

FEBRUARY 2018

Gold Country Gazette

ASSISTED LIVING ACTIVITIES NEWSLETTER



Celebrating February

Bird-Feeding Month

Spunky Old Broads Month

Groundhog Day

February 2

Wear Red Day

February 2

Weatherman's Day

February 5

XXIII Winter Olympics

February 9–25

Valentine's Day

February 14

Curling Is Cool Day

February 23

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

FROM THE DESK OF SANDY..... Here we are again – the month of LOVE! This is the month when we focus on those we love, and those that love us. Take a moment to think of those you love, those you have loved, and those you will love in the future. Even when those we love are gone, February can still be a month to celebrate the time we had with them and celebrate the love you shared. Please know this is also a time when we say WE LOVE YOU!

FLU SEASON: Just a reminder that this is the time of year when the germs are easy to share. Please stay in if you are ill. Do not visit the health center if you are ill or have been caring for someone who has had the flu. Wash your hands OFTEN and use the hand sanitizer stations we have throughout the campus. Do not come to dining rooms if you have a fever or have active uncontrolled coughing. Please wear a mask when around campus IF YOU HAVE NOT HAD A FLU SHOT!! You will see a few staff members wearing their masks as they are unable to have the flu shot. Remember we have 98% of us that have had the flu shot (among the staff). We want to protect you – so please help us protect others by staying away if you are ill.

A hardy **Bon Voyage to Jim Irby Plant Operations Director!** Jim is migrating North to escape the California economy. We are sad to see Jim go. Thank you for 7 years of renovation and beautifying. We will keep you posted on Jim's replacement.

Welcome to **Phoebie Carcot – Community Outreach/Marketing** – to our campus! Phoebie joins us in this roll to spread the good word about Gold Country and our offerings. We are thrilled to recruit Phoebie from our local hospital admin offices. Stop in and say Hi to Phoebie in her building 3 office (2nd floor) if you can catch her!!

At writing of this newsletter, we just finished our Annual “surprise” State Inspection in our Skilled Nursing Unit. Again, we are proud and thrilled to say that we passed with flying colors, and experienced just a few small administrative deficiencies. CMS (Centers for Medicare and Medicaid) have imposed many new regulations for us in 2017, 2018, and again in 2019 – so this was a stressful time; wondering if we got the new

A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So on February 12, the question remains, “Should I bother to pick up that lost penny?” It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck.

regulations down. We did, and we are breathing a sigh of relief.

ASSISTED LIVING FOLKS, we intend to paint all our halls and inside trim this spring so hold on to your hats – this will be a big undertaking~ Thank you for your patience.

Just a reminder that we have a Resident Council monthly in your unit; have a thought or idea - come to Resident Council or talk to an Activity staff member. If you are a family member and would like to suggest a periodic Family Council meeting - please email me. We will be happy to facilitate such a meeting, We are required by law to facilitate (offer) a Family Councils, so I wanted to remind you that you can take advantage of our help and organize such a group.

Have a thought or idea? Email me at sandy.haskins@rhf.org or call me.



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February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894

Charles Lindbergh (pilot) – February 4, 1902

Hank Aaron (ballplayer) – February 5, 1934

Bettie J.(Resident) – February 7th

Jack Lemmon (actor) – February 8, 1925

Mildred H.(Resident) – February 10th

Thomas Edison (inventor) – February 11, 1847

Jack Benny (comedian) – February 14, 1894

Susan B. Anthony (activist) – February 15, 1820

Michael Jordan (athlete) – February 17, 1963

Helen V.(Resident) – February 20th

Sidney Poitier (actor) – February 20, 1924

George Handel (composer) – February 23, 1685

Levi Strauss (inventor) – February 26, 1829

John Steinbeck (author) – February 27, 1902

Congratulations!

**EMPLOYEE
OF THE YEAR
2017**

**Joshua Sullivan,
C.N.A.
Skilled Nursing Unit**

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