

ANTIFREEZE
STORM
SCARF
ICICLES
TOBOGGAN
SKATES
SLEET
WINTER SOCK
COLD
SNOWMAN
SNOW PLOW
SOUP
MITTENS
BLACK ICE
FIREPLACE
HIBERNATION
HOLIDAYS
ICE SCRAPER
SKI PANT
SNOWBALL
FOG
FROST

Resident Birthday's	Jan Roggentine – Jan 21
Norma Reynolds – Jan 3	Sue Levier – Jan 30
Muriel Kayser – Jan 5	Betty Siler – Jan 30
Betty Twitchell – Jan 5	
Alpha Tolbert – Jan 8	Employee Birthdays
Jean Richardson – Jan 11	Monte – Jan 8
Linda Darker – Jan 12	Lulu – Jan 28
Nita Thompson – Jan 15	
Anne Nichol – Jan 18	

H N E S O W D H O L I D A Y S G F
S Q A M N L O S E L C I C I O N N
O E I G O O S L L S B V J H U W F
D C T C G F W L P W L E G I P O B
B A Z A E O X M E W Z V K B G Z W
L L A C K S B U A E O P G E K D J
A P T H U S C O E N T N V R L S O
C E W I N T E R T I R E S N O T L
K R W W F P F M A D O C I A T N L
I I G H X I S R M P A C N T S A R
C F M I T T E N S R E J A I O P U
E X H N O L I G F E G R P O R I H
R F A R S K C O S L O O W N F K O
H B M M C F M W L L A B W O N S J

January 2018

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

Big Wig Day
January 26

Merry Christmas
thanks for everything
and still keeping this
community as family!
John

Thank you for everything
I love all of
you!! Jennifer

Thank you
for all of your
kindness &
love
Love Annie

I love all of
you so much!
Thank you &
Merry Christmas
~Andi

To All the Residents,
Thank you, Roz

We are all of us so
thankful for your
generosity & caring
Merry Christmas
Beena

Thank you!!
Kathleen

Thank you!
Ponia

Thank you!
S. Mear

Thank you
Lamy C

Wishing you the
blessings of
Peace, Love and Joy
this Christmas and always.

Thank you for all
you have done this
year for all of us!
Shelisa Melrod

Thank you for
Everything.
Merry Christmas.
-Corina Sargent.

Thanks so much
for the Xmas bonus
Deena Chism

Thank you
so much!
Love
Diane

Thank you!
Happy Holidays
Pam

Thank you for your generosity-
we appreciate each one of you.

Thank you everyone for such
a great year. I'm looking
forward to all the things we
are going to do in 2018
from my family
merry Christmas
& Happy 2018
Sylvie

She will bear a son and you are
to name Him Jesus because He
will save His people from
their sins. - Matthew 1:21

Cold Weather Safety for Older Adults



If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast-faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what’s happening. Doctors call this serious problem hypothermia.

What is hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature colder than 95 degrees F can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stayaway from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

People who are sick may have a special problem keeping warm. Do not let it get too cold inside and dress warmly. Keep your apartment warm.

Tips for keeping warm while you’re inside:

- Set your heat at 68 degrees or higher.
- Keep you blinds and curtains closed.
- Dress warmly on cold days even when staying inside, throw a blanket over your legs, wear socks and slippers.
- Make sure you eat enough food to keep up your weight. Body fat helps you stay warm.
- Drink alcohol moderately, if at all.

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don’t stay out in the cold and wind for a long time.

More tips to stay warm:

- Dress for the weather if you have to go out.
- Wear loose layers of clothing. The air between the layers helps keep you warm.
- Put on a hat and scarf.

Some illnesses may make it harder for your body to stay warm. Parkinson’s disease, memory loss, and arthritis are problems that can make it harder for older adults to stay warm. Taking medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over the counter.

Warning Signs of Hypothermia

Early signs

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering
- Slower than normal speech or slurring words.
- Acting sleepy
- Being angry or confused

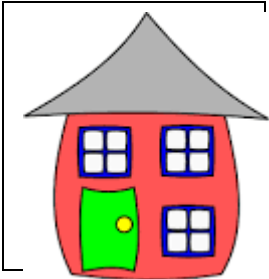
Later signs

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

The only way to tell for sur that someone has hypothermia is to use a special thermometer that can read very low body temperatures. Most hospitals have *these thermometers*.

Prevention is the best Protection

New Residents



Louise Sherrod



Carl Hanson



A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."