

September 2020

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

**International Enthusiasm
Week**

September 1–7

Bowling League Day
September 3

Labor Day: U.S.
September 7

Grandparents Day
September 13

**International Country Music
Day**
September 17

Good Neighbor Day
September 28

The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

FROM THE DESK OF SANDY.....

As you know we are still in COVID SHUT DOWN. We recently decided to add this information on our Webpage and thought we'd share it with you. Questions? Just ask!

The team at Gold Country is currently creating plans to thoughtfully and carefully begin to envision the process of getting to a "post COVID-19 normal". This process is anything but easy. While some states may be reopening businesses, schools, and recreational opportunities based upon geography, community spread, and trends, multi-level retirement communities like ours (with Senior Apartment Living, Licensed Assisted Living, and Skilled Nursing/Rehabilitation), will have a different reopening schedule because we care for older adults who are most vulnerable to COVID-19. While we are thrilled El Dorado County has had very few cases, it only takes a spark for a wildfire to grow. We are anxious not to be the spark! Thank you for your patience and understanding!

Throughout this process we will continue to follow and maintain compliance with all CDC guidelines as well as mandates for all State and Local departments, including CA Department of Health Services, CA Dept of Social Services, and El Dorado County Public Health while balancing resident social engagement with quality of life. The health and well-being of our residents and staff remain our top priority.

- **Meals** - We are still delivering all meals to the resident apartments (ILU); and our resident rooms/units in the Health Center (ALU & SNF) with some social distance exceptions for residents needing more staff assistance.
- **Activities** among the residents are being held, we just ask that residents wear a mask and maintain social distancing in small group events or outside events.

At the Health Center – we are supporting **window or plexiglass protected fence visits in both Health Center units for residents not in Observation Status AND BY APPOINTMENT.** Everyone involved in the visit must wear masks, and maintain social distancing during visitation (hence the plexiglass at the fence). We are discouraging visits from the under 18 crowd right now but hope to change that as time passes. We ask for reservations to insure there is staff that can help with visit set up. Meal time visitation is discouraged because it's all hands on deck for the staff at meal time. We also need to make sure we don't have a "crowd" in any one space, which would make social distancing difficult. Please contact the front desk for a visit reservation daily between 9 am and 5 pm. Only the Health Center reception staff can make these reservations. Deliveries to your resident (food, gifts, clothing, mail, etc) can happen any day of the week when the reception desk is open – generally 8 – 5 week days and 9 – 4:30 on the weekends.

- **Facetime/Zoom/Skype visits** - are always possible – please call 530 621-1100 and ask for the Activity Director of the unit your resident lives in..... if you would like a tablet visit with your loved one. You can also email them at goldcountry@rhf.org please list their name/unit in the email so we know which "Mom" "Granddad" "Aunt" to direct the email to. All Health Center rooms also have complimentary phones. If your resident needs help with the phone, please do not hesitate to let us know. Remember for staff assistance meal time is always hectic and dining has to take priority. Good rule of thumb is 7:00-9:00 am 11:30 – 1:30 pm and 5:00-6:30 pm.

Continued next page...

Notes from Sandy continued...

Final note, while CMS and the State of California may be publishing which facilities have COVID 19 either in staff or residents, we cannot inform residents, staff or families who. If someone figures out who it is, we would ask you to respectfully not share that information; even if the person tells you themselves. It is HIPPA private information and should not be shared. Suffice it to say, if we feel there has been exposure, we will either test or ask potentially exposed people to monitor for signs and symptoms and be proactive in avoiding large groups, wearing masks, etc for 14 days. We will do everything we can to contract trace for your protection and help you monitor. Likewise we ask you to do self-monitoring and even self-quarantine if you feel you were exposed outside the campus. Staff who test positive will not be working during a monitoring period, and we will be monitoring anyone else who might have come in contact with them on campus for symptoms. Remember you are just as likely to be exposed anywhere outside your room or apartment, so if we become aware of a positive on campus we are actually able to keep you safer than if you become exposed off campus. Stay away from staff and fellow residents; even if you feel fine. I know everyone is curious and even fearful; you will have to trust us that if we feel you were exposed, we will be reaching out to you. If you were not exposed, that is all we can tell you.

To keep you informed when we experience power outages and/or phone outages, please "friend" us on Facebook. Retirement Housing Foundation will post updates in an event of an emergency, and we will post how to contact us should our phones go down (this happens when power goes out and/or the internet goes out). If you are not a fan of Facebook, please arrange with a family member or friend who is to be your conduit for information. If you cannot reach us by a facility cell phone remember you can also contact Retirement Housing Foundation in Long Beach.

Questions? Call 621-1100 or e-mail

sandy.haskins@rhf.org

Gold Country Retirement and Health Centers
Is Proud to Salute
OUR FABULOUS ENVIRONMENT SERVICES TEAM
during

NATIONAL ENVIRONMENTAL SERVICES WEEK

September 13-19, 2020

Representing our team of Super Stars

Lupe Frazel ES Director

Bob Piercey, Maintenance, Director

Stephen Adams

Bruce Allison

John Bright

Gabriela Estanislao

Velia Garay

Todd Hongslo

Jeffrey Johnson

John Kelly

Calum Knox-Moore

Maria Martinez

Cyle Mattos

James McGregor

Stephan McManus

Guadalupe Miranda

Maria Morales

Adam Pierce

Joe Reposo

Scott Riffey

Rosaria Santana

Gerald Ulm

John Valey

Annis Wheeler

WE OFFER A STANDING OVATION TO OUR WONDERFUL REHABILITATION TEAM

during

NATIONAL REHABILITATION SERVICES MONTH

SEPTEMBER 2020

Taylor McDade, PTA Director of Rehabilitation

Nate Hohsfield, PT

Jennifer Mathews, SLP

Harry Higashino, PTA

Jennifer Spring, SLP

Mathew Grover, PT

Joey Holt, PT

Victor Espinoza, OTR

Mary Hall, COTA

Rosemary Hughes, OTR

Jessica Lanford, OTR

Kathleen Sherwood, PTA

"RENEW * REBUILD * RESTORE"

The Residents and Staff of Gold Country are
grateful for your talents!

**Our Residents LOVE to see us dress up
and be wild and crazy!**

**During Environmental Services and
Assisted Living Weeks they may see
the following:**

Characters from a book

Favorite Car Shirts

Hand-made Tattoos

Movie Characters

Crazy Make-up

Favorite Band Shirts

Crazy Jewelry



Storybook Character Parade



*Miscellaneous
Movie Characters*

September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) – September 1, 1939

Richard Wright (author) – September 4, 1908

Raquel Welch (actress) – September 5, 1940

Olga (Resident) – September 7th

Loretta (Resident) – September 8th

Jesse Owens (athlete) – September 12, 1913

Agatha Christie (author) – September 15, 1890

B.B. King (musician) – September 16, 1925

Peggy (Resident) – September 19th

Linda (Resident) – September 21st

Jim Henson (puppeteer) – September 24, 1936

Serena Williams (tennis pro) – September 26, 1981

Gold Country

Is Proud to Salute

OUR WONDERFUL ASSISTED LIVING CAREGIVERS

during

NATIONAL ASSISTED LIVING WEEK

September 13-19, 2020

Mary Ann Cook, LVN, Manager

Bonnie Stone, Admissions Coordinator

Saralyn Arnold

Sierra Chambers

Linda Odlin

Jennifer Bash

Kim Gaeta

Deonna Powers

Jessica Behrendt

Alan Grote

Kasey Saiz

Mandy Bennett

Hannah MacKay

Jessica Smigle

Nora Blaszk

Shannon Martinov

Jessica Staton

Lisbeth Calderon

Samantha Nieri

Luke Tappan

"FRONTLINE HEROS"

Thanks for Making a Difference!

The Staff & Residents of Gold Country salute you!