

December 2019

Tidbits Around Here

Gold Country Health Center * Skilled Activity Community Newsletter* (530) 621-1100 Ext: 4036



Happy Birthday to:

Nancy St. 12-6
Elizabeth "Penny" 12-8
Louise H. 12-16
Beverly P. 12-17
MaryAnn Z. 12-18
Helen G. 12-26

**Talia's Opera Musical
Birthday Countdown on
12/31 @ 11:00 AM**

Scheduled Outings:

**Christmas Lights
12/16 @ 5:30 PM**

**Bus Outing
12/20 @ 1:30 PM
WAL-MART**

**Resident Council
CANCELED**

Fellowship Hour:

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

**10:30 AM Catholic Service
Every Wednesday**

**December 21st at 10:30
Grace Reform Church
Hymns and Praise Worship**

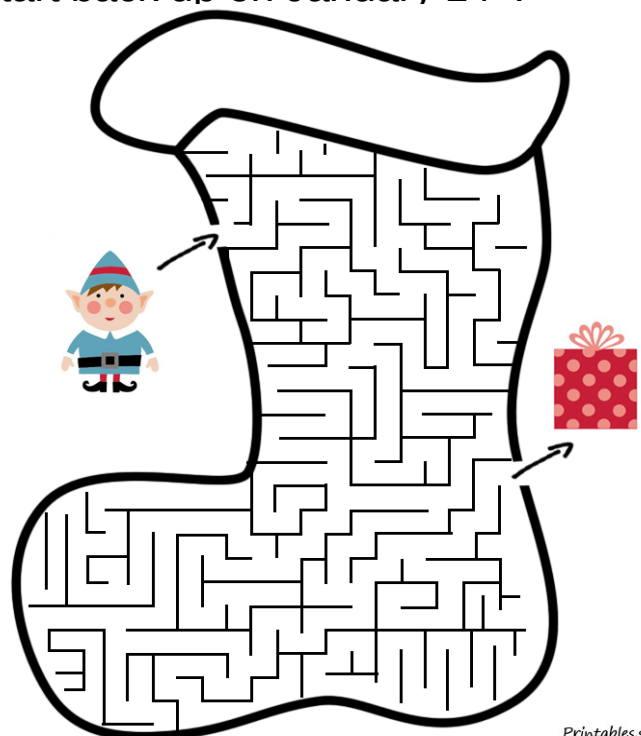
CHRISTMAS PARTY

Santa and his elves will be coming to town on **December 17th**. Join us for our annual party at **3:15PM** with entertainment from The Rawleigh's. We will have desserts for everyone.



Don't forget to check out the calendar of event and post it to your refrigerator, in case you want to join us for any of our special Christmas events. If you are looking for your loved one on December 16th, they could be on our Christmas Lights bus outing at 5:30PM.

The resident voted and decided to forgo our monthly resident council meeting. We will start back up on January 14th.



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Spinning into the Season

As the holiday season approaches, children gravitate to toy store windows to stare longingly at the wonders on display. Rarely do spinning tops make children's wish lists anymore, yet these toys are some of the oldest known to human civilization. A clay top discovered by archaeologists in Iraq's ancient city of Ur dates back to the 35th century BC—that's nearly 6,000 years ago! A wooden top dated to 1300 BC was found in King Tut's tomb. During the medieval era in Europe, *parish tops* measuring eight inches high and weighing two pounds were kept in town squares for play, exercise, and competition. Cultures all over the world have fashioned tops from whatever materials they have on hand, including fruits, nuts, seeds, and seashells. What makes these toys so fascinating and enduring? It's not just their simplicity, but the way they seem to defy gravity as if by magic.

Every spinning top is an experiment in physics. The toys remain upright thanks to angular momentum. In fact, precision balanced tops spun perfectly upright would spin forever if there were no friction between their points and the surface. However, this hasn't stopped engineers from trying to build a top that could conquer the laws of physics.

Traditional tops are still hand-built using a lathe and a discerning eye. The best of these handmade tops can spin for several minutes and even hours. New technologies now allow precise and perfectly balanced tops to be made on computerized machines using top-of-the-line materials. These tops cost thousands of dollars and may spin for hours. One top called LIMBO recently broke the world record by spinning for 27 hours, 9 minutes, and 24 seconds. How was this feat achieved? Hidden inside the top was a battery, flywheel motor, motion sensor, and a computer chip designed to monitor the top's stability and correct the motion of the spin. While LIMBO is not technically a top but a gyroscope, it is a demonstration of how far engineers will go to perfect this simple toy in an attempt to defy gravity

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.

The Season of Sugar and Spice



December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years. The winter solstice has long been celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots.

The Season of Sugar and Spice Continued....

Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets. One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in the German province of Swabia in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. These cookies were not only delicious, but their pictures told important historical and religious stories. Like anise, ginger was considered both an exotic spice and a medicine. Recipes existed in China as early as the 10th century and finally made it to Europe during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy. These traditions have endured for centuries because they are so delicious.

FROM THE DESK OF SANDY.....

As the holiday season approaches, our team once again would like to extend a warm "Happy Holidays, Merry Christmas, and Happy New Years" to each of you! We know you have a choice in choosing your senior community - and we are honored that you have chosen us! We Hope 2020 bring wonderful memories and special joys!

At this time of year, I also want to take a moment to remind you that our staff may NEVER accept personal tips or gratuities of any kind. Please do not provide the temptation by offering - a staff can be terminated for accepting any type of tip or gratuity. If you are ever asked for a tip or consideration, we hope you will inform us right away.

Again we are here to serve your needs, tips/gratuities are not the reason we serve! Holiday group goodies are fine, but gifts to any one person may not be accepted. Please let us know if we can answer any questions. We also want to thank those of you that participated in our Inaugural FAMILY THANKSGIVING event. This is the first time we celebrated Thanksgiving as a family group - so we hope you enjoyed the event and want to continue next year. For those of you who didn't come, mark your calendar for 2020 - the Saturday before Thanksgiving!

We hope you feel free to join in any of our holiday fun as you see postings for upcoming events. Please like us on **Facebook (goldcountryretirementandhealthcare)** to view our fun from afar. If you belong to a group or church that would like to perform around the holidays; or provide Christmas cheer, please contact one of the activity directors with the information. We love that the giving spirit is so evident during the holidays! Please do not visit if you are feeling ill or have a cold. We encourage all visitors to have flu shots when coming in to our units between November and March of each year. If you see staff wearing masks (Nov - Mar) we require this when they cannot take the flu shot. It protects our seniors! We hope you will do the same, either get your flu shot or wear a mask when around our seniors. Thank you.

Finally in the spirit of the end of the tax year, don't forget Gold Country is a not for profit organization that can take donations of both money and items and issue you a tax receipt. We maintain a **WISH LISTS** on our campus of items that would make our residents lives well. If you wish to participate as part of your tax deductions, please let us know!

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

MEDICARE PART D OPEN ENROLLMENT has begun.....Don't forget to change your plan by this date if you find your current prescription plan is not meeting your need. SNF Residents can change their plan any month. For Assistance contact 1 800 MEDICARE (1-800-633 4227)