



Resident	Birthday	Employee	Birthday
Omelia Burke	May 4 <sup>th</sup>	Shelisa	May 7 <sup>th</sup>
Berta Tharp	May 16 <sup>th</sup>	Jeannie	May 25 <sup>th</sup>
Henry Teran	May 22 <sup>nd</sup>		
Mary Ann Getzinger	May 25 <sup>th</sup>		
Rosalie Ruiz	May 26 <sup>th</sup>		
Kaarina Burkhart	May 27 <sup>th</sup>		
Bea Gentry	May 30 <sup>th</sup>		

# MAD LIBS

## TALK LIKE A PIRATE

Ye can always pretend to be a bloodthirsty \_\_\_\_\_, threatening everyone by waving yer \_\_\_\_\_ sword in the air, but until ye learn to \_\_\_\_\_ like a pirate, ye'll never be \_\_\_\_\_ accepted as an authentic \_\_\_\_\_.

So here's what ye do: Cleverly work into yer daily conversations \_\_\_\_\_ pirate phrases such as "Ahoy there, \_\_\_\_\_," "Avast, ye \_\_\_\_\_," and "Shiver me \_\_\_\_\_." Remember to drop all yer gs when ye say such words as *sailin'*, *spittin'*, and *fightin'*. This will give ye a/an \_\_\_\_\_ start to being recognized as a swashbucklin' \_\_\_\_\_.

Once ye have the lingo down pat, it helps to wear a three-cornered \_\_\_\_\_ on yer head, stash a/an \_\_\_\_\_ in yer pants, and keep a/an \_\_\_\_\_ perched atop yer \_\_\_\_\_. Aye, now ye be a real pirate!

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# River Commons

May 2020



River Commons  
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Celebrating  
June

Foster a Pet  
Month

Great Outdoors  
Month

Soul Food Month

Yo-Yo Day  
June 6

Flag Day: U.S.  
June 14

Juneteenth: U.S.  
June 19

International  
Surfing Day  
June 20

Play Catch Week  
June 21–27

Father's Day  
June 21

Sunglasses Day  
June 27



*Mother's  
Day Fashion  
Show,  
2018*



Why Is Gardening So Good for Our Mental Health?

1. Looking after plants gives us a sense of responsibility, having to care for plants is a good way to remember to look after and respect other living things and helps us have an appreciation of the magic of nature.
2. Gardening allows us all to be nurturers. It doesn't matter if we are seven or seventy, male or female, gardening underlines that we are all nurturers.
3. Gardening keeps us connected to other living things. Gardening can act as a gentle reminder to us that we are not the center of the universe. Self-absorption can contribute to depression, and focusing on the great outdoors can encourage us to be less insular.
4. Gardening helps us relax and let go. For many, the peacefulness associated with gardening comes not from its social aspect, but the opposite. It enables us to escape from other people. Flowers are restful to look at. They have no emotions or conflict. Tending to plants allows us to tap into the carefree part of ourselves with no worries. Moreover, the rhythmic nature of many tasks associated with horticulture – weeding, trimming, sowing, sweeping – allows thoughts to ebb and flow along with our movements.
5. Working in nature releases happy hormones. To say that gardening encourages us to exercise and spend time outdoors might seem a statement of the obvious, but it's worth reminding ourselves that what's good for the body is also good for the mind. It can also get rid of excess energy so you sleep better and ultimately feel renewed inside.
6. Being amongst plants and flowers reminds us to live in the present moment. when we let go of ruminating on the past or worrying about the future and instead focus on the here and now, anxiety lessens'. One of the best ways to calm the anxious mind and lift mood is to become more 'present'. Next time you're in a garden, pause for a few moments and allow yourself to be aware of your senses Listen. Touch. Smell. See. Just a short time experiencing the fullness of nature like this can be very restorative.
7. Gardening reminds us of the cycle of life, and thus come to terms with that most universal of anxieties: death. Rituals can help us work through difficult emotions, including grief, and gardening is a form of ritual involving both the giving of life and acknowledgment of its end; it's symbolic of regeneration. It's no coincidence we create gardens of remembrance and mark the scattered ashes and graves of our loved ones with roses, shrubs, and trees; by doing so we're acknowledging that from dust we all come and to dust we return.
8. Some aspects of gardening allow us to vent anger and aggression. Clearly then, horticulture is not all sweetness and light: nature has its dark side too. In a similar vein, some of the therapeutic power of gardening is that it allows us to unleash our anger and aggression as well as providing an opportunity to nurture. Why beat pillows with a baseball bat or yell at the cat when you have a hedge to hack? The great thing about destructiveness in the garden is that it's also connected to renewal and growth – if you don't cut back the plants, your space will be swamped by them.
9. In a similar vein, anxious people often feel overwhelmed, and gardening can be a good way of gaining a sense of control. Trying to control other people is invariably a fruitless exercise, you're more likely to succeed in controlling your beds and borders, which can make gardening a particularly satisfying experience.
10. Last but not least, gardening is easy. When it comes to growing things, for all its power of healing, the world of plants can feel intimidating to an outsider. If you're new to gardening you may well be anxious you won't have 'green fingers' and here, as with all new ventures: starting small is key.

Q: April showers bring May Flowers, but what do May Flowers bring?

A: Pilgrims!

Interesting Fact

The current Mayor of Omena, Michigan Is a cat named Sweet Tart, who was elected in 2018.



Sweet Tart McKee

Easy

Difficult

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		9			5		
5		2	3		1		
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3					5	4		1
		1			3	9	8	
							9	
			5	3	8			
	3							
	2	6	3			5		
5		3	7					8
4	7				1			

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"I do not suffer from insanity, I enjoy every minute of it!"