

May 2019

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating May

**Physical Fitness & Sports
Month**

Older Americans Month

Meditation Month

Be Kind to Animals Week
May 5–11

Teacher Day
May 7

Mother's Day
May 12

Nylon Stockings Day
May 15

Memorial Day: U.S.
May 27

Paper Clip Day
May 29

A Scent Is Born

When Gabrielle “Coco” Chanel was just 12 years old, her mother died of tuberculosis and her father sent her to live in an orphanage under the care of the convent of Aubazine. As Chanel walked the pathways of the convent gardens, she discovered that the stones were laid in groups of five. She constantly passed over these

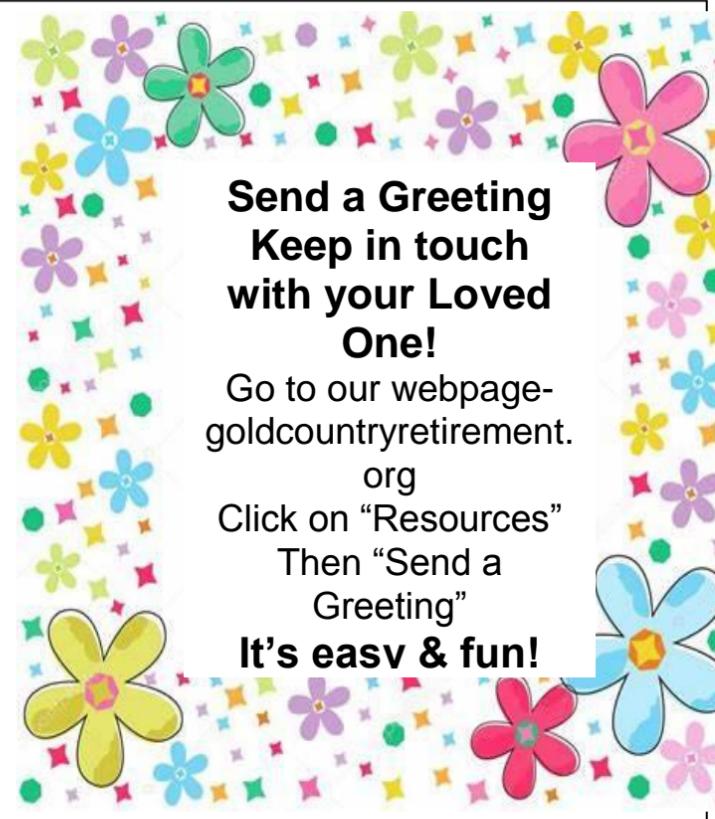


stones while making her way to prayers, and they made a lasting impression. While her childhood was stark and frugal, it was amongst the nuns that Chanel learned to sew, a skill that blossomed into a fabulous career in fashion design. But always, the number five stayed with her.

Fashion houses were not interested in the perfume business, yet Coco Chanel was not interested in following traditions. In 1920, she approached the French-Russian perfumier Ernst Beaux and asked him to “create a scent that would make its wearer smell like a woman, and not a rose.” At the time, most perfumes were simple, often mimicking the scent of one flower. Coco wanted something new.

Beaux concocted several scents and presented bottles labeled 1–5 and 20–24. Chanel, of course, selected the fifth vial and named it, simply and accurately, Chanel No. 5. On the fifth day of the fifth month of the next year, Chanel not only presented her latest fashion collection but also her new fragrance, a delicate mixture of jasmine, ylang-ylang, may rose, and sandalwood. It also contained aldehydes, which are chemicals that create longevity in the scent so that women would not need to constantly reapply the perfume. Chanel No. 5 was an instant hit, and women have worn it ever since.





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with your Loved
One!**

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org

Click on "Resources"
Then "Send a
Greeting"

It's easy & fun!

A Fan Calls Foul

By May 16, the Major League Baseball season is well underway. If you have ever attended a game and caught a foul ball, you know how exciting that can be. May 16 marks the beginning of Foul Ball Week in honor of Reuben Berman, the man who fought to allow fans to keep foul balls.

Berman was a businessman attending a New York Giants game at the Polo Grounds back on May 16, 1921, when he caught a foul ball. As was customary, an attendant showed up to retrieve the ball from Berman. Berman did not keep it but tossed it into the crowd, at which point he was forced from his seat, reprimanded in a ballpark office, and then ejected from the park. Berman felt humiliated and so sued the Giants. While Reuben did not win the \$20,000 in damages he sought, the court ruled that Berman should have been allowed to keep the ball. "Reuben's Rule" was instituted, allowing fans to keep foul baseballs as souvenirs forevermore.



NATIONAL NURSING HOME WEEK

May 12-19, 2019

"Our STAFF is all HEART"

Thank you to the Staff, Our
Residents, and Our Families
who support us EVERY day!

We appreciate you!



*Welcome to
Assisted Living
Mo, Hilda,
& Lucetta*

*Nice to meet
you!*

FROM THE DESK OF SANDY.....

Spring has come on the calendar, but oh are we waterlogged. While we appreciate the water, we truly are ready for some dry days!

Welcome **Rosemary Hughes, PT**, our new head Director of Rehabilitation. We hope you will get to meet Rosemary, either down here in the rehab gym or up in the STEP office. We are thrilled to have her join our team!

Please mark your calendar, as we are going to have our first ever GROUP BBQ on July 4th here on Campus. We will be serving fun **4th of July** food during the lunch hour (10 – 2) in both the health center and the apartment common patios. Staff and their families are welcome to join in as well as our resident's families. Our HC residents will have the same meal inside as we are offering outside on the patio, but if their families stop in and decide to enjoy the sun and fun, you are welcome to bring your resident outside to eat. We will set up some extra tables/chair for those who wish to come outside.

ALU residents and families, we again apologize for the delay in finishing the handrail project and the call bell system remodel. There are factors outside our control directing these delays. They will be completed one of these days. In both the ALU and the SNF call bell replacements, there will be construction in the resident unit or room, we will try to make this as painless as possible but we may have to move folks out briefly during some of the wall cutting and line pulling work. More details to follow.

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

May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Bing Crosby (singer) – May 3, 1903

Audrey Hepburn (actress) – May 4, 1929

Nellie Bly (journalist) – May 5, 1864

Orson Welles (director) – May 6, 1915

VIRGINIA BB – MAY 8TH

Salvador Dali (artist) – May 11, 1904

Florence Nightingale (nurse) – May 12, 1820

Liberace (pianist) – May 16, 1919

GINI F. – MAY 20TH

JO F. – MAY 21ST

RUTH B. – MAY 22ND

Peggy Lee (singer) – May 26, 1920

Bob Hope (comedian) – May 29, 1903



Mother's Day Tea

Saturday, May 11th

At 2:00PM

In ALU Dining Room

Please RSVP to Nancy

621-1100 x4051

THIS PAGE RESERVED FOR
CALENDAR