

Tidbits Around Here

Gold Country Health Center | Skilled Nursing | (530) 621-1100 | Activities Ext:4036



Celebrating January

First Foot Day

January 1

Trivia Day

January 4

Make Your Dream Come True Day

January 13

Martin Luther King Jr. Day

January 18

Compliment Day

January 24

Inspire Your Heart with Art Day

January 31

Happy Birthday to;

Becky A. 1-15

Mary H. 1-22

Michael H. 1-26

All Activities adhere to the CDC recommendations of: following social distanced guidelines, providing face coverings in public settings, hand sanitizing or washing, small group activities, and staying to room if sick. We are also providing 1:1 room visits throughout the day. All Activities are currently modified to help us adhere to CDC guidelines for COVID-19.

The Greatest Generation

It was the journalist Tom Brokaw who coined the phrase “The Greatest Generation” as a tribute to those born in 1924 and earlier. This generation faced more than its fair share of hardship, coming of age during the Great Depression and fighting the evils of World War II. There are still many lessons to be learned from this generation, and if we listen carefully enough, we might even learn that any generation can be called the “greatest.”

The Greatest Generation has also been called the G.I. Generation by historians, due to the fact that 16 million Americans served in the military during World War II. This shared trial created what has been called a “collective ethos,” a united mindset that grew out of the rally against the oppressive tyranny of the Nazis in defense of freedom. America was a small country reeling from the Great Depression. The United States Army was smaller than that of Portugal. The Great Depression had also decimated government coffers, making it difficult to find money to support the military. But thanks to a never-say-die, can-do attitude forged in the hardships of the Great Depression, Americans went to work and by 1945 had built a massive army capable of fighting the Pacific, Asia, Europe, and in the Mediterranean, as well as a civilian workforce to support it. Surely there were defeats and missteps in battle, but the Greatest Generation never did cast blame or look for a scapegoat. They instead forged ahead to the next challenge. Perseverance, bravery, and mutual respect would become their generational hallmarks.

Lessons learned during the war were put to use in postwar America. There was little room for patience or endless hemming and hawing on the battlefield. So, too, in the boardroom, in laboratories, and in politics. The most vicious policy fights on the floor of Congress gave way to mutual respect when the day was done. An entire generation had struggled together, fought together, and sacrificed together. This common experience united the Greatest Generation in bonds that could not be broken.

Music to Our Ears



On January 31, the world's greatest musicians and recording artists will compete for the coveted Grammy Awards. With or without a live audience, event organizers have carefully planned an awards ceremony full of dazzling performances.

The story of the Grammy awards began with the Hollywood Walk of Fame. In 1953, the Hollywood Chamber of Commerce developed the Walk of Fame as a beautification project that would honor the four major branches of the entertainment industry: motion pictures, television, audio recording, and radio. Representatives of the music and recording industry were asked to submit a list of names to be honored with the famous coral-colored star, but honorees would only be considered eligible based on minimum sales of one million records or 250,000 albums. The committee soon realized that these metrics would exclude some of music's most important names. The sales requirements were done away with and a new association was formed, the National Academy of Recording Arts and Sciences. This Academy was keenly aware of the Oscar awards for motion pictures and the Emmys for television. It was only natural that the music industry should have its own awards, and so the Grammys, named for the gramophone, were invented in 1959.

That very first awards ceremony was held in two locations simultaneously, in Beverly Hills, California, and New York City. Grammys were awarded in 28 categories, with Ella Fitzgerald winning Best Jazz Performance and Best Female Vocalist, Henry Mancini winning Album of the Year, and Domenico Modugno winning Record of the Year. Over the decades, the number of awards and categories has ballooned to nearly 100, but four awards remain the most coveted: Album of the Year, Record of the Year, Song of the Year, and Best New Artist. Only two artists have won all four at once, and this happened last year when 18-year-old Billie Eilish swept all categories. What extraordinary talents could win this year?

Snow Angel

Wilson Bentley was a young farmer in Vermont when he snapped the first photograph of a snowflake on January 15, 1885. He was not a scientist or photographer, but after his parents gave him a microscope at age 15, he became fascinated with the natural world. Taking photographs of snowflakes was not easy. After all, their crystals melt at the slightest hint of warmth. Bentley had to invent his own equipment, rigging together a microscope and camera, to capture his ephemeral subjects. He would stand in the cold for hours, waiting for the perfect flake and then transfer it under the lens using a feather as a tool. Until his death in 1931, Bentley photographed 5,000 different snowflakes and was the first to argue that no two snowflakes were alike. Some scientists attempted to replicate Bentley's work to no avail. They even accused him of fraud. But Bentley's images were more than scientific research; they were artistic masterpieces, secret glimpses into nature's wonderful geometry, and they fascinated the public. Bentley died doing what he loved, struck down by pneumonia he contracted after working in blizzard conditions near his family farm.

Better Health, Step by Step



The American Lung Association wants you to Take the Stairs on January 13, hoping that this holiday encourages you to get exercise one step at a time. Stair climbing strengthens your leg muscles, improves balance, burns fat, and increases blood flow and heart rate, which help lower blood pressure and boost good cholesterol. You don't need to climb 100 flights of stairs to enjoy the benefits. A sustained workout of 20 minutes, or even taking a couple of flights up and down, is often enough to experience some health benefits. For more ambitious athletes, there are plenty of exotic staircases to challenge your stamina. Lion Rock in Sri Lanka is home to a 1,500-year-old-palace carved into a rock with 1,200 steps that allow you to reach the 660-foot peak.

Lincoln's Legacy

On January 1, 1863, President Abraham Lincoln signed the Emancipation Proclamation, which he called the “central act” of his administration and “the great event of the 19th century.” But this story began over 100 days prior, on September 17, 1862, with the Battle of Antietam.

The Battle of Antietam was not a resounding victory for the Union Army. Union forces, led by General George McClellan, were successful in repelling General Robert E. Lee's push into Union territory, but it cost thousands of lives and casualties. President Lincoln was furious that McClellan had allowed Lee to retreat. Lincoln believed that if McClellan had pursued Lee and wiped out his troops, the Confederate forces would have suffered a setback too powerful to overcome. Lincoln eventually removed McClellan from command, and military historians have called the Battle of Antietam a stalemate.



Lincoln seized on the retreat of Lee as a victory, and the stage was set to make his Emancipation Proclamation on September 22, 1862. Lincoln had long opposed slavery, once proclaiming, “There can be no moral right in

connection with one man's making a slave of the other,” but thus far his main aim in the war had been the preservation of the Union. The Emancipation Proclamation changed that by making the freedom of slaves one of the North's chief aims of the war. His proclamation called on southern states to rejoin the Union within 100 days, or on January 1, 1863, all slaves in southern states would be declared free.

There was little Lincoln could do to enforce his own proclamation when January 1 arrived. Not to mention, his proclamation did not apply to any northern or border states. But slavery had been officially condemned, Black Americans were permitted to serve in the Union Army, and Lincoln could now work toward a Constitutional amendment abolishing slavery. A defining moment of American history had been made.

Ploughs on Parade

In England, January 11 is Plough Monday, a holiday that marked the return to working in the fields after the Twelve Days of Christmas. As early as the 15th century, the holiday was celebrated by pulling a plough through the streets and requesting donations for “plough lights,” candles that were burned in the local church as a blessing for those tilling the fields. In some villages, funds were gathered for local churches that kept a “common” plough, one that could be lent out to locals who could not afford to own one. The parade of the plough through the village streets was full of merry pageantry. Several musicians, a man dressed up like a farm animal known as the “Fool,” and either a woman or a man dressed as a woman known as “the Bessie,” accompanied the plough on its rounds. In many instances, these paraders would perform the “Fool Plough Dance” in return for donations. The end of the day brought a meal of plough pudding, a savory boiled suet pudding containing meat and onions. Plough Monday is still celebrated each January at Maldon in Essex.

Basketball for All



On January 27, 1927, the Harlem Globetrotters basketball team played their first game in Hinkley, Illinois. It was an era when Black players were not allowed to play on professional teams. Abe Saperstein, a Chicago sports booking agent, was impressed with the talent of a team known as the Savoy Big Five, so named because they played in Chicago's Savoy Ballroom. He recruited them to play on a new team, the New York Harlem Globetrotters, named after the neighborhood that was the center of African American culture at the time. The team competed throughout the country, even beating the Minneapolis Lakers, the best team in the NBA, in 1948. The Globetrotters never joined the NBA but instead became one of the world's most beloved and talented basketball teams, delighting crowds with their play and playful on-court antics.

The Winter Garden

For gardeners, January can be a tricky month. Many garden plots are still in the grip of winter's freeze. So why on earth is January celebrated as Mail Order Gardening Month? Gardeners are eternal optimists. Catalogs ripe with glossy green photos of bountiful gardens flood the mailbox with the promise of spring.

Mail Order Gardening Month is the brainchild of the Direct Gardening Association (DGA), a nonprofit organization that provides support, education, and information to gardening companies and home gardeners. The DGA knows how impatient some gardeners can be about getting an early start in the spring, so they provide plenty of outlets for gardeners to prepare themselves during the winter. Catalogs contain a vast array of seeds, and gardeners spend hours in front of the fireplace dreaming about and planning their garden plots.



Winter's mail order seed catalogs have a long history in the United States. W. Atlee Burpee & Co. began operating out of Philadelphia in 1876. Burpee himself imported seeds from Europe and the far corners of the United States. At his

farm in Doylestown, Pennsylvania, Burpee experimented and developed new varieties of seeds in order to provide customers with the best possible mail order products. It was the Burpee company that developed iceberg lettuce and Golden Bantam corn, two varieties that have become garden mainstays. Today, Burpee remains one of the industry's most reliable sources of seeds.

Starting seeds in containers indoors during the winter has several advantages. Seeds often cost far less than plants, and you are likely to find a wider variety of plants in a seed catalog than at the nursery. But starting your seeds indoors requires care and attention. Seeds can be started in pots or plastic trays. They should be given ample sunlight, often in south-facing windows, but not allowed to get too hot. When you see the first sprouts, you'll enjoy the flush of accomplishment enjoyed by so many winter

From the Desk of Sandy;

Please continue to schedule your campus arrivals for window or gate visits with the front desk, in advance, so we can make sure staff is available to help your loved one. We are asking for NO ONE under 18 still. I know this is hard, but we are encouraging family to use electronics and visit by FaceTime, Zoom, or Skype calls! We will keep you posted if procedure changes.

We hope you check out our postings on **Facebook (goldcountryretirementandhealthcare)** to view our fun from afar.

Finally in the spirit of the end of the tax year, don't forget Gold Country is a non 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 enrich our resident's lives. 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

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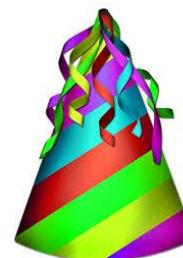
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during

NATIONAL ACTIVITY PROFESSIONAL WEEK

January 2021

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