner Robert Moses, engineer Othmar Ammann, and the thousands of workers who risked their lives to construct such a marvel created more than a bridge; it is New York's grandest entrance and an enduring work of art. Its two monumental 70-story steel towers support four massive cables, which contain enough steel wire to stretch halfway to the moon. These bridges—artifacts of art, engineering, and history—are just two reminders out of thousands around the world that it is always better to build bridges than to burn them.

From the Desk of Sandy...

On **October 15, at 10:15 am** we once again participated in the statewide disaster drill the “**Great California Shake Out**”. 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. Although we’ve been in an actual disaster – a pandemic for 8 months – it is still worthwhile to practice for other types of disasters that might strike our campus.

We also use this time to remind all our residents, our families, and our 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 for the inevitable. We will also be asking our families for their support and encouraging our staff to be ready to help out when disaster strikes. Please be sure you keep an updated email on file with your unit director/manager as this will be our best way to notify you of “disasters” that might strike our campus (Including PSPS events.) During an immediate disaster we may not be able to reach out to you, but we can ask our Home Office team for help if we have email addresses on file. Additionally, during an “event/disaster” our HOME OFFICE can post updates to our Facebook page, so please “like” for “follow” us on Facebook for emergency updates as our phones could/may go out or we cannot reach out immediately to you.

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. We are reminded it is very important this year during COVID that we inoculate ourselves against the Seasonal Flu, so thank you in advance for helping us accomplish this goal.

Finally, we are hoping to liberalize some of our visitation in the upcoming weeks. Please continue to schedule your campus arrivals for window or gate visits with the front desk, in advance so we can make sure staff is available to help your loved one.

Please be patient as we move towards the goal of more in person visitation. On the assisted side we have been able to accommodate some in person visiting; so please check with the front desk if you have questions. Just a reminder as we move towards more in person visiting; we are asking for **NO ONE** under 18 still. Children are often silent carriers (or asymptomatic carriers) we would hate to introduce the virus on campus through a child’s visit. I know this is hard but children LOVE to do electronics so encourage grandchildren and great grandchildren to participate in FaceTime or Skype calls – they love to put faces on themselves while visiting with the grands! Also when you are doing an in person visit we must enforce Masks wearing at all times, please do not remove. If you bring food, please increase the distance between you and the resident to more than 6 feet while their mask is off! **NO TOUCHING** this includes hand holding, kissing, hugging etc. A quick elbow bump of hello might be okay but we are asking you to help us protect your loved one and their neighbors, so while you might decide it’s okay to touch your family member, if you infect them, they will infect others! So please maintain the 6’ distance of all visitors to resident. We continue to ask that the number of visitors at any one time stay small 2-4 if the location allows a group of even that size.....the goal is the visitation space needs to accomplish the required six feet between all parties. Finally, we are ordering Plexiglas visitation barriers for visiting at tables. Please use these as they are provided. This is just one more protection against droplets that could contain COVID virus.

Have a thoughts, questions or idea, email me at sandy.haskins@rhf.org! Or call me at 621-1100



**NOVEMBER IS
NATIONAL HOSPICE MONTH**

We'd like to tip our hat to our Hospice Partners at Snowline and Interim!

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

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



Happy Autumn

Nature Shows the Way



It's hard to believe in this digital age of GPS systems and hand-held cellular phone mapping that explorers once knew how to navigate without a compass. On November 6, Marooned Without a Compass Day, you, too, could learn how to find your way. At night under clear skies, it is easy enough to find your direction. Simply look to Polaris, the north star. During the day, find your way by planting a stick in the ground. Mark the end of its shadow with a rock. Wait 30 minutes and mark the new end of the shadow with another rock. The first rock is west. The second rock is east. Bisect the two to find north and south. You've just made your own compass!





OCTOBER IS CLERGY APPRECIATION MONTH

HATS OFF TO OUR LOCAL SPIRITUAL LEADERS
WHO SUPPORT OUR SUNDAY SERVICES
AND OUR COMMUNITY CHURCHES, (WHEN NOT
IN A PANDEMIC)
WE APPRECIATE ALL OUR LOCAL CLERGY DO TO
SUPPORT US! THANK YOU!



**National Night Outdoor Concert with
The Random Strangers**

Turbo-Charged Toboggan



On November 22, 1927, Carl Eliason patented his Motor Toboggan after years of experimentation, giving rise to the invention of the snowmobile. Eliason, having grown up in Wisconsin, was an avid outdoorsman, but he suffered a foot disability that prevented him from snowshoeing. So, in 1924, the 24-year-old Eliason decided to attach a pair of skis to the front of a toboggan outfitted with an outboard motor that powered a steel track. His "motor toboggan" became the world's first primitive snowmobile. After receiving the patent, Eliason went on to build 50 of the machines, each one an individual work of art. When an order for 150 came in from Finland, he sold the rights to a major manufacturer. The U.S. Army even ordered 150 of the machines to help soldiers defend Alaska's wild and wintry backcountry.

