

May 2020

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating May

**Global Health and
Fitness Month**

**Gardening for Wildlife
Month**

Kentucky Derby
May 2

Nurses Week
May 6–12

American Indian Day
May 9

Mother's Day
May 10

Memorial Day
May 25

Celebrate Cinco de Mayo

Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is actually held on September 16. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

France then marched a force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town. On May 5, 1862, France surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.



FROM THE DESK OF SANDY.....

During these extraordinary times, I think it's important to recognize all the Essential Workers who are coming every day and providing care to our residents across the campus. We Salute their dedication and caring! We also want to salute our very patient families as we've had to "lock down" during the quarantine. I know for the next event like this we will be better prepared with ways to contact your resident or family. We have only begun to figure out video chatting or virtual visiting. All these mediums take special equipment like a computer camera, specialized phone, microphone or speaker, and software (albeit free). So we are not well prepared this time to offer up this type of connection to your family/resident. We will be better prepared in the future.

We encourage you to call and talk to your family member on the phone or send letters, emails (goldcountry@rhf.org) or cards. We will help best we can with the phone calls, but our first priority has to be resident care. We are discouraging window visits because at the time of printing we are still under a "Stay at Home" order from our governor and only "essential" travel is recommended. If we encourage you to come visit your loved one at the window, we are encouraging non-essential travel, and it also is logistically challenging for the sometimes limited staff to assist. So please only come do a window visit if you absolutely must, and pre-arrange with a staff member a good time.

Thank you again for your unquestioning support through this extraordinary event. We hope we have kept you in the loop as much as possible, and when this event is over, we hope you will visit us (and your family member here) even more than ever – we have missed you!

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

The Magical Mile

On May 6, 1954, the weather in Oxford, England, was not ideal for running. Roger Bannister, while working his shift at a local hospital as a medical student, even considered not running in a meet due to rain and strong winds. By the afternoon, however, the weather had cleared and Bannister decided to race. He had competed in the 1952 Helsinki Olympics, placing fourth in the 1500 meters, a disappointing finish both personally and for his country. After that bitter defeat, he resolved to do the hitherto unthinkable: run a mile in under four minutes. Many believed such a time to be humanly impossible. But as a medical student, Bannister believed he had the knowledge he needed to create a unique training regimen that would allow him to achieve University's Iffley Road Stadium, Bannister became the first human to run a sub-four-minute mile. His lurch across the finish line hit the front page of newspapers all over the globe. He became a symbol of perseverance and of pushing the limits of human endurance. He became a hero overnight.



NATIONAL NURSING HOME WEEK

May, 10-16, 2020

*"Making a Difference
in Every Life we Touch"*

**Thank you to the Staff, Our Residents,
and Our Families**

who support us EVERY day! We appreciate you!

May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

Dwayne Johnson (actor) – May 2, 1972

Bing Crosby (singer) – May 3, 1903

Nellie Bly (journalist) – May 5, 1864

J.M. Barrie (author) – May 9, 1860

Zella M. (Superstar) – May 11th

Salvador Dalí (artist) – May 11, 1904

Bea Arthur (actress) – May 13, 1922

Lorraine Hansberry (playwright) – May 19, 1930

Gini F. (Superstar) – May 20th

Mr. T (actor) – May 21, 1952

Sally Ride (astronaut) – May 26, 1951

Doug S. (Superstar) – May 29th

Bob Hope (entertainer) – May 29, 1903



**Our Residents did a
fabulous job coloring
Easter Eggs!
Hmmm... why are
there some missing?**

Gold Country Retirement and Health Centers Is Proud to Salute

OUR FANTASTIC NURSES during

NATIONAL NURSES WEEK

May 6-12, 2020

Wendy Hudson, RN, Director of Nurses

Rachel Priolo, LVN Director of Staff Development

Monica Cornejo, LVN, MDS Nurse

Britney Almazan	Amanda Becerra	Abigail Boersma, RN	Ruth Cooke
Ashley Ferguson	Chris Fernandez	Annie Ford	Jeremy Garcia
Magdalena Hernandez	Nina Heer	Donna Malley	Alexis Panella
Carol Reis, RN	Maria Rivas-Ramirez	Megan Rothwell	Kim Saez, RN
Pamela Stapleton, RN	Wendy Wagner	Colleen Warren	

"Helping People One Life at a Time"

The Staff & Residents of Gold Country salute you!



**Who has more fun during Mobile Happy Hour?
The Residents or the Bartender?**



As you can see, Activities have changed during this quarantine. We hope to get back to business as usual soon!



**Some kind soul brightened
our day by gracing the
parking lot with
Painted Rocks!
Thank you very much!**

