

September 2019

Tidbits Around Here

Gold Country Health Center * Community Newsletter * 530-621-1100 EXT: 4036



Happy Birthday to:

Hilda K. 9-7

Frances "Aileen" A. 9-25

Entertainment by Alvin
9/12/19 @ 3:15 PM

Scheduled Outing

Bus Outing
9/13 @ 1:30 PM
Yoga Berry

Resident Council

September 10th @ 11:00AM

Fellowship Hour:

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

10:30 AM Catholic Service
Every Wednesday

9:00 AM Interfaith Chaplain
Tuesday

11:00 AM Rawliegh's
Praise & Worship
4th Wednesday

No Name Clothing Rack

Come and help your loved one find their clothing!

Tuesday, September 10th @ 1:00 PM

"Check the Racks" in the TV Lounge by Activity Room.

September 11th to the 13th @ All Day "Check the Racks" will be in the Tuscany Hall by the SNF dining room. If you are missing clothes, it could be lost in the endless racks in laundry.

All clothing left on the racks Monday, September 16th · Will be available for any resident to select and label as their own. **September 17th all unclaimed clothing will be donated.**

Remember that all items brought into the facility need to be labeled with a sharpie pen by you or nursing staff and added to the inventory list at the nursing station. Please ask for the iron on labels at nursing station or Vicky in social services for a more perminate approach. Thank you!



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:

1st Tuesday in August 2020!

August EMPLOYEE OF THE MONTH – Daniel Espinoza, Maintenance

The Woman in the Moon



On the 15th day of the eighth month on the Chinese lunar calendar comes the second-grandest festival in all of China: the Mid-Autumn Festival, also known as the Harvest Moon Festival. This year, it falls on September 13.

Worshipping the moon has long been a part of Chinese culture. One legend states that the festival began when the Chinese emperors of the Zhou dynasty worshipped the moon to ensure an abundant harvest the following year. Still another legend tells the story of Chang'e, the Chinese goddess of the moon.

Long ago, 10 suns ruled the sky, but they were so powerful that they burned Earth, scorching crops and causing much suffering. The mighty archer Hou Yi shot down nine suns and saved Earth. For his triumph, the Western Queen Mother gave Hou Yi a bottle of elixir that granted immortality. Hou Yi liked the idea of immortality, but he wanted to stay at home with his wife Chang'e more. When Hou Yi's greedy archery student Pang Meng attempted to steal the elixir, Chang'e drank it rather than let Pang Meng have it. The elixir made Chang'e fly to the moon, where she has forever remained. It was Hou Yi, Chang'e's husband, who began the tradition of worshipping the moon. Children in China are told that Chang'e still lives on the moon. They look to the full moon and try to find her shape on it, much like we attempt to discern the Man in the Moon.

On the night of the full moon, families gather together for a merry feast. It is traditional to give, receive, and eat mooncakes, those dense, sweet pastries filled with red bean or lotus seed paste. Cakes are often imprinted with Chinese characters referencing the holiday and its legendary characters. Another common tradition is to light paper lanterns and release them into the night sky. It is also the perfect night to yearn for family and friends who live far away, much like Hou Yi's pining for his beloved wife.

Gold Country Retirement and Health Centers

Is Proud to Salute

OUR FABULOUS ENVIRONMENT SERVICES TEAM

during

NATIONAL ENVIRONMENTAL SERVICES WEEK

September 8-14, 2019

Representing our team of Super Stars

Lupe Frazel ES Director &

Bob Piercey, Maintenance, Director

Stephen Adams

Bruce Allison

John Bright

Rose Boger

Daniel Espinoza

Gabriela Estanislao

Velia Garay

Don Hicks

Todd Hongslo

Jeffrey Johnson

John Kelly

Alberto Lopez

Esperanza Macias de Martinez

Maria Martinez

Cyle Mattos

Tina Millward

Stephen McManus

Guadalupe Miranda

Maria Morales

Adam Pierce

Joe Reposo

Scott Riffey

Rosario Santana

Gerald Ulm

Annise Wheeler

"TOGETHER WE MAKE A DIFFERENCE!"

Housekeeping, Janitorial, Laundry, Maintenance, Security,

The Staff & Residents of Gold Country salute you and your efforts!

Gold Country

Is Proud to Salute

OUR WONDERFUL ASSISTED LIVING

during

NATIONAL ASSISTED LIVING WEEK

September 8-14, 2019



NATIONAL REHABILITATION MONTH

Sept 15-21, 2019

Thank you Rosemary and our Rehab Team

Members for another year of keeping us strong!

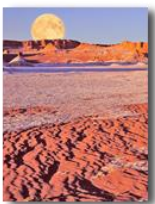
PLEASE STOP BY THE S.T.E.P. OFFICE OR THE REHAB GYM AND CONGRATULATE THE TEAM.

Into the Wild

Humans have settled 77% of Earth's surface, so what places are left unexplored? This September, Wilderness Month, we will take a look at some of the world's wildest places.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but who would want to go there? For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia's Far East. It is Russia's land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia's submarine bases.

Papua New Guinea also remains one of the world's least-explored places. Scientists believe that many of the world's undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country's interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.



For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its 40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here.

How much longer will such wild and untouched corners of Earth exist? No one knows. But there is still ample time to protect these pristine natural jewels. It may be as easy as following the old explorer's mantra: "Take only pictures, leave only footprints."

Ötzi the Iceman

On September 19, 1991, two Germans, Erika and Helmut Simon, while hiking high in the Ötztal Alps between Austria and Italy, made a startling discovery. They had glimpsed the body of a man protruding from the ice. They believed it to be a victim of a horrible mountaineering accident but were shocked to discover that it was instead a 4,000-year-old frozen mummy! Further excavations of the site found a quiver, string, hide, grass, remnants of his clothes, a pouch for his belt, a bearskin cap, and a copper axe. The mummy, now known as Ötzi or the Tyrolean Iceman, became an archaeological sensation. It is Europe's oldest known natural human mummy and has offered an unprecedented glimpse back to the European "Copper Age." Analysis of the mummy has determined that he may have been a copper smelter who ate meats of red deer, ibex, and wild goat, as well as herb bread made from eikhorn wheat bran. After the discovery of an arrowhead in his shoulder, it is believed that Ötzi was likely killed as part of a violent encounter. His body was then covered by the winter snow and preserved.

Out of the Tiffany Blue



Long before those blue boxes from Tiffany & Co. promised jewelry, the store was a stationery emporium. It was founded on September 18, 1837, by Charles Lewis Tiffany and John B. Young in Brooklyn, Connecticut. In 1838, the storefront moved to Broadway in Lower Manhattan, and the store shifted its focus to luxury goods like ladies' silks, satins, and bonnets. In 1845, Charles Tiffany himself selected the color of robin's egg blue for its Blue Book, an annual catalog of its handcrafted jewels. In 1867, Tiffany's was recognized at the Paris World's Fair for its exquisite silver craftsmanship, launching it as an international brand and esteemed design house. By 1870, Tiffany & Co. had risen to become the preeminent purveyor of silver, jewelry, and timepieces in America.

FROM THE DESK OF SANDY.....

As you know.....October is the dreaded annual rent increase month which we warn you about in September. All three housing options on campus will experience an increase in rents on their statements that arrive the first of October. 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 in the most efficient way possible, remains! We continue to value the ongoing relationship you have with Gold Country and Retirement Housing Foundation (RHF)! We understand that living here represents a significant investment on your part and try to maintain our level of service in the most cost effective way possible. 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 increasing cost of the California minimum wage impacts us the most, as it not only impacts our staffing costs, but the costs of our supplies as well. Wages and benefits represent over 55% of our annual budget. So as we face a minimum wage January 2020 (another 8% to 13.00/hr) we are not only adjusting our rents but tightening our belts. Thank you for your understanding and commitment to Gold Country! We appreciate you!

To keep you informed when we experience power outages and/or phone outages, please "friend" us on Facebook. Retirement Housing Foundation will post updates in an event of an emergency, and we will post how to contact us should our phones go down (this happens when power goes out and/or the internet goes out!) If you are not a fan of Facebook, please arrange with a family member or friend who is to be your conduit for information. If you cannot reach us by a facility cell phone remember you can also contact Retirement Housing Foundation in Long Beach.

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 always invited to use any and all patios on campus. The fence is not to keep you or our residents in – it is to keep strangers out! So wander around and sample different patios. (Residents, to keep your team from panicking please let the staff know, if you go off unit to one of these patios or other places on campus, so they won't worry you're lost! Always sign out when leaving the campus on a trip, appointment or errand!)

Thank you for your patience as we replace our roof wells – yes we got the new roof installed only to find the "wells" that cover the HVAC equipment, completely rotted out! We are also finally in the process of installing the new call bells on the Assisted Living Unit; and hope to start the Skilled Nursing sometime in September!

Finally October 1, 2019 Medicare has imposed a brand new payment system on us for Medicare Part A covered stays. So if you see us running around with our hair on fire – we have to learn a whole new billing and assessing system! So bear with us as we adjust to a new system and ride the learning curve! This will not affect you if you are not being covered by Medicare Part A (Skilled stay) – if you live with us. But if you go to the hospital and have a 3 night stay and return we have to assess and then bill Medicare in a whole new way. This is the first revision is almost 20 years, so we are anxious to do everything right in order to protect the revenues that provide skilled service to our residents. Thank you in advance for your patience!

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