

Tidbits Around Here

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



Look who came to town and made the rounds to all the residents delight! Santa, his helpers (Girl Scout troop #610), and friends!

Happy Birthday to:

Mary H. 1-22
Michael H. 1-26
Joyce K. 1-31

Celebration will be held
January 9th @ 3:15 PM

Scheduled Outing

January 10th
Outing @ 1:30 PM

Resident Council

January 14th @ 11:00AM

Fellowship Hour:

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

**10:30 AM Bible Study on
3rd Tuesday**

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

**11:00 AM Rawleigh's Praise
4th Wednesday Worship**



Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

The Lone Ranger hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

The Last Shall Be First

New Year's Day is also Z Day, a day when those who are always last on alphabetical lists are finally allowed to be first. The holiday was created by Tom Zager, who decided that alphabetical order should be reversed so that all those with "Z" names might finally enjoy the pleasure of being first. This begs a larger question, though: Why is our alphabet in ABC order? To answer these questions, we must go all the way back to the Phoenicians, who inhabited Egypt 4,000 years ago. While Egyptian writing was based on hieroglyphics, the Phoenicians developed a set of symbols to represent the sounds of their language. Their first alphabet evolved from hieroglyphics and consisted of 22 simple symbols, an alphabet that was used by maritime merchants sailing around modern Lebanon, Syria, and Israel. Over the millennia, this alphabet slowly transformed into Greek, Latin, Old English, Middle English, and then Modern English. Despite these transformations, the letter order has largely stayed the same. Some of the earliest Phoenician alphabets begin with *abcdef*.

The Sound of Silence

The first week of January brings Silent Record Week. Why on earth would someone go through the trouble of putting a silent record on the turntable?

In 1952, experimental composer John Cage wrote his piece 4'33", which "consisted" of four minutes and 33 seconds of silence. During the silence, any environmental sounds were supposed to be considered music. In 1959, a jukebox at the University of Detroit won fame for including three silent records. Anyone who wanted a bit of silence could buy it for the price of a song. Rumor has it that the silent records were so popular that



they developed noisy scratches and had to be repeatedly replaced.

FROM THE DESK OF SANDY.....

Happy 2020! It's January Again? A new year already? All over campus we hear the same exclamation. My how time flies! What's your New Year's resolution? Remember we're never too old to set goals and try new things! Think of one thing you've always wanted to try and go do it!

2020 was another crazy busy year with plenty going on! Campus repairs march on and many of the projects are getting done! We finished the balcony rebuild in all 150 apartments! Completed installing new handrails in the ALU. Painted the outside of the Health Center and rebuilt the roof equipment wells on the roof. We made more headway on the call bells by installing the new system in the Assisted Living Unit and hope to complete the Skilled Unit in the early part of this year! And we began the retrofit of new individually controlled HVAC units for the Assisted Living rooms (this will take several months to complete). Thank you for your continued patience as we continue our march in updating and refreshing our campus – we hope this will then last another 20+ years!

As we start a new year, I want to again thank you for your continued support throughout 2019. We appreciate you our residents and family supporters! You are what make us successful! Remember we are here to help; and we have wonderful team members anxious to help you with solutions! Ask, call, email – just let us help!

2019 brought us many more regulations courtesy of the Centers for Medicare and Medicaid (CMS), and a whole new reimbursement system for our skilled nursing unit (Oct 2019). This year we are going to be busy trying to work these changes and trying to avoid negative impacts. Good times – these ever changing regulations designed to make us better!

For those of you in the Skilled Nursing unit, thank you for your patience as we recruit a new head nurse for the unit (and some full time nurses too). Working in skilled nursing can be difficult and selecting the right candidate, to lead our team and provide excellent nursing care, is important for us. If you have a nursing concern, and it is not handled on the unit by our excellent nurses, do not hesitate to reach out to myself or a skilled nursing manager.

IF YOU ARE FEELING UNDER THE WEATHER; we ask you to discourage visitors don't visit if you are family, and avoid going out and about until you feel you are no longer contagious. This is especially true if our visitor is a young person – they often bring is "bugs" that we cannot fight as easily once we are older. Thank you for keeping them home until they are 100%.

Finally, as we usher in a new year, we know you are the reason for our success! Thank you for your ever present support; we love hearing your compliments, kudo's and praises. Thank you for being with us through thick and thin!

Don't forget to like us on Facebook!!! Rate us on Yelp and ask your friends and family members to "like" us!

Have a Problem, Question, or Idea? email me sandy.haskins@rhf.org or call 621-1100 x 4043

-Sandy



This year, we have had many ask about donations:

We request that if you drop off new items or refreshed used items (magazines, CDs, walkman, bird feeders), make sure to tell reception your information. We would love to send a thank you note! If you're unsure about an item, please call: 530-621-1100 Ext: 4036.

Thank you to family, friends and volunteers who continue to donate their time, new gifts, and supplies!



To all the singers that delighted us this year;

Shakespeare Singers
Pioneer Bible Church
Federated Youth Church Group
Cub Scout #88
4-H Mountain High Carolers
Grace Baptist Church
Sandy's Bible Study Carolers

And to all the many enthusiastic and loving carolers that showed up unexpectedly.....

Thank You for the Sparkle in our day!



Assisted League of Sierra Foothills provided the opportunity for the residents to shop for their family and friends for free. 12-10-19

