

Residents	Birthdate	Employees	Birthdate
Carl Larson	March 6	Jill	March 18
Sally LaPuma	March 7		
Saunie MacGregor	March 12		
Will Dickerson	March 25		

March joke: How many seconds are there in one year?
12 of them: January 2nd, February 2nd, March 2nd, April 2nd, May 2nd, June 2nd, July 2nd, August 2nd, September 2nd, October 2nd, November 2nd, December 2nd.

ST. PATRICK'S DAY CROSSWORD PUZZLE

Across

4. capital of Ireland

5. a type of Irish dance

7. if you do not wear green on March 17 this will happen

9. the day St. Patrick's Day falls on

11. the national emblem of Ireland

12. yellow and blue make _____

13. from Ireland

Down

1. the 3rd month of the year

2. good fortune

3. nonsense or misleading talk

6. called the Emerald Isle

7. a starchy vegetable

8. a sprite

10. 4 leaf _____

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RIVER COMMONS

March 2022

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

Celebrating March

Irish American Heritage Month

Craft Month

Women's History Month

Mardi Gras March 1

International Women's Day March 8

St. Patrick's Day March 17

Worldwide Quilting Day March 19

World Poetry Day March 21

Shakespeare Week March 21-27

Mothering Sunday (UK) March 27





Jan
Roggentine

By Alpha Tolbert



Jan was born in Tonawanda, New York. She had two sisters. Her father was born in Canada. He was a foreman at a chain factory. Her mother was a homemaker. Jan went through school in Tonawanda. She remembers the bicycle rides with friends to the state park.

At sixteen, Jan started working at Murphy's, a five and ten cent store. She was put in charge of making change and approving returns. When she was a senior in high school she worked at a loan company where she interviewed people wanting a loan.

Jan went to McConnell Airline School. They had to learn everything about airplanes. She was a stewardess for Capital Airlines. They had the first jet.

Jan met her husband, Tom, on a blind date. Five months later they were married. She wore her sister's gown and had a church wedding. Jan's husband had two children from a previous marriage. They were only one and two years old. Jan and Tom had two more girls.

Every time the school needed cookies Jan volunteered. Jan's family loved to go camping at Eagle Lake. Jan would get up at 5 am to go fishing with her husband, but she would never put the worm on the hook!

In the evening all the neighbors would play baseball. All four of Jan's girls worked for Lucky stores. Her girls all live out of state. Jan and Tom traveled with the Snowbirds. Each year the snowbirds met somewhere.

Jan and Tom moved to Redding, CA in 1988. After he passed away she lived alone for thirty years. Her children helped her move to River Commons. She really likes it here because the staff really cares about the residents.

Thanks for sharing your story, Jan!

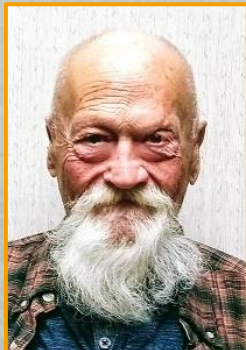
GOOD FRIENDS MAKE THE BEST NEIGHBORS!

Share your happiness with a friend!

As a resident, refer a friend and receive a \$1000 resident referral fee

referral fee paid 60 days after move-in

NEW RESIDENTS!!



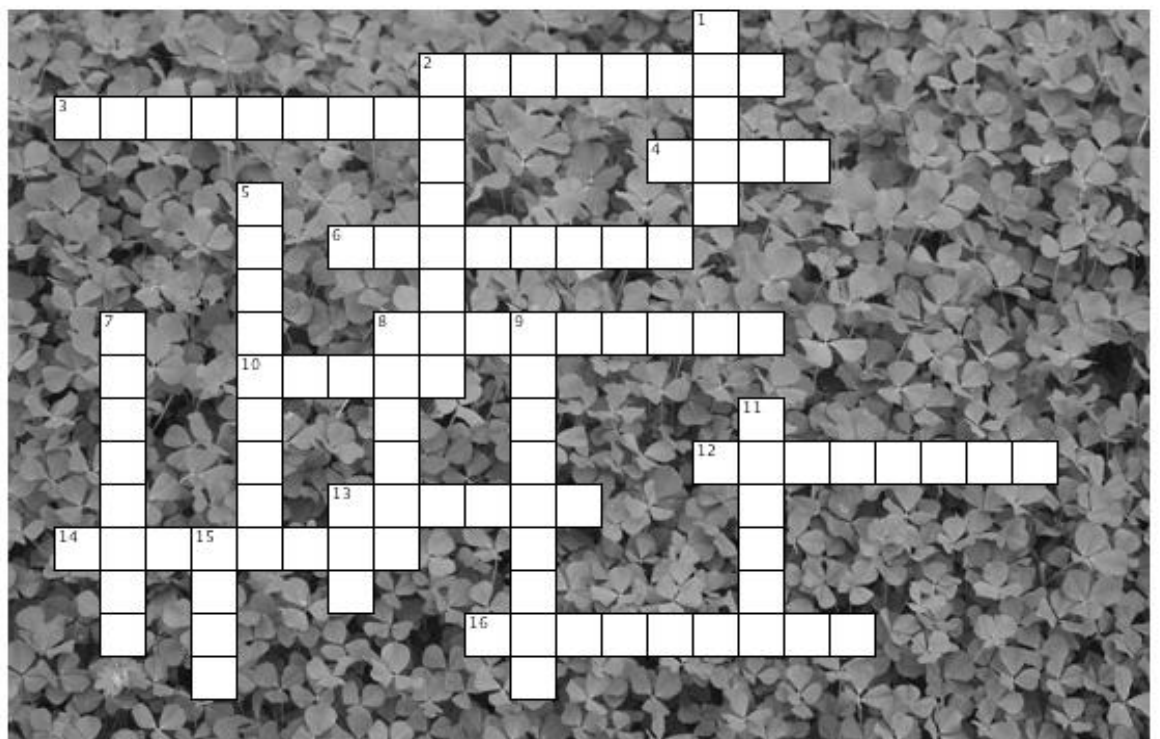
Bill Gardner



Bob Eckelbarger



Mary Lou Webb



Across

- 2. Everything Club is advised by _____ DiBenedetto.
- 3. Robens Garcia is a _____ on the boys varsity basketball team.
- 4. _____ has been found in Malden's water.
- 6. White Ribbon Day was held in order to bring awareness to gender-based _____.
- 8. Trump's wall will actually be funded by _____.
- 10. "A Man Called Ove" will be shown at MHS on 27, 2017.
- 12. In 2013, Malden High School had a join baseball team with Malden _____ High School.
- 13. Kimberly _____ is creating a new youth field hockey for Malden.
- 14. Ferri Floramo ran the Boston _____ to raise money for ALS research.
- 16. The new Students of the Fells club allows kids to explore the _____ Fells Reservation and learn about nature.

Down

- 1. On snow days, it is a good time to catch up on some much needed _____.
- 2. Senior Felicia Lombardi and junior Pete Jinapin were able to beat _____ records at States.
- 5. Women's Day was created by the _____ Party of America.
- 7. A Day Without Immigrants was held on _____ 16, 2017.
- 8. The Mock Trial team is advised by Richard _____.
- 9. The first boys lacrosse coaches were John _____ and David PePlacido.
- 11. The Class of 2019 voted in Matt _____ as their president.
- 13. Alexander _____ is trying to get a new baseball park built in Malden.
- 15. "_____ We Go: The Road to JV's" was this year's JV's hosted by the Class of 2018.

Four Health Benefits of Breathing Exercises for Seniors

Breathe in, breathe out. Breathe in, breathe out. Ahhhh! Breathing is so natural that we seldomly stop and appreciate how important it is just to be able to inhale and exhale! An interesting thing happens when seniors commit to practicing daily breathing exercises... their health improves, and not just in one area, but multiple. Below are some details on four important health benefits derived from daily breathing exercises.

Improved Focus and Attention

Noradrenaline is a natural chemical in the brain released during moments when the body needs to spring into action. This is normally a good thing, however, when we are stressed the brain releases too much noradrenaline, ultimately causing us to feel unfocused and discombobulated. Diaphragmatic breathing, often called deep belly breathing, helps us slow our heart rate and decrease noradrenaline; subsequently improving focus and attention.

Pain Reduction

For many seniors, the source of their chronic pain is derived from a condition called ischemia, where blood flow is restricted or reduced in parts of the body. Healthy blood flow and circulation cannot be understated, as blood carries oxygen from one part of the body to another. Seniors who practiced breathing for at least three months showed an increase in heart rate, which increased oxygen flow to vital organs.

Increased Relaxation and Reduced Anxiety

The parasympathetic and sympathetic nervous system work together in the human body. The parasympathetic nervous system is the division of the nervous system responsible for activities that occur when the body is in a general state of rest. On the other hand, the sympathetic nervous system is responsible for our fight or flight mode. It works by boosting heart rate and sending extra blood to muscles. Both parts of the nervous system are critical for balanced health. When they get out of harmony it can result in serious health implications such as high blood pressure, anxiety, depression, and heart disease. By making a conscious effort to practice daily breathing exercises, even if only for a handful of minutes, you can activate your parasympathetic nervous system, making you feel more relaxed and calmer.

Improved Sleep

Sleep is vital to good health. And not just getting enough sleep, but the quality of sleep matters too. Sleep is critical for cellular restoration, muscle repair, cell reorganization, brain function, and maintaining a strong immune system. Numerous studies have pointed to a correlation between regular breathing exercises throughout the day and improved sleep at night. For seniors suffering from insomnia and other sleeping complications, practicing daily breathing exercises will most likely lead to a better quality and quantity of sleep.

SEASONAL WINTER PRODUCE

Many think of spring and summer as the time of year for the best produce—the grocery store shelves are stocked full of berries, peaches, melons, juicy heirloom tomatoes, and more. But winter brings its own set of hearty fruits and vegetables to keep us nourished all year long. Here are some nutrition fun facts on winter's seasonal super stars. Enjoy!

Fun Nutrition Facts

Citrus (Clementines, Grapefruit, Mandarins, Tangerines):

- ♦ Great source of vitamin C to support the immune system during these cold winter months

Cruciferous Vegetables (Broccoli, Brussels Sprouts, Cauliflower, Kale):

- ♦ These veggies are high in fiber, vitamins C, E and K, and minerals. They also contain compounds that are studied for their cancer prevention benefits.

Root Vegetables (Beets, Parsnips, Rutabagas):







- ♦ High in complex carbohydrates, they can help promote balanced blood sugar and healthy digestion. These are particularly delish roasted.

Winter Squash (Acorn, Butternut, Hubbard, Kabocha):

- ♦ Great source of beta-carotene which is beneficial for healthy eye sight.

Contributor: Emily Haymond, RDN – Sodexo



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Exercise 1 10:00 Yahtzee 2:00 Bingo <small>Mardi Gras</small>	9:30 Exercise 2 10:00 WII Bowling 2:00 Walker Clinic 2:30 Happy Hour <small>Ash Wednesday</small>	9:30 Exercise 3 10:00 Card Sharks 2:00 Bingo	9:30 Exercise 4 10:00 Bible Study 2:00 Rummikub	9:30 Exercise 5
6 Carl Larson	9:30 Exercise 7 10:00 Coffee Hour 2:00 Pinch Party Crafting 5:00 Happy Hour with Pat Karch Sally LaPuma	9:30 Exercise 8 10:00 Yahtzee 2:00 Bingo	9:30 Exercise 9 10:00 WII Bowling 2:00 Walking W/Earnie 3:00 Vision Clinic	9:30 Exercise 10 10:00 Card Sharks 2:00 Bingo	9:30 Exercise 11 10:00 Bible Study 2:00 Rummikub	9:30 Exercise 12 Saunie MacGregor
13  <small>Daylight Saving Time Begins</small>	9:30 Exercise 14 10:00 Coffee Hour 2:00 Mexican Train 5:30 Happy Hour With Evening Bingo	9:30 Exercise 10:00 Yahtzee 2:00 Bingo	9:30 Exercise 16 10:00 WII Bowling 2:00 Video & Treat <small>Purim Begins</small>	9:30 Exercise 17 10:00 Card Sharks 2:00 Bingo  Happy St Patrick's Day <small>St. Patrick's Day</small>	9:30 Exercise 18 10:00 Bible Study 2:00 Rummikub	9:30 Exercise 19 
20 <small>Spring Begins</small>	9:30 Exercise 21 10:00 Coffee Hour 1:30 Crafting 3:00 CA Phones for Vision/Hearing 5:30 Happy Hour With Goody Goody	9:30 Exercise 22 10:00 Yahtzee 2:00 Bingo	9:30 Exercise 23 10:00 WII Bowling 2:00 Fun With Food	9:30 Exercise 24 10:00 Card Sharks 2:00 Bingo	9:30 Exercise 25 10:00 Bible Study 2:00 Rummikub Will Dickerson	9:30 Exercise 26 
27 	9:30 Exercise 28 10:00 Coffee Hour 2:00 Mexican Train 6:00 Happy Hour W/ Cover Girls	9:30 Exercise 29 10:00 Yahtzee 2:00 Bingo	9:30 Exercise 30 10:00 WII Bowling 2:30 Mexican Train	9:30 Exercise 31 10:00 Card Sharks 2:00 Bingo	