

Tidbits Around Here

Gold Country Health Center* Skilled Nursing Activity Department* (530) 621-1100 Ext: 4036



**Birthday Party with
“Last Two Standing”
February 15th @ 3:00PM!**

Happy Birthday to:

Phyllis C. 2-1
Freda S. 2-2
James R. 2-4
Margaret C. 2-23
Emma R. 2-23

Scheduled Outings

February 9th @ 1:30PM

Resident Council

February 20th @ 11:00AM

Fellowship Hour:

2:30 PM 1st & 3rd Sunday
Baptist Church

10:30 AM Bible Study on
2nd 3rd & 4th Tuesday

10:30 AM Catholic Service
Every Wednesday

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, a city in Gangwon Province, 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 – February is 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; whether it is grandkids, new spouses for us, our family members, or even very dear friends! 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 your room or apartment 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** – for 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.

Continued on page 3

Family Council:

What is Family Council? Family council provides a forum for family members and significant others to give and receive support and encouragement, to discuss concerns and complaints, to resolve these concerns and complaints, to communicate with staff and administration, and to provide assistance in understanding the needs of the residents.

Family Council must be held by a family member of a current resident. If no family member wants to host the meeting, family council will not occur. Currently, family council does not occur at Gold Country.

If you wish to start a family council meeting at Gold Country, just ask our Executive Director Sandy. A room will be provided and can occur monthly or at the discretion of the council.

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.

February's Feathered Friends



February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter

to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via birdcount.org. Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. The more people who participate, the more data is gathered, and the more accurate a picture of bird health. Citizen science birding projects are not limited to February. From November through April, birders can participate in Project FeederWatch. Every fall, people gather in the mountains and hills to count migrating hawks and raptors. Journey North is an annual count of migrating hummingbirds during the spring. So grab your binoculars and field guide and get counting!

FROM THE DESK OF SANDY CONTINUED..... CMS (Centers for Medicare and Medicaid) have imposed many new regulations on us in 2017, 2018, and again in 2019 – so this was a stressful time; wondering if we got the new regulations down. We did it appears and we are breathing a sigh of relief. We appreciate your kind words if you connected with one of these 5 evaluators!

MARK YOUR CALENDARS SKILLED NURSING FAMILY MEMBERS AND SUPPORTERS: At some point this spring we will be installing a new floor in all rooms and common areas in the Skilled Unit. This means we need your help **SPRING CLEANING** your resident's room starting now! This will be a huge project and we need family/supporters help! The less we have to move the easier the project. We will post big notices when we have an inkling of when this might happen; the soonest would be late March early April! It will be beautiful, but it will take lots of help and patience from our families, our residents, and our staff!!

Just a reminder that we have a Resident Council monthly in your unit; have a thought or idea- talk to an Activity staff member. If you are a health center family member and would like to suggest a periodic Family Council meeting - please email me at sandy.haskins@rhf.org. We will be happy to facilitate such a meeting, We are required by law to facilitate (offer) a Family Councils in both our ALU and SNF, 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.

February Quote

Love is an endless mystery, for it has nothing else to explain it.
~ Rabindranath Tagore



