

# Tidbits Around Here

Gold Country Health Center \* Skilled Nursing \* (530) 621-1100 Ext: 4036



## **Happy Birthday to:**

**Phyllis C. 2-1**

**James R. 2-4**

**Lee H. 2-18**

**Margaret C. 2-23**

**Emma R. 2-23**

## **Monthly Birthday Party**

**2/22/19 @ 11AM**

## **Scheduled Outing**

### **Bus Outing**

**February 8<sup>th</sup> @ 1:30 PM**

## **Resident Council**

**February 12<sup>th</sup> @ 11:00AM**

## **Fellowship Hour:**

**2:00 PM** 1<sup>st</sup> & 3<sup>rd</sup> Sunday  
Baptist Church

**10:30 AM** Bible Study on  
3<sup>rd</sup> Tuesday

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

**11:00 AM** Rawliegh's  
Praise & Worship  
4<sup>th</sup> Wednesday

## **Once Upon a Time**

Once upon a time, it was decreed that February 26 would forevermore be Fairy Tale Day. Whether you fancy woodland sprites, fire-breathing dragons, princesses locked in high towers, or talking animals, fairy tales and the lessons they impart are integral parts of every culture.

Scientists have traced the first fairy tales back to an era before the written word. An old folktale entitled "The Smith and the Devil," which is about a blacksmith selling his soul to the devil in order to gain magical abilities, dates back to the Bronze Age—6,000 years ago. Researchers from the New University of Lisbon in Portugal believe that this ancient tale was shared orally in a language that does not exist today. It is no surprise that fairy tales are so old. The purpose of these stories, after all, is to teach children clear distinctions between good and evil and right and wrong. Fairy tales are, in essence, morality tales filled with magic and wonder as a means to attract the attention of a young audience. Yet, adults are no less in need of morality tales.

The brothers Wilhelm and Jakob Grimm, famous for their collection of fairy tales, also believed that many of the stories they found had existed for centuries before they wrote them down. They listened to old-timers tell the beloved tales "Little Red Riding Hood," "Cinderella," "Hansel and Gretel," and "Snow White" and then transcribed their versions of the tales into print. The Brothers Grimm were the first scientists of folklore. They even took positions as librarians and historians at the University of Göttingen in Germany.

It would be wise on Fairy Tale Day to choose a story collected by Wilhelm Grimm, for this brother's birthday falls on February 24. If you've grown tired of the same old tales, then perhaps you can read a new tale, such as "The King of the Golden Mountain," "Hans My Hedgehog," or "Cat and Mouse in Partnership."

## The Year of the Pig



*Xin nián kuài lè!* That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps

the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig’s connection to good fortune stems from this tale: Despite the pig’s hardships, he still triumphed and was added to the zodiac.

The Chinese New Year’s celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe. For example, on New Year’s Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later is the Day of the Rat, the day when rats were created. On this day, people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers to these riddles often involve blessings for the family and good fortune, reinforcing the major themes of the Chinese New Year.

## Sierra Wildlife Presentation

**On February 20<sup>th</sup> at 11:00AM, come meet the bird ambassadors; Lionel, Big Spender, Dusty, Sammy, Sierra, Or Zag.**



SWR’s Education

Ambassadors are animals who are non-releasable due to permanent injuries that would make them unable to survive in the wild. Join us for this annual special presentation.



## Underwater Weddings

With Valentine’s Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers yearning to tie the knot on Valentine’s Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th, couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine’s Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony and are blessed with the pouring of water over their heads from a conch shell. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits for the underwater ceremony in the protected, pristine waters of Thailand’s Andaman Coast.

**FROM THE DESK OF SANDY.....**

Here we are again –February is the month of LOVE! This is the month when we focus on those we love, and those that love us. Take a moment to think of those you love, those you have loved, and those you will love in the future; whether it is grandkids, new spouses for ourselves, our family members, or even very dear friends! Even when those we love are gone, February can still be a month to celebrate the time we had with them and celebrate the love you shared! Please know this is also a time when we say WE LOVE YOU!

We also celebrate the “HEART” with **Wear Red Day on February 1, 2019**. Please join us in drawing attention to all matters of heart care by wearing red on this designated day, and take care of your heart health!

**FLU SEASON:** Just a reminder that this is the time of year when the germs are easy to share. Please stay in your room or apartment if you are ill. Do not visit the health center if you are ill or have been caring for someone who has had the flu! Wash your hands OFTEN and use the hand sanitizer stations we have throughout the campus. Do not come to dining rooms if you have a fever or have active uncontrolled coughing. Please wear a mask when around campus IF YOU HAVE NOT HAD A FLU SHOT!! You will see a few staff members wearing their masks as they are unable to have the flu shot! Remember we have 98% of us that have had the flu shot (among the staff) We want to protect you – so please help us protect others by staying away if you are ill!

At writing of this newsletter, we had our Annual “surprise” State Inspection in our Skilled Nursing Unit. Five weeks early! Again, we are proud and thrilled to say that we passed with only minor areas where they want us to improve. CMS (Centers for Medicare and Medicaid) have imposed many new regulations on us in 2018 and now 2019 – so this was stressful as they checked these new requirements. We are still awaiting our Life Safety Fire and Disaster survey which will follow on the heels of this annual state inspection.

We also wanted to let you know we have a class of 4 Nursing Assistants in process of becoming certified, and we will be starting a new class in late February. If you know someone who would like a position as a C.N.A. on our skilled unit, we are recruiting now!

Coming soon.....a whole new Call Bell system for both the Skilled Nursing and the Assisted Living units. This new system will have all the bells and whistles we can use including monitoring software for timeliness. We hope to start installation in late February. It will entail running new lines and installing new call bell panels and cords. Thank you for your patience as we install this new and improved system.

Just a reminder that we have **Resident Council** monthly in your unit; have a thought or idea - come to Resident Council or talk to an Activity staff member. If you are a health center family member and would like to suggest a periodic Family Council meeting - please email me at [sandy.haskins@rhf.org](mailto:sandy.haskins@rhf.org). We will be happy to facilitate such a meeting. We are required by law to facilitate (offer) a Family Council in both our ALU and SNF, so I wanted to remind you that you can take advantage of our help and organize such a group.

We also offer periodic food sub committees attended by residents, so if you or your family member has food suggestions or comments, encourage them to speak to activities about the next meeting.

Welcome New Assistant Director of Nurses, Sandra “Sandy” Mendoza, RN. You can find this Sandy at the nurse’s station or working the unit. Remember with two Sandy’s (and really three as we have a new Nursing Assistant – Sandra; you will need to clarify which Sandra/Sandy you are calling for.

Have a thought or idea? Email me at [sandy.haskins@rhf.org](mailto:sandy.haskins@rhf.org) or call me.



## Inventing the Future



What would we do without the innovative imaginations of the inventors of the world? We can honor inventors and their great achievements on February 11, Inventors Day. When we think of inventors, sometimes the first who come to mind are people

like Thomas Edison, who invented the lightbulb, or Leonardo da Vinci, who conceived of marvelous devices like airplanes and parachutes. But inventors are not only people of the past. Truly, it seems as if new inventions are flooding the market every day, thanks to strides in technology and computing.

Robots and artificial intelligence are all the rage in today's tech sector. Personal robots, such as Amazon's Alexa and Google's Home, are like personal assistants, helping us make calls, maintain schedules, and purchase items. A new home robot named Jibo is attempting to make the home assistant more personal and lifelike. Jibo looks like a little cartoon, with a squat white body and a glowing "head" with eyes and a mouth. The body swivels and turns to face you as it speaks, making it seem all the more human.

Robots are not just boxes on our tabletops; they are being integrated into cars and appliances. The Tesla company may have invented the most futuristic cars yet. They are fully electric and boast self-driving features. Refrigerators are even getting into the robot game: not only do some fridges boast interactive screens that give you updates on the fridge's contents, but Panasonic has just designed a voice-controlled mini-fridge on wheels that will come to you when its called. You no longer have to get up from the couch to get a cold drink—your fridge will bring it to you!

Inventors are not just focused on robotics. Some are also focused on improving ice cream. That's right, the Halo Top company has invented a flavorful, low-sugar ice cream that is only 360 calories per pint. Their motto is "Go ahead, eat the whole pint." It's good to know that inventors have their priorities straight.

## February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Clark Gable (actor) – February 1, 1901  
Red Buttons (comedian) – February 5, 1919  
Babe Ruth (ballplayer) – February 6, 1895  
Jules Verne (author) – February 8, 1828  
Jimmy Durante (actor) – February 10, 1893  
Galileo Galilei (astronomer) – February 15, 1564  
Cybill Shepherd (actress) – February 18, 1950  
Patty Hearst (kidnapee) – February 20, 1954

## Hard to Swallow

The last Saturday in February is International Sword Swallowers Day, a holiday not for the faint of heart or throat. Sword swallowing is not an illusion or trick, but an incredibly dangerous feat that takes years of practice. If done incorrectly, it can end with hospitalization or even death. Professionals, however, only suffer the occasional sore, or "sword," throat. The key to sword swallowing is to not swallow at all! One must completely relax the throat and esophagus and suppress the gag reflex, not an easy feat considering our throats have built-in nerves designed to eject foreign objects in our esophagus. Sword swallowers do not start with swords but practice with spoons, knitting needles, and coat hangers. Out of the world's 7.5 billion people, only about 100 dare to swallow swords. What originated as a divine ritual 4,000 years ago is today a shocking and sensational demonstration of willpower.

