

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 before the advent of radio or telephone, 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.

April Birthdays

- Linda Benson - April 5
- Doris Pine - April 6
- Beverly Garcia - April 12
- Greg Ross - April 14
- Pete Van Deusen - April 16
- Mo Moberg - April 16
- Winnie Beck - April 20
- Marty Newhard - April 20
- Mildred Johnson - April 24
- Elli Lopes - April 25
- Lucy Mancuso - April 27

OTHER NOTABLE BIRTHDAYS.....

- Marlon Brando (actor) – April 3, 1924
- Spencer Tracy (actor) – April 5, 1900
- Francis Ford Coppola (director) – April 7, 1939
- Betty Ford (first lady) – April 8, 1918
- David Letterman (TV host) – April 12, 1947
- Loretta Lynn (singer) – April 14, 1932
- 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 Center 6041 Golden Center Ct. Placerville CA 95667 530-621-1886



A Property of Retirement Housing Foundation

Executive Director:
Sandy Haskins

Housing Manager:
Trisha Raines

Dietary Manager:
Mary Fatooh

Resident Service Coordinator:
Dixie Adams

Marketing and Outreach:
Phoebie Carcot

Maintenance Supervisor
Bob Piercey

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The Outlook

Management Notes:

Please welcome the following new residents:

- John Svoboda 103-1
- June Solomon 112-2
- Wallace & Ruth Mason 306-3

Happy Easter everyone. Since Easter is on April fool's day will we have a foolish Easter? It is also Earth day this month. Let's take care of the Earth for our children and grandchildren. Recycle everything that can be recycled. We are probably going to be asked to use less water this summer also as we did not get enough rain this winter. Last but not least, it's Administrative Professionals Day on Wed. April 25th. Thank those front desk receptionists who do such a good job for us and are always so helpful!

Trisha Raines
Housing Manager

Feel Free to Take The Really Ripe Bananas In The Library To Make Your Own Banana Bread .

Recipe from Esther Deogracia

- 2 cups sugar
- 1/2 cup melted butter
- 1 1/2 tsp. baking soda
- 1 1/2 cups sour milk
- 3 ripe bananas
- 3 cups flour
- 1/2 cup chopped nuts
- Mix in order given, pour into loaf tin and bake
- At 350 degrees for 1 hour.

SERVICES.....APRIL - 2018

TRANSPORTATION:
IT IS THE RESIDENT'S RESPONSIBILITY TO NOTIFY THE RECEPTION DESK AT LEAST ONE DAY IN ADVANCE FOR TRANSPORTATION SERVICE. PLEASE ARRIVE IN THE LOBBY 45 MINUTES BEFORE YOUR SCHEDULED APPOINTMENT TIME TO BE TRANSPORTED TO YOUR DESTINATION. TRANSPORTATION FOR THOSE WITH SCHEDULED APPOINTMENTS HAS PRIORITY OVER UNSCHEDULED "ADD-ONS".

BARBER: On Monday, April 2 Debbie from the Health Center will be in Bldg. 2-3rd Floor Alcove to trim your hair beginning at 9:00. The Salon is now open on Tuesdays 9:00-2:00 with Kim and Wednesday afternoons with Debbie.

BOOK MOBILE: 2nd Wednesday, between Buildings 2 & 3 - from 11:00-11:45.

CHAIR MASSAGE: Danny, our massage therapist will only be at the Health Center. See the front desk for an appointment and to make arrangements.

DRY CLEANING: CLASSIC CLEANERS provides FREE pickup & delivery service. Your dry cleaning needs to be at the front desk by 6:15 p.m. on Fridays. Please attach your name to your dry cleaning bag to ensure proper delivery.

HEARING SERVICES: Sandy from Accuquest Hearing Aid will be here on Tuesday, April 3, at 1:00 in the Library.

MONDAY: Shopping:
 12:30p.m. Walgreens & Wal-Mart
 12:55p.m. Prospector's Plaza & Safeway.

THIRD MONDAY: Transportation to the Folsom area for medical appointments or shopping (\$10.00).

Tuesdays:
 Bus to Cameron Park or other errands
 12:30 NEW!! No Fee

TUESDAY & THURSDAY:
 Scheduled Appointments:
 8:00 a.m. - 2:30 p.m.

WEDNESDAY:
 Outings - Independent Apartments

FRIDAY: Shopping:
 9:00 a.m. Raley's & Rite-Aid
 9:30 a.m. Walgreens & Wal-Mart
 12:30 First Friday Only-
 Dollar Tree or Thrift Store

OUTPATIENT THERAPY SERVICES:
 Physical, occupational and speech therapy are offered with an M.D. referral. FREE Health and Wellness screenings are available by appointment only. Call (530) 621-1076 for more information or leave a message in the mailbox by the door of Apt. 209, Bldg. 2.

BUS TRANSPORTATION TO FOLSOM:
 We now have bus transportation for appointments or shopping in Folsom on the third Monday of every month. Please sign up at the front desk or see Dixie for more information.

RESIDENT RELATIONS COORDINATOR:
 Gold Country is very interested in the well being and comfort of our Residents. Please call Dixie if you have any suggestions or issues that you would like to discuss.
 Dixie Adams-530-409-5212.

**GOLD COUNTRY OUTINGS
 APRIL 2018**

Friday, April 6 a 12:30
 Dollar Tree/Thrift Store in Cameron Park

Wednesday, April 4 at 8:30
 Mystery Trip and picnic lunch #2

*Please wear comfortable shoes. We will be indoors for part of the time and then be able to walk around outside for part of the tour.

Wednesday, April 11
 Sierra Wildlife Rescue will be here with some of their rescued birds.

Wednesday, April 18 at 1:00
 Gold Country Volunteer Appreciation Tea

If you volunteer here at Gold Country or somewhere in the community, you will be invited to our annual Volunteer Appreciation Tea. (If I don't know you volunteer outside in the community, please let me know.)

Wednesday, April 25 at 8:15
 Breakfast With Millie
 We will meet Millie at a restaurant and have brunch with her again.

Thursday, April 26 at 4:45
 Dinner at Hog Wild BBQ bring your bib

**ACTIVITY HOT LINE
 530-497-2005**

**APRIL IS VOLUNTEER MONTH
 Thank you to all of our dedicated volunteers!**

 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, Lacy Erler, Debbie Grote, Brenda Wadsworth, Susan Keale, Claudia Bethke, Coco Decarlo, Chelsea Greer, Maria Pittman

 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**

Tips to avoid the new Medicare card scams

Perhaps you haven't heard, but starting in April 2018, Medicare will issue new cards to all Medicare recipients. The new cards will no longer use Social Security numbers. Instead, members will be identified by a unique, eleven-character ID composed of numbers and letters.

Tip 1: Medicare will never call, email or text you to ask for your personal information. This means that if you receive a communication asking for your information, it's a scam.

Tip 2: The new cards cost nothing. If you're asked to pay a fee to expedite or process shipment of your new card, it's a scam.

Tip 3: Medicare will also not contact you via phone, email, or text to discuss your "new benefits" or find out if you've received your new card. Medicare benefits are not changing just because new cards are being sent out.

Tip 4: If someone calls, emails, or texts you and claims your Medicare benefits are in danger of being cancelled unless you pay a fee or share your information, it's a scam.