

APRIL 2018

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating April

Holy Humor Month

Dog Appreciation Month

Physical Wellness Month

Easter

April 1

Storytellers Guild

April 11

Singer Bob Raleigh

April 17

Amador Flower Farm

April 20

Earth Day

April 22

The Short-Lived Pony Express

On April 3, 1860, two horseback riders left simultaneously, one from St. Joseph, Missouri, heading west, and the other from Sacramento, California, heading east. After 10 days of relay-team riding and 1,800 miles, riders arrived at both locations bearing mail packets. The mail had never been so speedy, and the legend of the Pony Express was born.

The Pony Express debuted when California was cut off from the rest of the country. Any mail sent from the east arrived by ship or stagecoach several months later. In this world, the arrival of a letter in 10 days' time was lightning fast. The Pony Express was conceived by three owners of a freight business: William H. Russell, William Bradford Waddell, and Alexander Majors. They, along with route superintendent Benjamin Ficklin, devised a route of over 150 relay stations set up across the frontier through Missouri, Kansas, Nebraska, Wyoming, Colorado, Utah, Nevada, and California. Riders, who carried up to 20 pounds of mail, were changed every 100 miles, with their horses switched out every 10 to 15 miles. Over 400 horses were purchased and multiple relay stations built and staffed for the endeavor. Speed was the key to the success of the Pony Express, with their fastest delivery being news of the election of President Abraham Lincoln in a record five days' time. However, as telegraph lines began to move westward, the need for the Pony Express began to dissipate.

On October 24, 1861, a mere 18 months after its historic first run, the Pony Express was discontinued as the first transcontinental telegraph line was completed. Despite its brief existence, the Pony Express has long encapsulated the romance of the Wild West: speeding horses, attacks by American Indians, and famous cowboys who worked for the Pony Express, including "Wild Bill" Hickock and "Buffalo Bill" Cody. Perhaps this is why the Pony Express remains a vivid memory in America's history.

Pampered and Purposeful



April 27 is Little Pampered Dog Day, but before you poo-poo the notion of honoring little lap dogs, bear in mind that humans lived with lap-sized canines 15,000 years ago. Scientists have traced our history with small dogs to France, where our cave-dwelling ancestors may have used the dogs to both keep them warm and assist them in the hunt. Wild canines called *dholes* grew to less than 17 inches tall, about the size of a beagle or cocker spaniel. Many small dog breeds today bear similarities to these ancient companions: they are tenacious hunters of small ground-dwelling prey animals, they are alert watchdogs that let out loud warnings when intruders are near, and yes, during the Renaissance, miniature poodles were used by nobility as handwarmers. The small dogs were put inside sleeves of shirts, becoming known as "sleeve dogs." Others were used to warm laps in damp castles or on chilly carriage rides. All of these are good reasons to pamper the little dog in your life.

April Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges.

Those born between April 20–30 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. And once the work is done, a Taurus expects to enjoy the fruits of their labor.

Marlon Brando (actor) – April 3, 1924

Spencer Tracy (actor) – April 5, 1900

Ardis W. (resident) – April 7th

Mary Jo P. (resident) – April 7th

Francis Ford Coppola (director) – April 7, 1939

Betty Ford (first lady) – April 8, 1918

Loretta Lynn (singer) – April 14, 1932

Jennifer Garner (actress) – April 17, 1972

Donald R. (resident) – April 22nd

William Shakespeare (writer) – c. April 23, 1564

Barbra Streisand (singer) – April 24, 1942

Ella Fitzgerald (singer) – April 25, 1917

Carol Burnett (comedienne) – April 26, 1933

Jerry Seinfeld (comedian) – April 29, 1954



Gold Country Retirement and Health Centers

Celebrates

NATIONAL ADMINISTRATIVE PROFESSIONAL WEEK

April 23-29, 2018

Thank you to all our Administrative Team for another year of dedicated service and for all your efforts in the upcoming year

"REPRESENTING THE ADMINISTRATIVE TEAM"

Denise Pirnik

Kim Mattos

Teresa Schoener

Trisha Raines

Dawn Whitecotton

Danette Helwig

Debbie Grote

Brenda Wadsworth

Susan Keale

Claudia Bethke

Coco Decarlo

Chelsea Greer

Maria Pittman*

FROM THE DESK OF SANDY...



April is National Volunteer Month... THANK YOU TO OUR DEDICATED VOLUNTEERS WHO help us out. We want you to know we are always looking for more volunteers in our Health Center. Please encourage someone you know to see us about volunteer opportunities. Whether you can give regular time, weekly, daily, or monthly, or if you can come just once in a while, we appreciate it all! We are excellent audiences for practice sessions – ballet, piano, acting, performing on an instrument, painting, your favorite craft, card game playing, puzzle solving. Are you able to help seniors access web based programs and even help them FaceTime or Skype? If so please contact us – we need you! You will never have a more welcoming audience than our seniors! Please contact one of our three Activity Professionals if you can help.

SKILLED NURING SPRING DECLUTTER - Our new flooring project is pushed back a couple weeks, to maybe end of May or early June, but we'd still appreciate you Spring Cleaning as soon as you can. The sooner we declutter the rooms, the sooner we can plan our project. See Vicki in Social Services for help and ideas.

ALU PAINTING – we will begin painting the halls in our Assisted Living Common areas sometime in April. Please pardon the mess in advance and thank you for your patience. When we are done we will be “refreshed”. This means we also get new handrails, new signage, and a fresh new look. Can't wait to see how beautiful our home will be when this is done!

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

**WE SALUTE OUR LOCAL PHYSICIANS
NATIONAL DOCTORS DAY
MARCH 30, 2016**

Congratulations
2018 PHYSICIAN OF THE YEAR
Dr. Gerardo Galang, MD
Family Medicine
As Selected by Our Residents

Thank you
Dr. Gregory Smith, MD
Medical Director & Attending Physician
Skilled Nursing

PLEASE LIKE US ON FACEBOOK AND MENTION US ON YELP

All these internet notations help us spread the message about Gold Country! Check in, Mention us, Rate us on Yelp!! Please encourage friends and family members to do the same.



THIS PAGE RESERVED FOR CALENDAR