

August 2021

Tidbits Around Here

Gold Country Health Center | Activity Department | (530) 621-1100 EXT:4036



Celebrating August

August 10 at 10:15AM
Alvin will entertain our
Happy Birthday
Celebrants:

William D. 8-5
Sharon B. 8-15
Sandra B. 8-19
Charles C. 8-30

International Clown Week
August 1-7

Sturgis Motorcycle Rally
August 6-15

Sandcastle Day
August 7

Folsom Lake Bus Outing
August 13 at 9:30AM

Elvis Week
August 11-17

Annie Oakley Day
August 13

Peach Pie Day
August 24

Pony Express Day
August 29

Lights in the Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of *To the Lighthouse*, may have put it best when she said, "Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other." For Woolf, lighthouses are monuments to the human condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt's lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines or hidden reefs, but Pharos acted as a grand entrance marker to Alexandria's port, a hub of commerce, technological innovation, and free thought. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World and surviving three earthquakes before toppling into the sea. In a sense, all the world's lighthouses are descendants of that world wonder, and those who study lighthouses and their signal lights are proudly called *pharologists*, in memory of great Pharos.

The Klondike Gold Rush

On August 16, 1896, an American prospector named George Carmack was fishing with his wife at the mouth of the Klondike River. Many of the other prospectors did not particularly like Carmack. They distrusted him for marrying the daughter of a local Native American chief and for his habit of telling tall tales, a habit that earned him the nickname “Lyn’ George.” But it is no exaggeration to say that Carmack’s adventure on that morning would change the course of history.

Carmack and his wife were traveling with her brother and nephew, “Skookum” Jim Mason and Dawson Charlie, both members of the Tagish First Nation. While history often reports that it was Carmack who discovered gold at Rabbit Creek near the Klondike River, it is far more likely that Skookum Jim made the first discovery. But because Carmack was the only American in the group, he filed the claim. There was enough gold in the creek to make Carmack and his family rich beyond measure. He renamed the waterway Bonanza Creek, and, despite his newfound wealth, he spent the remainder of his days searching for gold in California and the Cascade Mountains of Washington.



So remote was Canada’s Yukon that word of Carmack’s discovery did not reach civilization until a year later. Upon hearing the news, 100,000 prospectors, called “stampeder” for their frenzied rush north, headed to the Klondike in search of their own fortunes. The Canadian government required prospectors to carry a literal ton of equipment and supplies to ensure that they would survive the trip. Men carried the loads themselves, scaling treacherous routes such as the Chilkoot Trail through the mountains. The journey was so taxing that only 30,000 made it to the Klondike River, and most all of these a full year later. Worst of all, those that did make it to the Klondike found that the region had already been mined. Of the original 100,000 prospectors, only 4,000 found gold, and just a few hundred became rich. Regardless of the facts of history, the name Klondike will forever be synonymous with gold.

That’s Preposterous!

Preposterous packaging is so commonplace that it enjoys its own day of recognition, Particularly Preposterous Packaging Day, on August 7. We’ve all been there: You order some small batteries to be delivered, and they arrive in a ridiculously oversized box filled with a thousand Styrofoam peanuts. Or you go to the grocery store and find that each banana is individually wrapped in plastic. Or perhaps the packaging misidentifies the contents. These are examples of wasteful or inane packaging practices. Another common packaging mistake is to encase a product in an impenetrable cocoon of plastic. There is even a condition known as “wrap rage” that describes the aggravated feelings that overwhelm people when they cannot open a package. Each year, thousands of people suffer cuts on their hands or sprained wrists due to their struggles to open packaging, injuries that require visits to an emergency room. The best solution to this modern problem may be to avoid preposterous packaging altogether and buy local.

Smooth Sale-ing



Highway 127 runs from Addison, Michigan, to Gadsden, Alabama, and, at almost 700 miles long, it hosts the World’s Longest Yard Sale from August 5–8. The 127 Yard Sale, as it is known by locals, was invented in 1987 by a Tennessee city official named Mike Walker. In an effort to encourage drivers to avoid interstate travel, take local scenic routes, and thereby support local businesses, Walker suggested that local residents line their front yards with goods for sale. Each year, thousands of motorists drive the route, perusing the wares for sale and catching the unique attractions found in the six participating states. Route 127 doesn’t just offer the world’s longest yard sale but it also provides the backdrop of what may be America’s strangest (and most profitable) road trip.

Decoding History



August 14 is Code Talkers Day, a day to recognize the invaluable contributions of the World War II Navajo code talkers. Using a complex Navajo-based code, these cryptographers encoded and transmitted

messages to American forces working in the Pacific theater. The encoded language was so unique that it was never cracked by the Japanese.

While tremendous gratitude is owed to the famed Navajo code talkers of World War II, they were not the first Native American code talkers to be employed by the U.S. military. During World War I, a small group of Cherokee soldiers from western North Carolina were attached to British troops fighting the Germans off the west coast of France. When it was discovered that the Germans were intercepting communications, the Cherokee cleverly volunteered to transmit messages in their native language. The soldiers had guessed correctly. The Germans could not translate the communications. This tactic proved so effective that it was reused during World War II.

It was Philip Johnston, a non-native speaker of Navajo and a World War I veteran, who suggested the use of the Navajo language as code to the Marine Corps. Johnston knew enough of the language to know that it would be indecipherable to the Japanese. The Marines quickly recruited Navajo and helped them develop a code that could be rapidly transmitted and decoded. Throughout the entirety of the war, the Navajo code talkers would gain a stellar reputation for the skill, speed, and accuracy of their code-making. The Navajo may be the most famous of the code talkers, but they were in no way alone. Native speakers of Comanche, Assiniboine, Cree, Meskwaki, Mohawk, Muscogee, and Tlingit also provided unbreakable code for U.S. forces. The Code Talkers Recognition Act of 2008 finally recognized every Native American code talker with a Congressional Gold Medal.

My First Rodeo

"Arizona Charlie" Meadows owned a ranch in



Payson, Arizona, during the Wild West era and was a big fan of Buffalo Bill's Wild West Show. Some sources suggest that Arizona Charlie was such an accomplished showman and sharpshooter that he performed

with Buffalo Bill. It was likely this spirit of showmanship that inspired Arizona Charlie, in August of 1884, to corral the cowboys of the surrounding ranches for the first Payson Rodeo, a rodeo that has taken place every year since, making it the longest continuous rodeo in the world. That first rodeo was little more than a few ranchers and cowboys gathered together to show off their roping and riding skills, but it was an honest-to-goodness rodeo with fees charged to the spectators. The Payson Rodeo may have evolved with the times over the years, but Arizona Charlie's creation has influenced every rodeo to come after it.



August 27 at 11AM
(Location to be announced)

Root Beer Floats are the tasty treat to
Get your toes tappin' and your smiles on
when you hear the music of
Way Back When.
Western wear preferred.



FROM THE DESK OF SANDY.....

Just a reminder it is an early fire season and we could experience possible Public Safety Power Outages. While we hope we continue to be on the emergency grid, that will not experience outages, its best for us to be prepared as that could change! Or be affected! Your emergency email contacts will help us reach out, if we have a power emergency, or any other type of emergency, to provide family assistance to our residents. We are working to create a blast text system for staff and residents (you) so please be sure we have your preferred phone number on file; even if that is a family members number and not your internal phone number. Right now we are just collecting info for this blast notification project.

Do we have an email on file for you in case of emergency WE will post updates on our FACEBOOK PAGE when emergencies like a power outage happens. **Please LIKE our FB page!** Need help connecting please email us at goldcountry@rhf.org. You may also share this address with family and friends as a general (not private) email to message your family members on campus. We print them out and deliver them to your resident (Please remember we have 246 grandma's and grandpa's – we need their other name and unit number if you know it (Otherwise full first and last name)

I know we are all becoming a bit COVID weary but we cannot let down our guard! The Delta variant can be spread by those of us that are vaccinated and unvaccinated. Hospitalization is increasing. We cannot encourage you enough to be cautious, no matter how weary you are. Wash your hands more! Don't touch your face! Keep social distance from others as much as you can, especially inside! And wear your mask when inside and around others to keep everyone safe.

Because of continued unemployment benefits we continue to struggle to hire enough staff in EVERY department on campus. We have severe to mild staffing crises all over campus. We tell you this, not to scare you or to make excuses, but to educate you as our legislators make decisions. We are confident we are providing the most excellent of services, DESPITE our shortage! And we appreciate your patience if there is times we let you down d/t staffing constraints. We are surrounded by businesses that are experiencing the same or worse – so we are confident you are aware of the situation. If I were to add all the open positions on campus up, we need upwards of 20 people to fill our holes. Thank you for your understanding if you notice this! Our goal remains that you will not experience or notice our shortages; but apologize if you do!



Please continue to provide us a primary contact EMAIL address. We are working on a text alert system to notify staff, residents, and perhaps emergency contacts when we have an on campus issue (ie: phone outage, campus emergency, etc). If we don't have your email address we will depend on texting once this new system is up and running. With either email or texting we can ONLY use one primary email and ONE phone for this system. We rely on that person to notify the rest of the family.

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 You may also email us at a general mailbox at goldcountry@rhf.org.

FROM THE DESK OF SANDY.....

Health Center Families – please understand while visitation has opened up, we still appreciate you letting us know so we can monitor the number of visitors we have inside at any given time. Outside visits are no problem but inside we must keep from overcrowding! We still cannot have visitors in the Activity Room; you may join your resident for outside activities if we have room. Nor can you visit or eat with your resident in the dining rooms! If you wish to eat with your resident, or visit with them during a meal, it must be in their room, or outside.

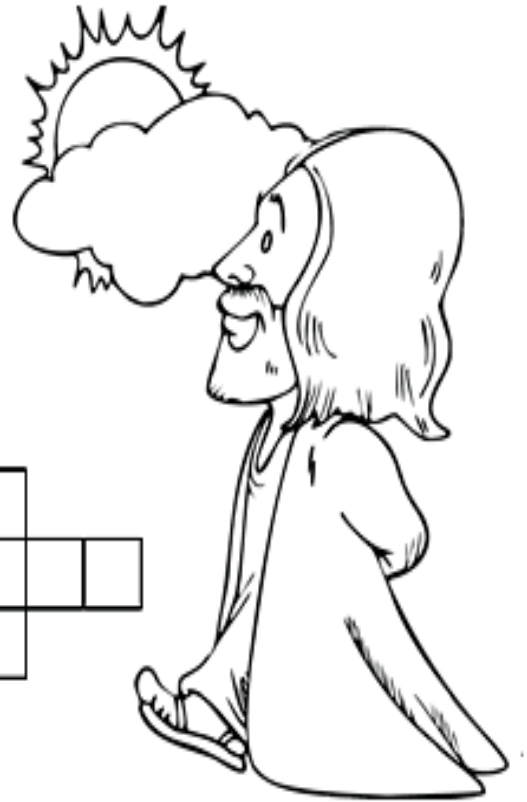
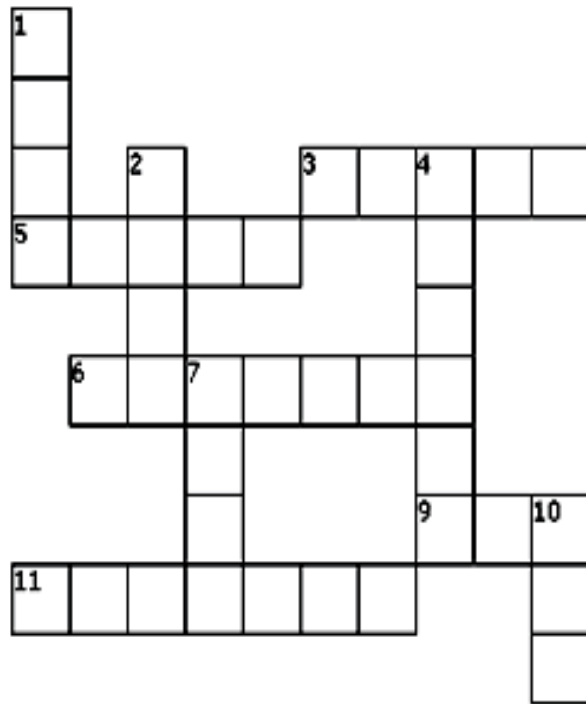
Off campus visitation during the ongoing COVID pandemic. While we cannot prevent our residents from leaving to visit family/friends or going shopping, we'd like you to consider their exposure when off campus – especially if they are not vaccinated. Even if they are vaccinated they may become exposed to asymptomatic COVID positive folks and then bring the virus back to campus. This could expose vulnerable unvaccinated residents, or create asymptomatic staff. We ask you use your best judgment when taking your resident off campus and do your best to prevent them from becoming the carrier that affects their fellow residents and caregivers. We know they miss their off campus excursions, so if they must attend a wedding, go to a funeral, participate in a family reunion, and you think they may have exposure – please tell us so we can monitor them carefully and even ask them to isolate for a few days. We don't want another outbreak or more heartache on campus, so we are asking you to help us be cautious – no matter how hard it is. The Delta variant can be spread by those of us that are vaccinated and unvaccinated. As always when you visit, or when you take your resident off campus, use good hand washing, socially distance as much as possible, and wear your mask! I know we are all becoming a bit COVID weary but we cannot let down our guard!

Please continue to provide us a primary contact EMAIL address. We are working on a text alert system to notify staff, residents, and perhaps emergency contacts when we have an on campus issue (ie: phone outage, campus emergency, etc). If we don't have your email address we will depend on texting once this new system is up and running. With either email or texting we can ONLY use one primary email and ONE phone for this system. We rely on that person to notify the rest of the family.

Please like us on Facebook so you will also keep up to date (or ask a member of your family to like us and spread the work). We also ask that if you have something positive to say about Gold Country living you would share on Google Reviews.

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 You may also email us at a general mailbox at goldcountry@rhf.org which reaches several key team members.

Got Jesus?



ACROSS

3. The organ in the body that pumps the blood
5. To make letters and words with a pen or pencil
6. To accept as true, genuine, or real
9. Evidence given by witness in court
11. Something that continues forever

DOWN

1. To understand something
2. The period from birth to death
4. To receive something willingly, such as a gift
7. Someone who doesn't tell the truth
8. The creator and ruler of the universe
10. A male child

Check your answers

accept	believe	eternal	write
testimony	heart	life	know
God	liar	son	