

JUNE 2018

Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



Celebrating June

Ponies on the Patio!

June 12

Flag Day

June 14

Father's Day BBQ

June 17

Classic Car Show

June 21

Summer Begins

June 21

Monthly Party with Alvin

June 25



The Pearl – June's Birthstone



The pearl is a unique birthstone. All other birthstones are formed by inorganic substances, such as rocks, but pearls are created by a living thing—a mollusk, such as a clam or an oyster. A pearl is actually a mollusk's defense mechanism, protecting it from parasites or other attacks. When an irritant, such as a piece of sand or other organism, gets inside the mollusk's shell, the mollusk secretes an iridescent substance called *nacre* (also known as "mother of pearl") and coats the irritant to seal it off. Most pearls sold today are cultured, meaning they are cultivated by pearl farmers. Pearls come in all shapes and sizes, and even colors, ranging from whites and blacks to creamy pinks and purples and even gold. The color depends on the kind of mollusk and its habitat. The pearl is a symbol of loyalty, fidelity, friendship, and purity. It is said that wearing a pearl will also enhance one's personal integrity.

What's Lucky in June?

Lucky Color: Ivory

Lucky Day: Friday

Lucky Number: 10

Lucky Letter: J

Lucky Bird: Robin

Seeing What's Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to the betterment of others.

Flower of the Month – ROSE

The flower for the month of June is the rose. The rose has been called "the queen of flowers" and is known as a symbol of love. Its name comes from the Latin word *rosa*, which means "red." Since primitive times, the rose has been used in perfumes, medicines, and even foods. Recently, archaeologists discovered the fossilized remains of wild roses over 34 million years old. In the language of flowers, each color has its own meaning. A white rose means purity or innocence, a red rose means love and romance, and a pink rose means happiness. While the sharp objects along a rose stem are commonly called thorns, the technical term is *prickles*. The prickles help the rose hang onto other vegetation when growing and climbing.

Join us for...

Gold Country Retirement Center's Early Ford Car Showcase

(Displaying vehicles designed and built by the Ford Motor Company from 1932 to 1953)

June 21st, 2018 from 10 a.m. to 1 p.m.



Entry to the event is free!

We will also be hosting a BBQ lunch fundraiser
for Union Mine Basketball.

Event Address: 4301 Golden Center Drive, Placerville, CA

For more information, email Phoebe at Phoebe.Carcot@rhf.org
or call 530-621-1826 (TDD 1-800-545-1833 x359)

A Retirement Housing
Foundation Community

Find us on 



ALF License # 90317665
SNF License # 300000229

FROM THE DESK OF SANDY.....

We hope you are enjoying the beautiful greenery at Gold Country and take every opportunity to enjoy our outdoors spaces. Our rain this year was fantastic and left us lush and green (and sneezing and itching.....). All patio's and walkways are available to you and your family for use - please enjoy!

Just a reminder that using Direct Deposit to pay your monthly rent is a very handy way to save time and hassles. See the Business Office staff for more information and sign up today.

Annually, I like to remind our residents and their supporters that we are an "abuse and neglect free zone". Our staff in both units undergo several training sessions a year to teach them how to watch for possible abuse and neglect and remind them of their role in preventing and reporting possible incidents. We also include in this discussion the fact that our community is our resident's home and that we work in our resident's "home;" our residents' do not live in our workplace. We hope each interaction you have with staff reinforces that thought process. If we fall down on the job, please do not hesitate to bring us your observations! Of course we admit we have some who understand this concept better than others.....thank you for your patience with those who are still growing!

We hope you will take a minute and "friend" us on Facebook at:

goldcountryretirementandhealthcare. You will be able to keep abreast of happenings on campus when you are our friend. We also hope you will take a minute and tell the public, via a YELP review – that Gold Country "rocks!" Finally, STYLE Magazine is collecting votes (on line) for the "Best of" our area. We hope you will vote for Gold Country as Best Skilled Nursing and Best Senior Retirement Campus!! See our FB page for a link. Thank you for helping us in becoming even more visible through these media methods!

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

June Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Marilyn Monroe (actress) – June 1, 1926
 Jerry Mathers (actor) – June 2, 1948
 Allen Ginsberg (poet) – June 3, 1926
 Angelina Jolie (actress) – June 4, 1975
 Tom Jones (singer) – June 7, 1940
 Barbara Bush (first lady) – June 8, 1925
 Cole Porter (composer) – June 9, 1891
 Jacques Cousteau (explorer) – June 11, 1910
 Chet Atkins (guitarist) – June 20, 1924
 Meryl Streep (actress) – June 22, 1949
 John Dillinger (bank robber) – June 22, 1903
 George Orwell (writer) – June 25, 1903
 Pearl S. Buck (writer) – June 26, 1892
 Helen Keller (writer & lecturer) – June 27, 1880
 Richard Rodgers (composer) – June 28, 1902
 Lena Horne (singer) – June 30, 1917

Gold Country Retirement and Health Centers

Is Proud to Salute

OUR FANTASTIC C.N.A.'s

during

**NATIONAL CERTIFIED
 NURSING ASSISTANTS
 (C.N.A.) WEEK**

June 14-21, 2018

**"A Caring Touch that means so Much!"
 The Staff & Residents of Gold Country offer
 you a standing ovation!**

This page reserved for calendar