

November 2019

Tidbits Around Here

Gold Country Health Center Skilled Nursing * 530-621-1100 EXT:4036



Happy Birthday to:

Marion F. 11-26
Betty Jean S. 11-21

**Alvin's Birthday Party on
11/14 @ 3:15PM**

Scheduled Outing

**Bus Outing
11/15 @ 1:30 PM
Abele's Acre Apple Hill**

Resident Council

November 12th @ 11:00AM

Fellowship Hour:

2:00 PM 1st & 3rd Sunday
Baptist Church

10:30 AM Catholic Service
Every Wednesday

9:00 AM Interfaith Chaplain
Friday

November 16th at 10:30
Grace Reform Church
Hymns and Praise Worship

November 19th at 10:30AM
Bible Study Hymns and
Praise worship

Gold Country Retirement Community & Snowline Hospice presents our annual: Veterans' Recognition Program November 8th, 2019 2:30PM-4:30PM.

Families are welcomed and encouraged to join us in paying tribute. Event will be held in the Skilled Nursing dining room.

2:30 PM Introductions & Welcome
2:40 PM Salute and pledge
VFW Reflections and Poem
Robert Lenoil to sing National Anthem
Thank Veterans and Present Certificates
Closing remarks and Benediction

3:30- 4:30 PM Reception and Entertainment by
Harpist Mable from Voz Alta Studios



Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness. Many believe that the phrase "breaking bread" originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or "Holy Communion." However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression "breaking bread."

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.

Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower*, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

Easy-Baked Success



On November 4, 1963, the Kenner toy company introduced the Easy-Bake Oven, a real baking oven for children that was powered by nothing more than a lightbulb. Toy salesman Norman Shapiro was inspired after taking a trip to New York City, where he saw street vendors heating their pretzels with lightbulbs. Inventor Ronald Howes was tasked with turning the idea into reality, which he did by using two 100-watt bulbs. Despite a high price tag of \$15.95, which is equivalent to \$127 in today's marketplace, the toy was a hit, selling half-a-million units in its first year alone. Now, over 50 years and 10 different designs later, it remains popular.

Jukebox Heroes



The day before you gather around the turkey for Thanksgiving, gather around the jukebox for Jukebox Day! After all, both are American pastimes, and both offer perfect reasons to gather together and have a party. The very first jukebox

was installed by Louis Glass in San Francisco's Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass's own invention, a coin slot. The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-the-slot phonograph machine earned over \$1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. Before long, other inventors got in on the game, creating coin-operated music players of their own.

In 1918, Hobart Niblack created a device that could automatically change records. This led to the invention of the first machine that could play a wide selection of music from different records, by the Automated Musical Instrument Company in 1927. Then in 1928, Justus Seeberg combined a loudspeaker with a coin-operated player that allowed for multiple records. The modern jukebox was born, and the 1930s became the jukebox's golden era.

So why was the device named the "jukebox"? The term *juke* comes from the Elizabethan English word *jouk*, meaning "to dance or act wildly." Before the jukebox, there were juke bands that played in juke joints. These were rowdy establishments filled with heavy drinking and good times. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to the far cheaper jukeboxes, which suddenly appeared in every juke joint in America.

The Descent of Dunce



November 8 commemorates the death of the medieval Catholic scholar and philosopher John Duns Scotus in 1308. It is from Duns Scotus that we get the term *dunce*, meaning "a stupid person." How would such an esteemed scholar give rise to a term for a know-nothing? Duns Scotus earned great renown for his sweeping philosophical tracts, including arguments for free will, the existence of God, and the Immaculate Conception of Mary. He rivaled the great minds of Thomas Aquinas and William of Ockham. Hundreds of years later, during the Renaissance of the 16th century, many scholars thought that the ideas of Duns Scotus were behind the times. Many began to use the word *Duns*, or *dunce*, as an insult, meaning one who was incapable of scholarship. Furthermore, since Duns Scotus was often depicted in his signature pointy cap, which he believed was a sort of funnel for knowledge into the head, his detractors derided the "Dunce Cap" not as a badge of intelligence, but as a symbol of ineptitude.

OCTOBER CLERGY APPRECIATION MONTH

HATS OFF TO OUR LOCAL MINISTERS WHO
SUPPORT OUR SUNDAY SERVICES
AND OUR COMMUNITY CHURCHES
WE APPRECIATE ALL OUR LOCAL CLERGY!
THANK YOU!

NOVEMBER IS NATIONAL HOSPICE MONTH

Hospice Partners at Snowline Hospice
Thank you for your support in our time of need!
**THANK YOU SNOWLINE HOSPICE FOR ALL
YOU DO FOR US!!**

From the desk of Sandy....

On **October 17, at 10:17 am** we again participated in the statewide **"Great California Shake Out"** drill. This was an earthquake drill for all staff on campus; and of course any residents that might have heard us practicing. We again joined the whole state, and much of the country, focusing on what we would do during a major earthquake. During this few minutes of participation, we took a look around and assessed what might happen if California experiences a major earthquake. What in our immediate environment threatened our safety? Where would we shelter if major shaking hit our campus. Who can help us take/shelter residents if we need help? Those of us up on this hillside, feel we will probably more likely be an evacuation site for other communities, rather than be actually "harmed" during an earthquake. But it never hurts to be prepared.....and then there are other disasters that will threaten us! We also use this time to remind all our residents, our families, and our staff, that **we must be personally prepared in case of disaster**. We cannot depend on the government to be ready to help us in the event of a mass event. At Gold Country, we partner with the El Dorado County Disaster Preparedness group to dovetail our plans with the County plans. We will continue this partnership while further preparing our residents and staff for the inevitable. We will also be asking our families for their support and encouraging our staff to be ready to help out when disaster strikes.

Remember when the PG & E power outages strike, we may or may not have power, internet, or cable during these outages. This means our emergency generators will power only essential services in the Health Center (much more services than in the Apartments) and the Apartments will be without lights in their units, no elevators for those who cannot use stairs, and limited heat or A/C. Residents on Oxygen in the Apartments need to plan ahead (with their family members support) for extra oxygen tanks and supplies prior to the outage.....please understand we do not provide medical support services in our apartments so having someone to help (family or caregivers) is essential for emergency preparations in our apartment living. Staff on duty if the power goes out after hours is limited to one security officer and he must support the Health Center first.

Checking your (or your family members) batteries, flashlight, cell phone power bank, etc can really be essential prior to a power outage (natural or manmade). Thank you for your support. Please note that during an outage our HOME OFFICE will post updates to our Facebook page, so please "like" for "follow" us on Facebook for emergency updates as our phones could/may go out.

Just an ANNUAL reminder that **FLU (SHOT) SEASON** is upon us. If you haven't done so already health center families, please return your consent (or your loved ones consent) as soon as possible so we can complete our vaccine process. Thank you in advance for participating in our campaign. Remember it's never too early to think about staying home should you have flu-like symptoms or just feel under the weather. In our health centers germs can spread rapidly. Thank you for staying home if anyone in your household is experiencing illness. Please use the hand sanitizers as you arrive and depart our buildings – wash your hands with soap and water frequently – and drink! Our staff in all three units will wear masks if they are not vaccinated during the season – we would encourage you to do the same when you visit if you cannot be vaccinated. This protects all our seniors on campus!

As the holiday's approach we hope you will consider reviewing our **"WISH LIST"** items the Activity departments could use to entertain your loved ones. The posted WISH LIST in the Health Center is under renovation, so please see an Activity Director for suggestions! Still coming.....A new Call Bell system. We've had some permitting delays, but it is still coming! We will have our annual survey sometime in the next 8-10 weeks. Thank you in advance for your support during this week of inspection!

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

