

September 2019

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating September

Happy Cat Month

Sewing Month

**International Enthusiasm
Week**

September 1–7

Labor Day (U.S.)

September 2

**International Day of
Democracy**

September 15

World Alzheimer's Day

September 21

**International Day of Sign
Languages**

September 23

World Heart Day

September 29

A Brief History of House Cats

It has taken a while for scientists to piece together the riddle of just when and where cats first became domesticated. Some clues first came from the island of Cyprus in 1983, when archaeologists found a cat's jawbone dating back 8,000 years. Since it seemed highly unlikely that humans would have brought wild cats over to the island, the finding suggested that domestication occurred before 8,000 years ago.

In 2004, the unearthing of an even older site at Cyprus, in which a cat had been deliberately buried with a human, made it even more certain that the island's ancient cats were domesticated, and pushed the domestication date back at least another 1,500 years. Some speculate that the process began up to 12,000 years ago.

While 12,000 years ago might seem a bold estimate, it actually is a perfectly logical one, since that is precisely when the first agricultural societies began to flourish in the Middle East's Fertile Crescent.

When humans were predominantly hunters, dogs were of great use, and thus were domesticated long before cats. Cats, on the other hand, only became useful to people when we began to settle down, till the earth and—crucially—store surplus crops. With grain stores came mice, and when the first wild cats wandered into town, the stage was set. The cats were delighted by the abundance of prey in the storehouses; people were delighted by the pest control.

One theory is that cats sort of domesticated themselves. The cats invited themselves in, and over time, as people favored cats with more docile traits, certain cats adapted to this new environment, producing the dozens of breeds of house cats known today. In the United States, cats are the most popular house pet, with 90 million domesticated cats slinking around 34 percent of U.S. homes.

FROM THE DESK OF SANDY.....

As you know.....October is the dreaded annual rent increase month which we warn you about in September. All three housing options on campus will experience an increase in rents on their statements that arrive the first of October. 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 in the most efficient way possible, remains. We continue to value the ongoing relationship you have with Gold Country and Retirement Housing Foundation (RHF). We understand that living here represents a significant investment on your part and try to maintain our level of service in the most cost effective way possible.

We are confident that, despite this increase, we remain the economical option for senior services in our surrounding 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 increasing cost of the California minimum wage impacts us the most, as it not only impacts our staffing costs, but the costs of our supplies as well. Wages and benefits represent over 55% of our annual budget. So as we face a minimum wage increase in January 2020 (another 8% to 13.00/hr) we are not only adjusting our rents but tightening our belts. Thank you for your understanding and commitment to Gold Country. We appreciate you!

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 – 1st Tuesday in August 2020.

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! You are always invited to use any and all patios on campus. The fence is not to keep you or our residents in – it is to keep strangers out! So wander around and sample different patios. (Residents, to keep your team from panicking please let the staff know, if you go off unit to one of these patios or other places on campus, so they won't worry you're lost! Always sign out when leaving the campus on a trip, appointment or errand.

Thank you for your patience as we replace our roof wells – yes we got the new roof installed only to find the “wells” that cover the HVAC equipment, completely rotted out. We are also in the process of installing the new call bells on the Assisted Living Unit; and hope to start the Skilled Nursing sometime in September.

Finally, on October 1, Medicare has imposed a brand new payment system on us for Medicare Part A covered stays. So if you see us running around with our hair on fire – we have to learn a whole new billing and assessing system! So bear with us as we adjust to a new system and ride the learning curve! This will not affect you if you are not being covered by Medicare Part A (Skilled stay) – if you live with us. But if you go to the hospital and have a 3 night stay and return we have to assess and then bill Medicare in a whole new way. This is the first revision in almost 20 years, so we are anxious to do everything right in order to protect the revenues that provide skilled service to our residents. Thank you in advance for your patience!

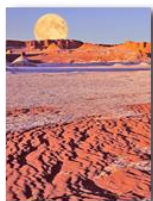
Have a thoughts or ideas, email me at sandy.haskins@rhf.org! Or call me at 621-1100

Into the Wild

Humans have settled 77% of Earth's surface, so what places are left unexplored? This September, Wilderness Month, we will take a look at some of the world's wildest places.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but who would want to go there? For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia's Far East. It is Russia's land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia's submarine bases.

Papua New Guinea also remains one of the world's least-explored places. Scientists believe that many of the world's undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country's interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.



For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its 40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here.

How much longer will such wild and untouched corners of Earth exist? No one knows. But there is still ample time to protect these pristine natural jewels. It may be as easy as following the old explorer's mantra: "Take only pictures, leave only footprints."

September Birthdays

Those born between September 1–22 are Virgos. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders.

Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Queen Elizabeth I (monarch) – September 7, 1533

Loretta B. (Resident) – September 8th

Col. Sanders (businessman) – September 9, 1890

Roald Dahl (writer) – September 13, 1916

Agatha Christie (writer) – September 15, 1890

Lauren Bacall (actress) – September 16, 1924

Greta Garbo (actress) – September 18, 1905

Michael Faraday (scientist) – September 22, 1791

Victoria Woodhull (politician) – September 23, 1838

Jim Henson (puppeteer) – September 24, 1936

Shel Silverstein (poet) – September 25, 1930



**SEPTEMBER IS NATIONAL
REHABILITATION MONTH
Sept 15-21, 2019**

Thank you, Rosemary, and our Rehab Team Members for another year of keeping us strong!

**PLEASE STOP BY THE S.T.E.P. OFFICE OR
THE REHAB GYM AND CONGRATULATE
THE TEAM**

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