

MAY 2018

# Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



## Special Events

### **Paws for a Cause**

*May 2*

### **Kentucky Derby**

*May 5*

### **Storyteller's Guild**

*May 9*

### **Mother's Day Tea**

*May 12*

### **Mother's Day**

*May 13*

### **Monthly Bus Trip**

*May 18*

### **Memorial Day**

*May 28*

### **Debi Destiny Magic Show**

*May 31*

## Our 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 dog, 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.

**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                      Bonnie Rhoads  
Abigail Boersma                      Mary

Sousa  
Ruth Cooke                      Carol Reis  
Monica Cornejo                      Bonnie Berndt

Ashley Ferguson                      Wendy Wagner  
Magdalena Hernandez                      Carol

Schroeder  
Nobuyo Iwagami                      April Amergian  
Danute Malley                      Nicole

Grote  
Enrique Cotton Ordonez

**WE ARE A CMS 5-STAR BUILDING BECAUSE OF YOUR DEDICATION!**

**"We Love, We Care, We make a Difference"**

The Staff & Residents of Gold Country salute you!

**May Birthdays**

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor.

Those born between May 21–31 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.

Benjamin Spock (pediatrician) – May 2, 1903  
Sugar Ray Robinson (boxer) – May 3, 1921  
Sigmund Freud (psychoanalyst) – May 6, 1856

**Virginia B. – May 8th**

Fred Astaire (entertainer) – May 10, 1899  
Yogi Berra (ballplayer) – May 12, 1925  
George Lucas (film maker) – May 14, 1944  
Adrienne Rich (poet) – May 16, 1929

**Gini F. – May 20th**

Cher (singer) – May 20, 1946

**Rocky B. – May 21st**

Sir Arthur Conan Doyle (writer) – May 22, 1859  
Bob Dylan (songwriter) – May 24, 1941  
Jim Thorpe (athlete) – May 28, 1887  
Walt Whitman (poet) – May 31, 1819



**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!

**COME JOIN US  
THURSDAY, MAY 31<sup>ST</sup> at 2pm**



**DEBI DESTINY MAGIC SHOW  
Kids of all ages welcome!**

## Mother May I?

Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. After Christmas and Easter, 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.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?



### FROM THE DESK OF SANDY.....

Spring has come on the calendar but oh that April rain.....We appreciate the water, but we're ready for those warm dry days of Spring!

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.

Welcome 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.

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)**

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