



Birthdays

Burt Lancaster – November 2, 1913
Art Carney – November 4, 1918
Art Garfunkel – November 5, 1941
Alfre Woodard – November 8, 1952
Fuzzy Zoeller – November 11, 1951
Neil Young – November 12, 1945
Prince Charles – November 14, 1948
Danny DeVito – November 17, 1944
Calvin Klein – November 19, 1942
Ken Griffey Jr. – November 21, 1969
Boris Karloff – November 23, 1887
Tina Turner – November 26, 1939

Mark Twain – November 30, 1835

Residents

Rosetta Lipke – November 10
Lee Hinkle – November 11
Pat Johnson – November 15
Doris Wilder – November 22
Walter Wilson – November 29

Notable Quotable

“The thankful receiver bears a plentiful harvest.”
~ William Blake, poet



On the Thanksgiving Menu *continued from pg. 1*

herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into

sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, and lobster were stars of the first Thanksgiving.

Hi Everyone,

With all the tragic fires happening so close to us I thought this month would be a great time to address our Emergency Procedures.

If you hear the alarm, please stay in your room, unless you feel you are in imminent danger then move to a safe location. Your room is the safest place for you until the management staff determines the cause of the alarm. If you are in a common area please look for somewhere to sit down and please remain there until instructed to move. The management team will give you instructions. PLEASE DO NOT USE THE ELEVATORS. If the alarm is valid and emergency personnel need to be called, the Fire Department will direct all activity in conjunction with the emergency. The building is equipped with emergency sprinklers and fire doors.

River Commons

November 2017



River Commons Senior Living
301 Hartnell Ave
Redding CA 96002
530-221-2121

Celebrating November

Aviation History Month

Sherlock Holmes Weekend
November 3–5

Easy-Bake Oven Day
November 4

Veterans Day (U.S.)
November 11

Pickle Day
November 14

Homemade Bread Day
November 17

International Men’s Day
November 19

Thanksgiving Day (U.S.)
November 23

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving

menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony’s daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions,

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Juke History

The jukebox has been around throughout many musical eras: big band, jazz, country, blues, and rock and roll. November 22, Jukebox Day, commemorates the day the first jukebox was installed in the Palais Royale Saloon, in San Francisco, California, in 1889. The history of the jukebox begins with inventor Louis Glass, who began his career working the telegraph and telephone lines. In 1880, Glass switched

careers to the new technology of the phonograph and invented a machine that would play music from a wax cylinder at the drop of a nickel. When Glass boasted that his 15 machines had raked in over \$4,000 in six months, copycats hurried to replicate his music-playing machine. The word *juke* originated with the juke, or jook, joints of the early 1900s, where rural laborers could congregate to drink, dance, and gamble.

Seniors & Vision Loss
What YOU Should Know
By: DJ Wilson

What is ARDM?

Age-related macular degeneration, ARMD or macular degeneration, AMD, is a deterioration or breakdown of the eye's macula. The macula, located in the retina, is a small central area of the eye that controls visual activities.

Why YOU should care

Age-related macular degeneration is the leading cause of vision loss in people over age 65. The number of people diagnosed is expected to significantly rise as people are living longer. In a study funded by the U.S. Centers for Disease Control and Prevention, it has been estimated that close to 19 million people will have this age-related condition by 2050. AMD is a major public health problem that will likely affect you or someone you know.

Understanding AMD

There are two forms of macular degeneration, dry and wet. The dry form is predominant and may occur with aging and the thinning out of macular tissue, and the depositing of pigment in the macula. The macula is the part of the retina responsible for clear vision in one's direct line of sight. With dry AMD, gradual vision loss may occur, and, in some cases, the degradation of retinal cells may result in severe vision loss or near blindness. It is estimated that somewhere between 10 and 20% of individuals start as dry and progress to wet.

Does AMD occur in one or both eyes?

Age-related macular degeneration is bilateral, meaning that it occurs in both eyes, though the progression in each eye may vary.

What are the causes?

The causes of AMD are not clearly understood, though genetics and aging are factors. In the dry form, small yellow-white round spots called drusen accumulate under the macula. As the macular tissue gradually thins, vision loss occurs. In the wet form, abnormal blood vessels grow under the macula that leak fluid or blood. Vision loss may be rapid. Environment and lifestyle may play roles in increased risk.

What are the symptoms?

Early on, there are often no symptoms. Gradual worsening of vision in one or both eyes generally occurs. While AMD does not usually result in complete blindness, the loss of central vision makes it difficult to see and recognize faces, drive, read, and perform daily activities. Diagnosis is made via a complete eye examination.

Is there Prevention?

Cardiovascular disease, big cholesterol, hypertension, and metabolic syndrome are associated with AMD, thus living a healthy lifestyle is helpful. In addition, studies show that smokers with AMD suffer more vision loss than nonsmokers with the disorder. Antioxidants and vitamins appear helpful in the slowing of symptoms, but are not enough to prevent AMD



Thousands of letters to Santa can be found in the Santa Claus Museum in Santa Claus, Indiana.

Dear Santa

With seven weeks to go before Christmas, November 7–13 is Dear Santa Letter Week, a week when kids all over the world send letters to the North Pole. Kids have been sending Santa letters since the 18th century, but how does the post office handle the seasonal onslaught of mail? The U.S. Post Office has a solution. Send the letters (including a parent-written response from Santa) to Alaska,

where Santa's Helpers send back that prewritten reply with an authentic North Pole postmark. Likewise, England's Royal Mail ensures a response from Father Christmas. The Canada Post has given St. Nick his own postal code: H0H 0H0. In France, any child who writes to *Le Père Noël* is guaranteed a response by law. Just be sure to all letters are postmarked by December 15!

New Resident
Bettye Cook



New Resident
Phyllis Voellinger



New Resident
Loretta Jones

