

March 2020

Tidbits Around Here

Gold Country's Skilled Community Newsletter * (530) 621-1100 EXT:4036



Happy Birthday to:

Marie D. 3-26 (100 Years)

**Celebration will be held
March 17th @ 11:00 AM
Happy Birthday and wear
Green or get a pinch!**

Scheduled Outing

March 13th Amador Flower Farm
Outing @ 1:30 PM

Resident Council & Food Committee

March 10th @ 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

March 7th at 2:00PM

El Dorado Dance Academy is back in our dining room. They have committed over 10 years of sharing their love of dance with our community. Kaleidoscope Productions, a group of dance companies that is dedicated to service through their mission statement: Integrity in Dance and Life. In addition to them dancing at Gold Country again, they will also tour London and Paris!

Check them out at www.eldoradodance.com.



March 24th at 11:00 AM Sierra Wildlife Presentation

**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.



Mirthful Medicine



March was declared International Mirth Month by self-proclaimed “jollytologist” Allen Klein. Klein’s interest in the healing power of mirth came in 1974 when his young wife died of liver disease. Despite her deteriorating health, Klein’s wife kept

her sense of humor to the end. She inspired Klein to give up his career in the theater and become a crusader for the stress-relieving benefits of humor.

Whether facing sicknesses or enduring other stressful situations at home or in the workplace, humor has been proven to be beneficial for both the body and the soul. Our human ancestors were aware of the benefits of laughter thousands of years ago. A proverb from the Old Testament states, “A merry heart doeth good like a medicine.” More recently, doctors studying the effects of laughter on human physiology have compiled empirical evidence to support these claims. Laughter releases endorphins, the body’s natural pain-relieving hormones; increases the production of cells responsible for strengthening our immune systems; and lowers cortisol, the hormone responsible for stress. Furthermore, humor has been shown to help us dispel fear and encourage creative thinking. In so many ways, our ancestors were right!

So how do we add more mirth to our daily routines? First and foremost, when you laugh, be sure to do it loud and proud. Big belly laughs leave muscles relaxed for 45 minutes. Funny television shows, YouTube clips, or friends are worth their weight in gold. Perhaps most importantly, learn to laugh at yourself. Don’t be afraid to share your own shortcomings or funny mistakes. Anthropologists believe that sharing our funny moments and drawing laughter is one of the strongest types of social glue, bringing friends nearer and keeping them close.

If you want to learn more about humor theory, check out *The Humor Code: A Global Search for What Makes Things Funny* by Peter McGraw and Joel Warner.

The Power of Names

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them. The first full week of March is Celebrate Your Name Week, a time to appreciate our names. In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien.

The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make. Psychologists have attempted to explain this phenomenon as a result of the “implicit-egoism” effect, or the fact that we are drawn to things that resemble us. Other psychologists offer a different explanation.

Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more. Of course, not everyone loves their given name. According to Legal Zoom, people often change their name if it’s very common. They list Britney and Ashley as two examples. Another reason people change their name is because it’s difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you want to be treated.

The Great Escape



On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp. The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime.

In 1944, the camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. His plan consisted of "three bloody deep, bloody long tunnels," code-named Tom, Dick, and Harry. Previous escapes had been attempted, but none on the scale Bushell proposed. Not only did he oversee the excavation of three tunnels but he also devised a system of signals that allowed POWs to track prison guards and communicate their whereabouts. He also procured civilian clothes for escapees, forged travel documents, and equipment for the 600 digging inmates. As the plan's mastermind, Bushell was given the code name "Big X."

His plan proved ingenious. Powdered milk cans distributed by the Red Cross were fashioned into shovels, picks, and lanterns. Excavated dirt was smuggled to the surface inside inmates' trouser legs and then scattered while the prisoners walked around. The tunnels were 30-feet deep and just 2-feet square, the walls shored up with pieces of wood scavenged from all over the camp, most notably the prisoners' bunk beds. Many of the guards, who were openly anti-Nazi, assisted in the procuring of forged documents and materials. By the moonless night of March 24, 1944, the tunnel "Harry" was complete, and 76 men tunneled to freedom. Of the 76 escapees, 73 were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.

Fit to the Finish?

The first Sunday in March is known as Finisher's Medal Day, honoring all those who don't win the race but just cross the finish line. The day was designed to encourage everyone to participate in races, not just those with a real shot at winning. But this begs the question, does awarding a medal or trophy just for participation send a good message? Some argue that such participation medals diminish excellence. They become worthless mementos of participation rather than true tokens of achievement. They send the message that everyone is a winner, when in real life there are winners and losers. In some ways, these medals rob kids of the important lessons of losing, like how to cope with disappointment and how to remain resilient in the face of defeat.



Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.

FROM THE DESK OF SANDY.....

We hope by the time you are reading this, you will be noticing work on our Skilled Nursing Call Bell system. This will involve re-placing all call bells in every room with new wiring and new pull cord boxes. Please accept our apologies as we make this mess. The ALU got their new system a few months back. We are going to be able to monitor response times once the systems are fully operational. Thank you for your patience.

ALU residents/families will notice new Heating/Cooling vents being put in their units. This, when fully operational, will allow for each room to control their heating and air to their preference. We hope to have this project complete mid-April, thank you for your patience as we mess up your room, to make it better!

At the time of this newsletter the Skilled Nursing was having their Annual State Inspection. Skilled Nursing results are not available – so please see a team leader if you'd like to know the results. We will post the findings in the Consumer Book by the entry door to the Skilled Unit (plastic holder by the restroom and TV Lounge in the front entry). We are confident we will again only find a few areas where we can tighten up.

JUST A REMINDER.....PLEASE DO NOT COME TO VISIT RESIDENTS OR FRIENDS ON CAMPUS ESPECIALLY THE HEALTH CENTER IF YOU ARE ILL! PLEASE DO NOT COME DOWN TO THE DINING ROOMS OR ACTIVITY ROOMS UNTIL YOU HAVE BEEN SYMPTOM FREE FOR SEVERAL DAYS. PLEASE ASK FAMILY AND FRIENDS TO AVOID VISITING OR BRINGING CHILDREN TO THE HEALTH CENTER BUILDING IF THE CHILD HAS RECENTLY BEEN ILL! PLEASE WASH YOUR HANDS UPON ENTERING AND LEAVING ANY OF OUR BUILDINGS!

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



2019

EMPLOYEE OF THE YEAR

Sharon Rodgers

Sequoia Room Hostess
(Apartment Dining Room)



Sharon joined the Gold Country team in the dietary department in our Senior Apartment dining department in August of 2004. She was a dietary aide when hired and has worked hard, beside the team, to provide our residents wonderful meals. When our Sequoia Dining Room converted to Any Time Dining (with a full menu) we found we needed a hostess to greet our residents as they arrived for a meal and help seat residents by table availability. Sharon was the natural selection with a winning smile and an always welcoming greeting. Sharon also spoils her fellow team members, along the chef/cook, when we have a team event, serving as an event hostess at BBQs and other special food related events. She keeps the food fresh and restocked the serving tables as the team members arrive for their food. Sharon has tried to retire, saying its time, but the residents and staff keep encouraging her to stay part of the team! "We would miss her too much if she left!" Thank you Sharon for your dedicated and caring service to the residents (and staff) at Gold Country!

We salute you!

MARCH IS SOCIAL SERVICES MONTH

Honoring

Vicki Hume Estrada, Social Services, Skilled Nursing
Department

Phoebie Carcot, Community Outreach and Marketing

A Standing Ovation for all you do!

"Social Workers Do the HEART Work"



March 30, 2020

NATIONAL DOCTORS DAY

National Doctors' Day is a day celebrated to recognize the contributions of physicians to Individual lives and communities.

**THANK YOU DR. GREGORY SMITH, MD, MEDICAL
DIRECTOR SKILLED NURSING**

We Salute you!