

Tidbits Around Here

Gold Country Health Center | 3180 Golden Center Dr. | 530-621-1100 EXT:4036 | Skilled Activities

Celebrating November Happy Birthday to;

Marion F. 11-26

Native American Heritage Month

Veterans Day
November 11



Gratitude with Antonio
11AM
November 19

Thanksgiving Day
November 25

Hanukkah
November 28–December 6

We need Bird Seed for our
cat's sensory enjoyment!



If you would like to donate
bird seed for our feeders.
Please call 621-1100 ext: 4036

Deliberate Acts of Kindness

The phrase “survival of the fittest” is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be “survival of the kindest.” The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth’s most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, “Practice random kindness and senseless acts of beauty” on a placemat in a California restaurant in 1982.

Herbert’s notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, “No act of kindness, no matter how small, is ever wasted.”

Tongue Twisters

Serious speakers celebrate the second Sunday of November with especially circumlocutory spiels. Say that five times fast because November 14 is Tongue Twister Day!



Many of the first tongue twisters were not intended to entertain. J.W. Shoemaker included several in his 1878 textbook *Practical Elocution* as a means to improve pupils' speech and diction. He

included such doozies as, "Some shun sun-shine; do you shun sun-shine?" and "A shot silk sash shop." Elocution was a regular part of the school-day routine, with emphasis not only on proper pronunciation and diction but on modulation of pitch, proper conveyance of emotion, and integration of physical movement.

The most famous tongue twister of all, regarding Peter Piper and his peck of pickled peppers, first appeared in print in 1813 in, you may have guessed it, a textbook titled *Peter Piper's Practical Principles of Plain and Perfect Pronunciation*. Historians believe that the rhyme was probably in common use long before that. Peter Piper himself may have been based on the 18th-century French horticulturalist and botanist Pierre Poivre, who introduced spices like nutmeg and clove to the French islands of Mauritius, Réunion, and Seychelles. The word *poivre* means "pepper" in French, leading many followers to draw a connection between the man and the tongue twister.

If you think the aforementioned tongue twisters were difficult, then you might not want to try these next ones. In 2013, the Acoustical Society of America gathered at the Massachusetts Institute of Technology for their 166th meeting. In an experiment to investigate speech patterns, researchers asked participants to recite different tongue twisters. The most difficult one of all was "Pad kid poured curd pulled cod," usurping "The sixth sick sheik's sixth sheep was sick" as the world's toughest tongue twister. Try saying each five times fast to determine for yourself which one is more challenging.

God Bless America by Irving Berlin

**God Bless America, Land that I love, Stand
beside her, and guide her, Thru the night
with a light from above.**

**From the mountains, to the prairies, To
the oceans, white with foam, God bless
America, My home sweet home.**

Shortly after becoming an American citizen in 1918, Irving Berlin, already a highly successful popular lyricist and composer, was inducted and stationed at Camp Upton in Yaphank, Long Island, New York. He beguiled his commanding officers into allowing him to write a rousing musical comedy review which would serve to raise both funds and Army morale. For the finale of this production, *Yip, Yip, Yaphank*, Berlin wrote the original "God Bless America." But he felt the song was too solemn for a comedy and put it aside for twenty years.

In the fall of 1938, as fascism and war threatened Europe, Irving Berlin decided to write a peace song. He recalled an unpublished version of a song that he had set aside in a trunk, took it out and shaped it into a second national anthem, "God Bless America." Once Berlin decided to re-work the song, he worked in typical style: with speed and attention to detail. The first manuscript of "God Bless America" (in the hand of musical secretary Helmy Kresa) is dated October 31, 1938, and the earliest "final" version of the song is dated November 2.

It is said in show business that "timing is everything." During the three days Berlin revised "God Bless America," the singer Kate Smith asked him for a patriotic song to perform on her CBS radio program, to be broadcast from the New York World's Fair on November 10 to honor Armistice Day. Berlin wanted his song introduced by Smith's fine contralto voice and the combination created an instant hit. Berlin generously signed over his royalty money from the song to charity and the revenues went to the Boy Scouts and the Girl Scouts of America.

Olympic Revival

In 1832, after years of fighting for independence against the Ottoman Empire, the Kingdom of Greece finally became a sovereign state. Evangelos Zappas had joined the fight, rising to the rank of major in the revolutionary army. After the war, he moved to Romania and became one of the wealthiest men in Eastern Europe. These two factors—Zappas' passionate patriotism and his vast personal resources—led him to singlehandedly finance the revival of the Olympic Games in Greece on November 15, 1859.



Zappas found inspiration for reviving the Olympics from the writings of the poet Panagiotis Soutsos.

Greece's long subjugation by the Ottoman Empire, especially when contrasted with the glories of ancient Greece, was a source of national embarrassment. In 1833, after the country obtained independence, Soutsos penned a poem entitled *Dialogue of the Dead* in which he imagines that the ghost of the philosopher Plato returns to Greece only to lament its fall from glory. Plato asks, "Where are all your theatres and marble statues? Where are your Olympic Games?" Soutsos would eventually petition the Greek government to declare a national holiday commemorating Greek independence, with the chief festivities of the day being a revival of the Olympics. Interest in resurrecting the Olympic Games grew for 20 years, finally culminating in Zappas' offer to fully fund the revival.

In 1856, Zappas made a personal plea to King Otto of Greece, offering not only to fund the games but to provide cash awards to the victors. Greek government officials were not enthusiastic. They worried that the Olympics, as an ancient tradition, would hinder Greece's push to modernize the country, but King Otto was won over by the prospect of Zappas' full sponsorship. On November 15, 1859, the first modern Olympic Games was held in Athens. Upon Zappas' death in 1865, he left a fortune dedicated to funding future Olympiads, which would be held in 1870, 1875, and 1888.

Super Tuesdays

Election Day in the United States always falls on the first Tuesday after the first Monday of November. In 1792, federal law allowed states to vote at any time within a 34-day period before the first Wednesday in December. Most states chose an early date in November because the fall harvest season had ended and the harsh winter weather had not yet begun. Also, the counting of election results would coincide with the new calendar year. In an agrarian society, a Tuesday election also allowed voters to attend church on Sundays, spend Monday traveling to the polls, and then make it back to their farmer's markets on Wednesday to sell produce. It wasn't until 1845 that Congress mandated the entire country vote on a uniform day so that the elections of one state could not influence those of another. While the Tuesday date has stood for decades, it is not without controversy. Some people argue that holding elections on a workday precludes certain workers from voting. Some states have responded by making Election Day a holiday, while others continue to lobby for Election Day to be moved to a Saturday.

Dear Families-

As you know, our Executive Director Sandy left us September 7, 2021. RHF is in the process of hiring a new Administrator. In the meantime, if you need resident assistance, here are some helpful emails /or phone numbers:

Wendy Hudson DON- wendy.hudson@rhf.org
or 530-621-1100 EXT: 4042 or

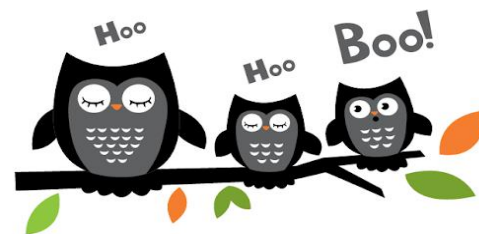
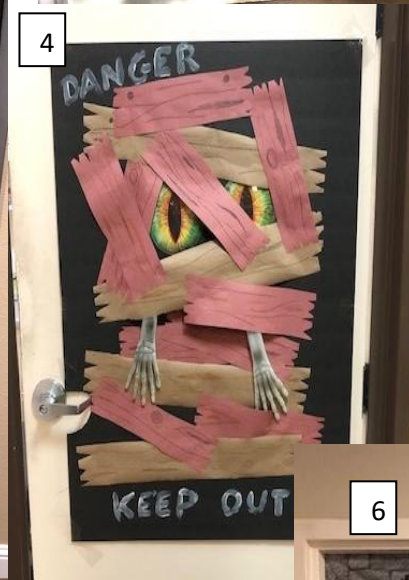
[in case of an emergency 530-317-7744](tel:530-317-7744)

Denise Pirnik Business Office Manager-
denise.pirnik@rhf.org or 530-621-1100 EXT: 4023

Vicky Hume Social Services-

Vicky.hume@rhf.org or EXT: 4050

Angela Chuculate Activity Director-
EXT: 4036 or angela.chuculate@rhf.org



Whoo won the
best decorated
door for
Halloween
Fun?

Go to:
[@goldcountryretirementandhealthcare](https://www.instagram.com/goldcountryretirementandhealthcare)