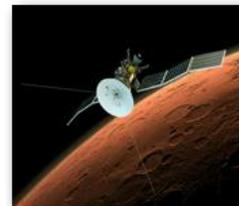


SEPTEMBER 2018

# Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



## Into the Great Beyond

On September 5, 1977, NASA launched the Voyager 1 satellite into space. After 40 years of space travel, Voyager has logged over 13 billion miles and is the first human-made object to leave our solar system.

Voyager 1's initial mission was to explore some of the most distant planets of our galaxy, Jupiter and Saturn. But Voyager 1's mission is not limited to sending information back to Earth; it also brings information from Earth into the cosmos.

NASA scientists knew that Voyager 1 would leave our solar system and perhaps journey to another distant realm, so they made two gold-plated copper records filled with greetings for aliens. One record contains sounds, including whale songs, music by Chuck Berry, and greetings in 55 different languages. Also included are instructions for how to play the records, as well as a "star map" directing aliens back to our solar system. Voyager 1 could be Earth's messenger to other intelligent life forms in the universe.

For now, Voyager 1 is zipping through interstellar space at over 38,000 mph. However, Voyager 1 will run out of power by 2025, so it won't be able to send us any data. For now, NASA scientists are content to study Voyager 1's latest information about what life is like in outer space beyond our solar system.

## Celebrating September

**Happy Cat Month**

**Guide Dog Month**

**Classical Music Month**

**Labor Day**  
*September 3*

**Grandparents Day**  
*September 9*

**Storytellers are back**  
*September 12*

**Party with Alvin**  
*September 13*

**Autumn Begins**  
*September 22*

**Johnny Appleseed Day**  
*September 26*

**SEPTEMBER IS NATIONAL REHABILITATION MONTH**  
**Sept 16-22, 2018**

Thank you, Jude and Team for another year of keeping us strong!

**PLEASE STOP BY THE STEP OFFICE OR THE REHAB GYM AND CONGRATULATE THE TEAM**

## A Hummer of a Bird



September brings the Hummingbird Migration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

## September Birthdays

In astrology, Virgo's are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

- Boxcar Willie (singer) – September 1, 1931
- Mort Walker (cartoonist) – September 3, 1923
- Grandma Moses (painter) – September 7, 1860
- Loretta B. (Resident) – September 8th**
- Otis Redding (singer) – September 9, 1941
- Arnold Palmer (golfer) – September 10, 1929
- Agatha Christie (writer) – September 15, 1890
- Peter Falk (actor) – September 16, 1927
- H.G. Wells (writer) – September 21, 1866
- Jim Henson (puppeteer) – September 24, 1936
- Ed Sullivan (TV host) – September 28, 1901
- Johnny Mathis (singer) – September 30, 1935

**Gold Country Retirement and Health Centers**  
 Is Proud to Salute  
**OUR FABULOUS ENVIRONMENT SERVICES TEAM**  
 during  
**NATIONAL ENVIRONMENTAL SERVICES WEEK**  
 September 9-15, 2018  
*Representing our team of Super Stars*  
**Gail Potts, ES Director**  
**Bob Piercey, Maintenance Director**

- Stephen Adams
- Rose Boger
- Gabriela Estanislao
- Shannon Goforth
- Todd Hongslo
- Denice Jimenez
- Sofia Jimenez
- James Johnson
- Guadalupe Lopez
- Alberto Lopez
- Esperanza Macias de Martinez
- Stephen McManus
- Guadalupe Miranda
- Joe Reposo
- Ron Roeker
- Rose Travers
- Annis Wheeler

**\*ENVIRONMENTAL SERVICES\***  
**"WE DO IT ALL!"**

**Live Well!**  
**Senior Service Expo 2018**  
 October 3, 2018 10:00 a.m.-1:00 p.m.  
*This Event is Free for Everyone!*  
*Join Us to Learn More About Many of the Senior Services Available in El Dorado County*

Festivities will include:  
 Local Vendor Booths  
 Raffle Prizes  
 Community Tours  
 Free Blood Pressure Screenings  
 Fraud Prevention Tips with El Dorado County Sheriff (10:30 a.m.)  
 Balance Testing with Gold Country Physical Therapy (11:30 a.m.)

For more information, call 530-621-1100  
TDD 1-800-545-1833-6399 Language Assistance Services 902-257-0255  
 Event Address: 4301 Golden Center Dr., Placerville, CA 95667

Hosted by  
  
 Gold Country  
 RETIREMENT COMMUNITY

Find us on     
 A Retirement Housing Foundation Community    
ALF License # 90317665  
 SNF License # 900000229

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

As you know, October is the dreaded annual rent increase month. All three housing options will experience an increase in rents on their statements. We know this is a difficult time of year, and that everyone's budgets are tight. Our commitment to you, to provide the highest quality of service, remains our top priority. We value the ongoing relationship you have with Gold Country Retirement Community and Retirement Housing Foundation (RHF), and understand that living here represents a significant investment on your part. We are confident that, despite this increase, we remain the economical option for senior services in our immediate area. We also want you to know that we are doing all we can to keep our costs down as the expense of doing business rises. The rising cost of minimum wage impacts us the most, as it not only impacts our staffing costs, but the costs of our suppliers as well. Minimum wage will be going up 12% in January thanks to our current legislature. Again thank you for your support!

Thank you to everyone who attended our **Annual National Night Out** this past month! We hope you came and enjoyed The Random Strangers – our musical entertainment. Thank you to the hardworking GC team that works to make each year bigger and better! Mark your calendars now especially if you missed it: we plan even more next year – Tuesday, August 6<sup>th</sup>, 2019!

We still have a few more weeks of heat, so please drink more water than usual and come inside and cool down when you take a walk - don't overheat! Invite your families to enjoy our refreshed patios! We have three, the center courtyard on the Skilled Nursing Unit, and two near ALU and Rehab! You are invited to use any and all patios. Please let the staff know, however, if you go off unit, so they won't worry you're lost!

Thank you for your patience as we replace our roof (finally). We hope our leaks will be gone this winter as we hope for lots of rain!

Just a reminder that FLU SHOT season is almost upon us. Please watch for your consent in the mail.

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

**Gold Country Retirement and Health Centers**

Is Proud to Salute

**OUR WONDERFUL ASSISTED LIVING CAREGIVERS**

during

**NATIONAL ASSISTED LIVING WEEK**

September 9-15, 2018

Mary Ann Cook, LVN, Manager

Jessica Behrendt

Nora Blaszak

Kate Clark

Betty Coffey

Jennifer Costello

Veronica Enriquez

Nicole Fletcher

Rosa Garcia

Jessica Hash

Analise Heck

Linda Odlin

Cami O' Dell

Sierra O'Kane

Alana Parkins

Alicia Rios-Ventura

Jessica Staton

Bonnie Stone

Luke Tappan

Rosio Vega

Mark Williams

**"CAPTURE THE MOMENTS"**

The Staff &amp; Residents of Gold Country applaud you!

4		1	2	9			7	5
2			3				8	
	7			8				6
			1		3		6	2
1		5					4	3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

**This page reserved for Calendar**