

Management Team

Lupe Ramirez
Executive Director

Ligia Rodriguez
Director of Care

Tonya Hill, LVN
Wellness Director

Heather Murdock
Marketing Director

Bernadette Soliz
Culinary Director

Micheleann Fox
Reflections Director

Lorine Ricardos
Housekeeping Director

Jessica Rivera
Business Office Manager

Russell Thomas Cory Knapp
Maintenance Team
Transportation
Kelli Hendrickson
Receptionist
Kim Dickinson



September Horoscopes and Birthdays

In astrology, those born between September 1–22 are Virgo’s discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds. Libras are also masters of compromise and diplomacy, acting as wise and diligent mediators.

Regulation Reminder

A gentle reminder that Golden Pond is licensed by the Dept. of Social Services, so there are certain things we have to do:

- 1) Please use your locking cabinets to store any household cleaners, or caustic chemicals (yes, nail polish and remover) and;
- 2) Over-the-counter medications and vitamins.

Please remember to keep your valuables and cash locked, as well. That includes checks, credit cards, id’s and medical cards.

We know keeping these things stowed away can be inconvenient, but it will keep everyone and everything safe and accounted for in your home.

The Return of Sports

On August 23rd the Indy 500 took place with empty grandstands, but there were millions of on-lookers watching from their comfy couches, not from hot metal bleachers!

September 5th brings us “The Run for the Roses”. The Kentucky Derby will take place without all the pomp and circumstance, or \$1000 Mint Juleps. Churchill Downs will be oddly quiet until the trumpeter calls the horses to their gates and the thunder of hooves around the track. September 10th - FOOTBALL!!!!

As we continue to shelter in place to protect ourselves from the Covid-19 virus, it is important to remember to keep up with communication with our primary care physicians and specialists. Many of them are offering telehealth visits. This can be a simple phone call or a FaceTime call or a Zoom teleconference. The phone calls are simple if you are able to hear them. Skype or FaceTime calls or Google Duo calls require a particular application and a particular phone or



Golden Pond Senior Living 3415

The

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of



Celebrating September

Happy Cat Month

Healthy Aging Month

International Enthusiasm Week
September 1–7

Kentucky Derby
September 5

Labor Day: U.S.
September 7

Grandparents Day
September 13

International Country Music Day
September 17

Good Neighbor Day
September 28

Telehealth Visits

Leaf-Peepers Delight



The term “leaf-peeper” originated as “leaf-peeker” in Vermont around the year 1900.

By the last weekend of September, Fall Foliage Week, you have likely noticed that leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Chlorophyll is what gives leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. Brilliant red hues are the result of a pigment called *anthocyanin*. Cool nights

August ended with



Don't Wait – Vaccinate

Well Campers, Fall is upon us and with that comes the time to start thinking about getting vaccinated for the Flu, Pneumonia, Shingles, and any other ailments that your doctor has told you about. Golden Pond currently has a provider coming in for Flu shots the first week of October. They are able to bill insurance, including Kaiser. If you feel you need to have that taken care of earlier or by your

News from the Governor as reported by the CDC

Governor Newsom Announces New State Testing Partnership

On August 26th Governor Newsom announced a new partnership with testing company PerkinElmer. The contract requires testing turnaround times of 24-48 hours and will provide up to an additional 150,000 tests to be conducted per day. The volume of testing allows California's purchasing power to drive the cost of testing down from the current \$150-\$200 per test to \$30.78 per test when 150,000 tests are conducted. There have been supply chain issues and processing delays that have in some cases voided results because they weren't received within a timely period. Reliable, accessible, and affordable testing is important to make meaningful progress in contact tracing when there are positive cases, and it is especially important for congregate settings such as RCFEs to have that information for their residents and their employees. The state anticipates that this new partnership will "create additional testing capacity that will allow the state to increase testing in communities at high risk for contracting COVID-19, like essential workers, those in congregate settings and communities of color." The state must build the testing facility; it is anticipated that the lab will begin processing tests on November 1st and will be running at full capacity by March 2021. CALA is