

Tidbits Around Here

Gold Country Health Center * Skilled Activity Department* (530) 626-1100 ext:4036 *



Happy Birthday to:

Helen M. 9-6
 Elaine T 9-8
 Aileen A. 9-25

**Celebration will be held
 on Monday,
 9/24 @ 3:15PM**

Scheduled Outings

Ranch Outing @ 1:30 PM

Resident Council

September 11th @ 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

Newsworthy

Perhaps we take for granted the convenience of finding our daily newspapers on the front stoop or in the mailbox. On September 4, give extra thanks to our delivery boys and girls on Newspaper Carrier Day, for it was on this day in 1833 that New York City news publisher Benjamin Day hired the very first paperboy, 10-year-old Barney Flaherty. Day's advertisement looking for help requested "steady men" for the job, but Flaherty proved a sincere and hardworking lad. Soon, boys and girls could be found manning the city's street corners yelling, "Extra! Extra! Read all about it!"

Nowadays, newspaper carriers are a rare breed. A 2016 study showed that in the United States, only two out of 10 adults get their news from an actual paper. More than half of us watch the news on television. But a recent 2017 survey showed that 67% of all Americans now get the latest news through social media outlets like Facebook and Twitter. Cell phones have dramatically contributed to this change, with 72% of Americans using their phones to find out the latest headlines.



A Hummer of a Bird

September 7-9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

Into the Great Beyond

On September 5, 1977, NASA launched the Voyager 1 satellite into space. After 40 years of space travel, Voyager 1 has logged over 13 billion miles and is the first human-made object to leave our solar system.



Voyager 1's initial mission was to explore some of the most distant planets of our galaxy, Jupiter and Saturn. The pictures it sent back of Jupiter and its moons revealed

startling new information. Not only did it find two new moons orbiting Jupiter but it also discovered volcanoes on the moon Io and possibilities of ice and oceans on the moon Europa. Its findings about Saturn were no less exciting, again finding two new moons plus a new ring around Saturn to boot. But Voyager 1's mission is not limited to sending information back to Earth; it also brings information from Earth into the cosmos.

NASA scientists knew that Voyager 1 would leave our solar system and perhaps journey to another distant realm, so they made two gold-plated copper records filled with greetings for aliens. One record contains sounds, including whale songs, music by Chuck Berry, and greetings in 55 different languages. Also included are instructions for how to play the records, as well as a "star map" directing aliens back to our solar system. Voyager 1 could be Earth's messenger to other intelligent life forms in the universe.

For now, Voyager 1 is zipping through interstellar space at over 38,000 mph. Its next big mission won't happen for 40,000 years when it will pass a nearby star. Voyager 1 will run out of power by 2025, though, so it won't be able to send us any data. For now, NASA scientists are content to study Voyager 1's latest information about what life is like in outer space beyond our solar system. And who knows? Maybe it will find another satellite sent from a distant galaxy carrying a record or two for us to listen to back on Earth.

PLEASE JOIN US
GOLD COUNTRY
ANNUAL SENIOR EXPO
Wednesday, October 3, 2018
10:00 am – 12:00 am
Health Center Parking Lot
Excellent Partners presenting their
community services for seniors!

Gold Country Retirement and Health Centers
Is Proud to Salute
OUR FABULOUS ENVIRONMENT SERVICES TEAM
during
**NATIONAL ENVIRONMENTAL
SERVICES WEEK**

September 9-15, 2018

Representing our team of Super Stars

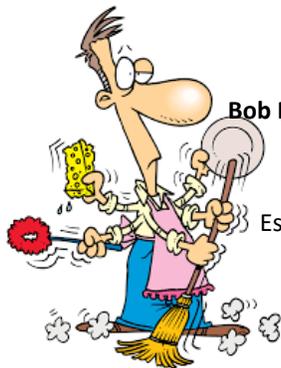
Gail Potts, ES Director

Stephen Adams
John Bright
Rose Boger
Gabriela Estanislao
Shannon Goforth
Todd Hongslo
Denice Jimenez
Sofia Jimenez
James Johnson



Bob Piercey, Maintenance, Director

Guadalupe Miranda
Alberto Lopez
Esperanza Macias de Martinez
Stephen McManus
Joe Reposo
Ron Roeker
Rose Travers
Annise Wheeler



"ENVIRONMENTAL SERVICES * WE DO IT ALL!"

Housekeeping, Janitorial, Laundry, Maintenance, Security
The Staff & Residents of Gold Country salute you and your efforts!

Oktoberfest in September

The annual German celebration of Oktoberfest begins on September 22, which is confusing to many. Why would a festival named for the month of October actually begin a month early? It wasn't always the case.



Oktoberfest began as a fabulous wedding celebration on October 12, 1810, when the Bavarian Crown Prince Louis married Princess Therese von Saschen-Hildburghausen. The Bavarian royal family invited all the citizens of Munich to celebrate the occasion on the fields in front of the palace gates. The fields were named *Thereseinwiese*, "Therese's meadows," in honor of the bride. For five days, the people

of Munich ate, drank, danced, and otherwise partied to their hearts' content. Finally, on the last day, a dramatic horse race ended the reveling. The townspeople had to wait only a year before the celebration was held again, and then every year afterward as an annual festival. Over the years, it became bigger and better.

Oktoberfest became an agricultural fair, showcasing the bounty of Bavaria's farms. Carnival games like bowling and tree climbing were added, and prizes were awarded. So much was packed into Oktoberfest that organizers had no choice but to extend the celebration to 16 and sometimes 18 days. Finally, it was decided that October was far too cold for such an event. The shorter days meant chilly nights, so the start of Oktoberfest was moved to September, and no one ever bothered to change the name—not that anyone even cared, for Oktoberfest has always been a point of pride for Bavarians. It is still celebrated today as the world's largest *Volksfest*, or beer festival and fun fair. Indeed, the Bavarian beer halls and their Oktoberfest beer are famous. Since 1887, participating breweries have enjoyed their own parade to kick off the festivities. And since 1950, the celebration has officially begun with a 12-gun salute and the tapping of the first keg of beer by the Lord Mayor of Munich. As they say in Bavaria, "Prost!"

Gold Country Retirement and Health Centers

Is Proud to Salute

OUR WONDERFUL ASSISTED LIVING CAREGIVERS

during

NATIONAL ASSISTED LIVING WEEK

September 9-15, 2018

Mary Ann Cook, LVN, Manager

Jessica Behrendt	Nora Blaszak
Kate Clark	Betty Coffey
Jennifer Costello	
Veronica Enriquez	Nicole Fletcher
Rosa Garcia	Jessica Hash
Analise Heck	Ganise Jaynes
Linda Odlin	Cami O' Dell
Sierra O'Kane	Alana Parkins
Alicia Rios-Ventura	Mark Williams
Jessica Staton	Bonnie Stone
Luke Tappan	Rosio Vega

The Staff & Residents of Gold Country salute you and your efforts!
"CAPTURE THE MOMENTS"

Welcome **Mary Ann Cook, LVN**, Assisted Living Manger. Mary Ann joins us from Atria Senior Services in Sacramento. She replaces Cindy DeMirjyn who moved over to Skilled Nursing to become the Director of Staff Development. Please stop by and meet Mary Ann as you pass through the Assisted Living. Thank you Cindy for taking over the role of DSD – we needed you!!



SEPTEMBER IS NATIONAL REHABILITATION MONTH

Sept 16-22, 2018

Thank you Jude and Team for another year of keeping us strong!

PLEASE STOP BY THE STEP OFFICE OR THE REHAB GYM
AND CONGRATULATE THE TEAM

Messages of Love

How does one write the perfect love note? Let me count the ways on September 26, Love Note Day. Whether you pen a love note to make an ordinary day extraordinary or jot some loving words down in a greeting card, penning a heartfelt love note takes some practice.



The sonnet was the preferable form for a love note for hundreds of years. It was invented by the Italian Giacomo de Lentini in the 13th century. The word *sonnet* means “little song,” and it is a 14-line poem with a variable rhyming scheme that always

ends with a turn of thought or sentiment. As you can see, a sonnet is a highly technical piece of writing, perhaps better left to poets like Dante or William Shakespeare. However, if you truly wish to woo your love, then a sonnet is the traditional choice.

Modern times, however, may require modern methods. A greeting card, a poem, or a note on a napkin must all be sincere. It is important to speak from your heart. And don't just write “I love you” or “You're beautiful.” These generic phrases, while true, are uninteresting. It is of utmost importance to be particular. Mention details and things you love: the smell of hair, the way she likes her coffee, his obsession with crossword puzzles. Show that you've noticed things that no one else but a true love could have possibly noticed. That is love.

Why is it important to a relationship to write love notes? Writing down your thoughts and feelings makes them permanent. Also, it is often easier to describe your heart in writing when you are alone and thoughtful than to express your truest thoughts and feelings on the spot in front of another person. Perhaps you'd like to start by writing a letter and not sharing it? The simple act of writing about your love for your beloved is a way to rejuvenate your feelings for them. So let your love flow from your pen. And if you're feeling really ambitious, try to make it rhyme!

FROM THE DESK OF SANDY.....

As you know.....October is the dreaded annual rent increase month. All three housing options will experience an increase in rents on their statements. We know this is a difficult time of year, and that everyone's budgets are tight. Our commitment to you, to provide the highest quality of service, remains our top priority. We value the ongoing relationship you have with Gold Country Retirement Community and Retirement Housing Foundation (RHF), and understand that living here represents a significant investment on your part. We are confident that, despite this increase, we remain the economical option for senior services in our immediate area. We also want you to know that we are doing all we can to keep our costs down as the expense of doing business rises. The rising cost of minimum wage impacts us the most, as it not only impacts our staffing costs, but the costs of our suppliers as well. Minimum wage will be going up 12% in January thanks to our current legislature. Again thank you for your support!

Thank you to everyone who attended our **Annual National Night Out & Concert on the Green** this past month! We hope you came and enjoyed Random Strangers – our musical entertainment. Thank you to the hardworking GC team that works to make each year bigger and better! Mark your calendars now especially if you missed it: we plan even more next year – 1st Tuesday in August 2019! We still have a few more weeks of heat, so please drink more water than usual and come inside and cool down when you take a walk - don't overheat!

Invite your families to enjoy our refreshed patios! We have three, the center courtyard on the Skilled Nursing Unit, and two near ALU and Rehab! You are invited to use any and all patios. Please let the staff know, however, if you go off unit, so they won't worry you're lost! Thank you for your patience as we replace our roof (finally). We hope our leaks will be gone this winter as we hope for lots of rain!

Just a reminder that FLU SHOT season is almost upon us. Please watch for your consent in the mail.

Have a thoughts or ideas, email me at sandy.haskins@rhf.org! Or call me at 621-1100