

# Tidbits Around Here

GOLD COUNTRY HEALTH CENTER SKILLED NURSING \* (530) 621-1100 EXT:4036



## **Birthday Party** **May 16th at 3:00 PM**

### **Happy Birthday to:**

Gloria "Peggy" 5-1

Gracie C. 5-7

Fred S. 5-8

Judith B. 5-11

**Marjorie P. 5-20**

**Alice F. 5-21**

Rafael C. 5-23

Clementia "Peggy" 5-28

### **Scheduled Outings**

May 11<sup>th</sup> @ 1:30PM

### **Resident Council**

May 15th @ 11:00AM

### **Fellowship Hour:**

**2:30 PM** 1<sup>st</sup> & 3<sup>rd</sup> Sunday  
Baptist Church

**10:30 AM** Bible Study on  
2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> Tuesday

**10:30 AM** Catholic Service  
Every Wednesday

## **Everything Old Is New Again**

Mending clothes is a lost art. Rather than patch holes or sew popped seams, Americans prefer to buy entirely new garments. The average American throws out 81 pounds of clothes each year, leading to 13 million tons of textiles sitting in our landfills.



I Need a Patch for That Day, on May 21, is a day to reverse this trend. Recycled clothing is suddenly trendy. Outdoor clothing manufacturer *Patagonia* has been a leader in the sustainable clothing movement, making fleece out of plastic bottles and asking customers to buy fewer of their clothes. When garments get worn, they provide mending services in their repair shop, even reselling used clothing via their website. The Seattle company *Evrnu* has taken recycled clothing a step further. They take old garments, break down the fibers to the molecular level, and spin brand new fibers to make new clothes. Who needs a patch with technology like this?

## **Mother May I?**

Sunday, May 13 is Mother's Day in the United States, Mother's Day is the third-most celebrated holiday in the world, but the way mothers are honored differs from place to place. In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.



## Lei of the Land



Since May 1, 1928, Hawaii has celebrated the first of May as Lei Day. Lei—those beautiful garlands constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bones and teeth are given at

birthdays, weddings, retirements, funerals, and graduations—any occasion one wishes to show honor, love, or high regard. While the lei’s history dates back to the earliest Polynesian settlers of Hawaii, the holiday itself was introduced by Don Blanding, a poet from Oklahoma who had resettled in Hawaii.

The first Hawaiians adorned themselves with local flowers and vines. Certain lei flowers identified where you lived on the islands. Other lei represented your rank, wealth, or whether you were royalty. Many lei were not made of short-lived flowers or vines at all but of hardy bones and shells. In fact, lei were worn not just for celebrations or rituals but for everyday tasks by both commoners and chiefs alike.

Today, there is still a wide variety of lei, each unique to a particular occasion. The *hala* lei, made from the red fruit of the pandanus tree, is a symbol of cleansing and can be worn at funerals or for the new year. A delicate *ilima* blossom lei is the distinctive lei of royalty and is worn on special occasions. *Lehua* lei, made from blossoms associated with the fire goddess, are indicative of strength. *Pikake* is the flower of romance, worn at weddings. *Plumeria* lei are used to welcome guests but should never be given to sick people, as they are bad luck for those in ill health. Lei are woven into both the nature and mythology of Hawaii. They are not just given in love and esteem but as symbols that tell ancient and important stories.

Lei Day offers myriad opportunities to celebrate this unique form of art and culture, the greatest of which takes place in Waikiki on Oahu, where there is music, a lei competition, hula performances, craft demonstrations, and plenty of food for all.

### Gold Country Retirement and Health Centers

Is Proud to Salute

### OUR FANTASTIC NURSING TEAM

## NATIONAL NURSES WEEK

May 6-12, 2018

Representing our Licensed Nursing Team

**Suzanne Schroeder, RN, BSN**

Director of Nurses

**Colleen Warren, LVN, MDS**

Kimberly Anstead

Abigail Boersma

Ruth Cooke

Monica Cornejo

Ashley Ferguson

Magdalena Hernandez

Nobuyo Iwagami

Danute Malley

Enrique Cotton Ordonez

Bonnie Rhoads

Mary Sousa

Carol Reis

Bonnie Berndt\*

Wendy Wagner\*

Carol Schroeder\*

April Amergian\*

Nicole Grote\*

**\* On Call/Casual**

**FROM THE DESK OF SANDY.....** Spring has come on the calendar but oh that April rain.....We are appreciate the water, but we’re ready for those warm dry days of Spring!

**Welcome “JEWELS” the bull dog! Jewel is our newest team addition to the health center family. We appreciate having Jewels join us in making our community even more comfortable and loving with her presence. Stop in and say Hi to Jewel. Please do not feed her! She is off leash, so be mindful if you bring by your leashed pet.**



## Man's Best Friends



May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.

## FROM THE DESK OF SANDY CONTINUED...

Welcome **Bob Piercey**, our new head of Plant Operations/Maintenance/Security. I hope you will take a minute to welcome Bob as he absorbs this very large job.

A fond farewell to **Maria McKelvey** LVN. Director of Staff Development who is leaving us to be a full time Mom! Good Luck Maria.

We have a new C.N.A. certification class starting later this month. If you know of someone looking for a satisfying position in the "caring" field, encourage them to apply.

Our **Assisted Living Unit** will be getting new wall colors/paint this month. We are in the midst of prep work now! Thanks in advance for your patience as we spruce up the unit. Our **Skilled Nursing** is marching ever closer to new flooring, in all areas (rooms and public areas) we hope you have started "spring cleaning" your room (or your resident's room) so we can easily empty and re-fill their space. Anything that touches the floor has to be moved, so de-cluttering NOW will be very helpful. As soon as we have a start date, we'll post it in public areas. Thank you in advance, this is going to be a huge undertaking!

Finally we are going to get rid of our "holey" roof this spring. This may impact parking and entry ways at points during the project. Again watch for postings. Our roofers will need to start early (7 am) due to the heat, so please bear with the early morning noise for just a few weeks while we replace this very old roof. **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](mailto:sandy.haskins@rhf.org)**

## NATIONAL NURSING HOME WEEK

May 13-19, 2018

"CELEBRATE LIFE'S STORIES"

Thank you to the Staff, Our Residents, and Our Families who support our Mission, every day!

May 2018