

# Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



## Celebrating March

**Irish-American Heritage  
Month**

**Optimism Month**

**Craft Month**

**Celebrate Your Name Week**  
*March 3–9*

**Mardi Gras**  
*March 5*

**International Women's Day**  
*March 8*

**Pi Day**  
*March 14*

**St. Patrick's Day**  
*March 17*

**Make Up Your Own Holiday  
Day**  
*March 26*

## Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick's Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.



From the Desk of Sandy...

Your Activity staff members have ballots for our Annual Doctor of the Year award. Please nominate your favorite doctor and tell us why they “rock”! We started this recognition a few years ago and want to continue this recognition in 2019. If you wish to help your resident nominate a local physician who you feel has done a fabulous job for our seniors, please see an Activity Staff member for a nomination form. We need these nominations back by March 1.

We hope at the time of reading this you will be noticing work on our health centers call bell systems. We are replacing call bells on both the Skilled Unit and the Assisted Living. This is a big project and will involve moving in and out of the rooms as we install new light boards and call cords. Bear with us as we intrude - we think you will be happy with the results.

**Have a thought, question or suggestion on how we can be even better? Feel free to call me at (530) 621-1100, or email me at [sandy.haskins@rhf.org](mailto:sandy.haskins@rhf.org)**

## March Birthdays

In astrology, those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

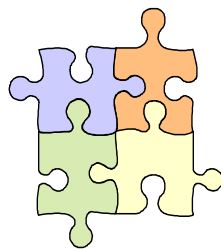
- Ron Howard (actor/director) – March 1, 1954
- Dr. Seuss (author) – March 2, 1904
- Jean Harlow (actress) – March 3, 1911
- Elizabeth Browning (poet) – March 6, 1806
- Bobby Fischer (chess) – March 9, 1943
- Liza Minnelli (entertainer) – March 12, 1946
- Albert Einstein (scientist) – March 14, 1879
- Moms Mabley (comedian) – March 19, 1894
- Normadene C. – March 22nd**
- Sam Walton (Walmart) – March 29, 1918
- Liz Claiborne (designer) – March 31, 1929



## The March of Women's History

The month of March is Women's History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women's history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. Their goal was to include women's history in the local school curriculum. The movement in Sonoma was such a success that it gained traction nationwide. In 1980, President Jimmy Carter established the first Women's History Week, and then in 1987, Congress declared the entire month of March as Women's History Month. Politicians, writers, freedom fighters, scientists, soldiers, athletes—women have made contributions in virtually every field. Honor them this March.

**WANTED:  
300-500  
LARGE piece  
Jigsaw Puzzles**



## Girls Guiding Girls

The Girl Scouts is one the largest and most successful organizations for girls in the world. Juliette Gordon Low, finding inspiration from the Girl Guide movement in England, established the first Girl Guide Troop in America on March 12, 1912. For this reason, the week of March 10–16 is celebrated as Girl Scout Week.



Born in Savannah, Georgia, just before the American Civil War, Gordon Low was raised with traditional Southern values emphasizing duty, loyalty, and respect. Gordon Low was also an American aristocrat born to successful parents. As such, she attended boarding schools, met many influential people, married well, and moved to England. Gordon Low's marriage was not a happy one, however, and she spent much time alone painting, learning metalworking and woodworking, and doing charity work. After her husband died, she met Sir Robert Baden-Powell, founder of the Boy Scouts, a guide movement for boys that taught the skills of military preparedness and outdoor adventuring. Scouting proved to be the perfect unity of values that she had enjoyed all her life: duty and respect combined with practical skills for survival. It was not long before Gordon Low met Agnes Baden-Powell, Sir Robert's sister and founder of the Girl Guides, and so Gordon Low organized Girl Guide troops in London herself.

Gordon Low returned to her beloved Savannah in March of 1912 with the mission to grow the girl scouting movement in America. On March 12, she registered 18 girls, establishing the very first Girl Guide troop. Thanks to her family's extensive social connections and the help of Sir Baden-Powell, Low was able to quickly grow her local troop into a nationwide movement. She faced one competitor, the Camp Fire Girls, but this organization believed that girls should not participate in strenuous outdoor activities meant for boys. Gordon Low held fast to her love of scouting, and for over 100 years, the Girl Scouts have given young girls the confidence, skills, and character to become the leaders of tomorrow.



### 2018 EMPLOYEE OF THE YEAR Steve Adams

Maintenance/Security

Steve Adams, of the Security/Maintenance department, joined the Gold Country team in 2012. Steve works the afternoon/evening shift so is often found helping folks during the later hours of the day. Steve is always good for a smiling "hello", or "how ya doing" as he makes his rounds throughout the campus. Residents who call for security assistance are always happy to see him at their door. We are proud to have such a dedicated, long term team member chosen as our 2018 Employee of the Year. The residents and the team at Gold Country salute Steve as he represents the heart and dedication that is at the center of our successes. Thank you Steve for all you do to make our residents and the team's life brighter!

### MARCH IS SOCIAL SERVICES MONTH Honoring

Vicki Hume Estrada, Social Services  
Phoebie Carcot, Community Outreach

*A Standing Ovation for all you do!*  
**PASSION \* PURPOSE \* HEART**

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