

# Tidbits Around Here

GOLD COUNTRY HEALTH CENTER \* (530) 621-1100 EXT:4036 \* SKILLED NURSING ACTIVITIES



## **Birthday Party** **April 23rd at 3:15 PM**

### **Happy Birthday to:**

Jeanne L. 4-11  
Harold K. 4-30

### **Scheduled Outings**

April 13th @ 1:30PM

### **Resident Council**

April 17th @ 11:00AM

### **Fellowship Hour:**

**2:30 PM** 1<sup>st</sup> & 3<sup>rd</sup> Sunday  
Baptist Church

**10:30 AM** Bible Study on  
2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> Tuesday

**10:30 AM** Catholic Service  
Every Wednesday

## **Frogs of the Amazon**

Most people know that the Amazon is the world's largest rain forest. It covers 2.72 million square miles—almost the size of the 48 contiguous United States—and touches the countries of Brazil, Peru, Colombia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana. The Amazon represents more than half of the world's remaining rain forest, home to an estimated 390 billion individual trees. It is within this magnificent forest that we find another of nature's marvelous animals: the frog. Scientists are not sure how many frog species inhabit the Amazon, but every year they are finding more. The latest estimate stands at 1,000 different frogs, toads, and tree frogs, which give us 1,000 reasons to celebrate April as Frog Month.

Perhaps the best recognized frog of the Amazon is the poison dart frog, the brilliant celebrity of the rain forest. These amphibians get their name from the indigenous tribes of the Amazon who dip their darts in the frog's poison to kill their prey. Another poisonous frog from the Peruvian Amazon is making headlines for its healing properties. Local tribespeople burn a small part of their skin and apply the toxin so that it is quickly absorbed into the bloodstream. After a few moments of serenity, the poison causes sensations of suffering, which leads to vomiting. Practitioners claim that the experience cures everything from depression to drug addiction and high blood pressure.

Researchers continue to add more frogs to this list of amazing creatures. Nearly one year ago, scientists discovered two new clown frog species, quite a surprise considering that only two species were known to exist. Researchers also found a new transparent *yaku* frog in Ecuador, named for its transparent abdominal skin, which reveals its heart. As recently as last November, researchers came upon the jaguar-snouted tree frog in the middle of an abandoned road, a new species that may already be endangered. This is some food for thought on April 28, Save the Frogs Day.

**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!

**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*

- |                |                  |                 |
|----------------|------------------|-----------------|
| 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. We take as much or as little time that you can give..... Please encourage someone you know to see us about volunteer activities. We can never have too many volunteers. 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. Can you teach us FaceBook? Email? WiFi? Are you able to help seniors access these 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!

PLEASE DO NOT BRING IN EXTENSION CORDS OR PLUG MULTIPLIERS. WE CANNOT USE THEM IN OUR SETTING. NEED ASSISTANCE PLEASE SEE VICKY IN SOCIAL SERVICES.

**SKILLED NURING SPRING DECLUTTER** - Our new flooring project is push back a couple weeks, to maybe end of May 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.

**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)**

**WE WILL BE TURNING OUR SKILLED NURSING COURTYARD INTO;  
CAFÉ DE COURTYARD FOR OUR VOLUNTEER APPRECIATION CELEBRATION!**



**THANK YOU VOLUNTEERS!  
WEDNESDAY, APRIL 18<sup>TH</sup>  
1:00PM TO 2:00PM**



## The Son of Music



Mariachi music is an enduring musical tradition in Mexico, played wherever celebrations take place. There will certainly be plenty of mariachi music to enjoy at the Tuscon Mariachi

Conference from April 25 to 28. Mariachi's roots go back hundreds of years, to the arrival of Spanish Conquistador Hernán Cortés in Mexico in 1519. Indigenous music, played as part of a religious ceremony, was played with rattles, drums, flutes, and conch shells. The Spanish brought with them harps, guitars, violins, and brass horns, instruments that were played during Catholic mass but quickly became popular outside of church services. Natives created a new type of music, incorporating the new instruments with local musical styles and African musical influences that arrived via the slave trade. Many identify the west Mexican state of Jalisco as the center of this new folk music style known simply as *son*, or *sound*. It was from the *son* of Jalisco that modern mariachi developed.

In the late 1800s and 1900s, the biggest form of entertainment was listening to radio and records. This is when the first modern mariachi bands formed. Violins and trumpets were added to musical orchestras featuring harps, guitars, and woodwinds. These bands became popular, and the music made its way into the rural countrysides. Mariachi was played at parties, on holidays, and in church, and the sound accompanied dances as varied as foxtrots, waltzes, pasodobles, fandangos, pokes, and jarabes. During the Mexican Revolution, many Spanish haciendas had to let workers go, including mariachi musicians. These mariachis wandered and played everywhere they could, and the new Mexican government, eager to promote a unified Mexican identity separate from their Spanish colonizers, presented mariachi as the national music for their young country. While Jalisco may be the "birthplace of mariachi," the reach of this music is now global, with mariachi bands playing as far away as Sweden, Egypt, and Croatia.

## PB&J Day

Can you even imagine a world without peanut butter and jelly? April 2 is Peanut Butter and Jelly Day in honor of this ubiquitous sandwich staple. Before the average American finishes high school, they will have consumed 2,000 PB&Js. When did this sandwich achieve celebrity status? The first record of peanut butter and jelly on bread came in 1901, when Julia David Chandler mentioned the recipe in a book detailing the preparation of finger sandwiches for small parties. She wrote, "The combination is delicious, and, so far as I know, original." Then, in 1922, Joseph Rosefield transformed the peanut butter industry by devising a method to keep peanut butter from separating. He called his new peanut butter *Skippy*. At the same time, American manufacturing evolved to mass produce peanut butter and lower the cost, making it affordable to all. When sliced bread was invented in 1928, sandwiches became easier to make and, thanks to lobbying efforts by the peanut butter industry, the PB&J sandwich became standard fare in lunchboxes around the country. If peanut butter and jelly isn't your favorite sandwich, then just wait until April 12, Grilled Cheese Day.

## Time for a Change



Times Square is one of New York City's most famous landmarks, but many don't know where it got its name. Before it was Times Square, the intersection was known as Longacre Square, named after London's Long

Acre Square. Both places were hubs for horse carriages, brothels, and saloons. When Adolph Ochs acquired *The New York Times* newspaper in 1896, he sought a part of town far from City Hall and "Newspaper Row" for his growing news empire. He found his spot in Longacre Square, which the mayor renamed Times Square for the newspaper's offices on April 8, 1904.

