



February Birthdays & Anniversaries

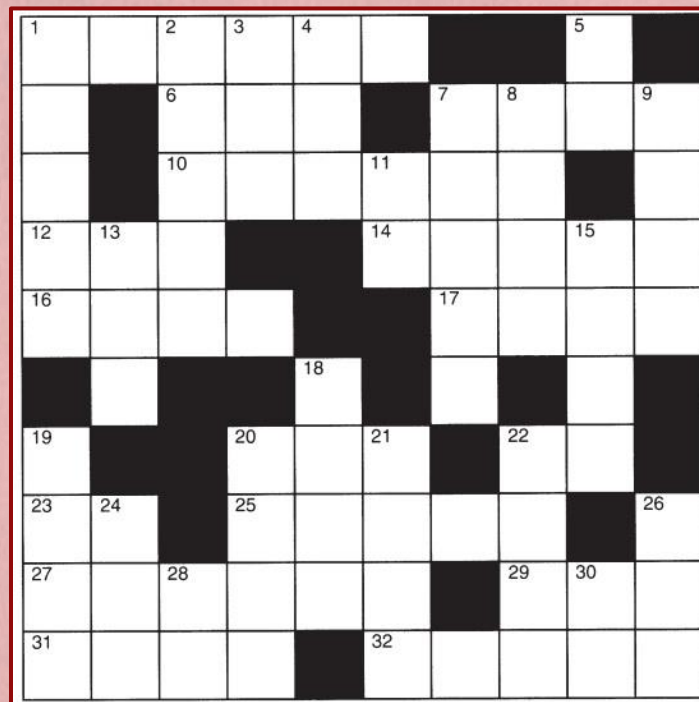
Residents	Birthdate	Employees	Birthdate
Martin Horn	February 2	Deena	February 1
Gilda Geer	February 20	Kevin	February 9
Dottie Alapai	February 23	Jennifer	February 27
Bob Dicker	February 28		

Resident Anniversaries

Orbie & Unni Robertson - Feb 4

COLLOCATIONS

A collocation is two or more words that often go together.



Across

1. Bread and ____
6. ____ and hers
7. Hat and ____
10. Comeback
12. Cease to live
14. Shoes and ____
16. Always; at any time
17. Past tense of *go*
20. Past tense of *sit*
22. Exist
23. Preposition
25. Test
27. Macaroni and ____
29. Country in North America
31. A group that works or plays together
32. Short and ____

Down

1. ____ and groom
2. Number
3. Shirt and ____
4. Superlative ending
5. Ma and ____
7. A large group of people
8. One time
9. Examination
11. You and me
13. I have
15. Part of the leg
18. Automobiles
19. ____ and fiction
20. Part of a plant that comes up from the roots and supports the flowers and leaves
21. Fastens with a rope, cord, etc.
22. Color
24. Article
26. Chew and swallow
28. Each (abbr.)
30. Southeast (abbr.)

RIVER COMMONS

February 2022

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

Celebrating February

Worldwide Renaissance of the Heart Month

Black History Month

Chinese New Year: Year of the Tiger
February 1

Groundhog Day
February 2

Winter Olympics Begin
February 4

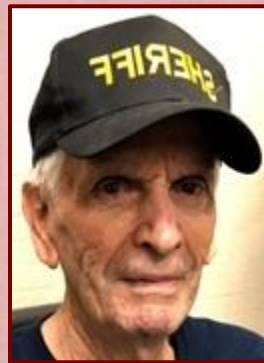
Read in the Bathtub Day
February 9

Valentine's Day
February 14

Presidents' Day (U.S.)
February 21

Tooth Fairy Day
February 28





Bill Harris

By Alpha Tolbert



Bill was part of a family of 10. His dad was married and had two children, and then his mother died in 1918 in the flu epidemic. His dad married the lady who was Bill's mother, a housewife, and they had 10 children. Bill was the third from last, and was born in Binger, Oklahoma. Jo, a sister, was in the middle. Their mother died at the age of 39, and five years later their dad died. Their father had been a farmer. All the children went to different siblings to live, and Bill went through high school in Glendale, Arizona. In their teens Bill and another brother and Jo went to Ventura, CA, to live with an aunt.

Bill finished school at Ventura, and then joined the Air Force when he was 18 and left for England. When he returned to Ventura after three years, Jo was married by then and he lived with them for a while until he joined the police force. He advanced fast as he was interested in becoming a detective. When Jo moved to Arkansas he went with them for a while. He had married in Santa Barbara and had a son. He met his wife through a secretary where he worked. They divorced. He married a woman in Arkansas with two children. They raised the boys and then divorced.

He went back to Santa Barbara and worked as a sheriff. He liked being a sheriff because that kept him very busy. He did not like arresting people. He was also a guard in control of money at a casino in Santa Ynez, nearby. He had a good life and enjoyed family and friends. Jo misses talking to him. They all did well in life and all of them became very close in their adult lives. Bill has one brother and Jo, his sister, still living. They lost a sister with covid in 2021. He likes to read and play cards. He also likes to read police stories. His son brought him to Redding and to River Commons. He likes the people here - everyone is nice.

Thanks, Bill, for sharing with us.

Resident Reminders:

A daily sign out sheet is located at the front desk. Please sign in and out whenever you leave the building. It is important for staff to know who is in the building in case of an emergency. Also, if a family member calls looking for you, we are able to look at the sign out sheet to see if you have left the building. Also, remember to **test your Medical Alert buttons every month.**

1. Push your pendant, and a red light should come on for a few seconds.

2. **ANSWER YOUR PHONE!!!** Calls will come from CST, 248-773-0265.

If you do not answer your phone, 911 will be dispatched!

3. Tell CST you are doing your monthly test.

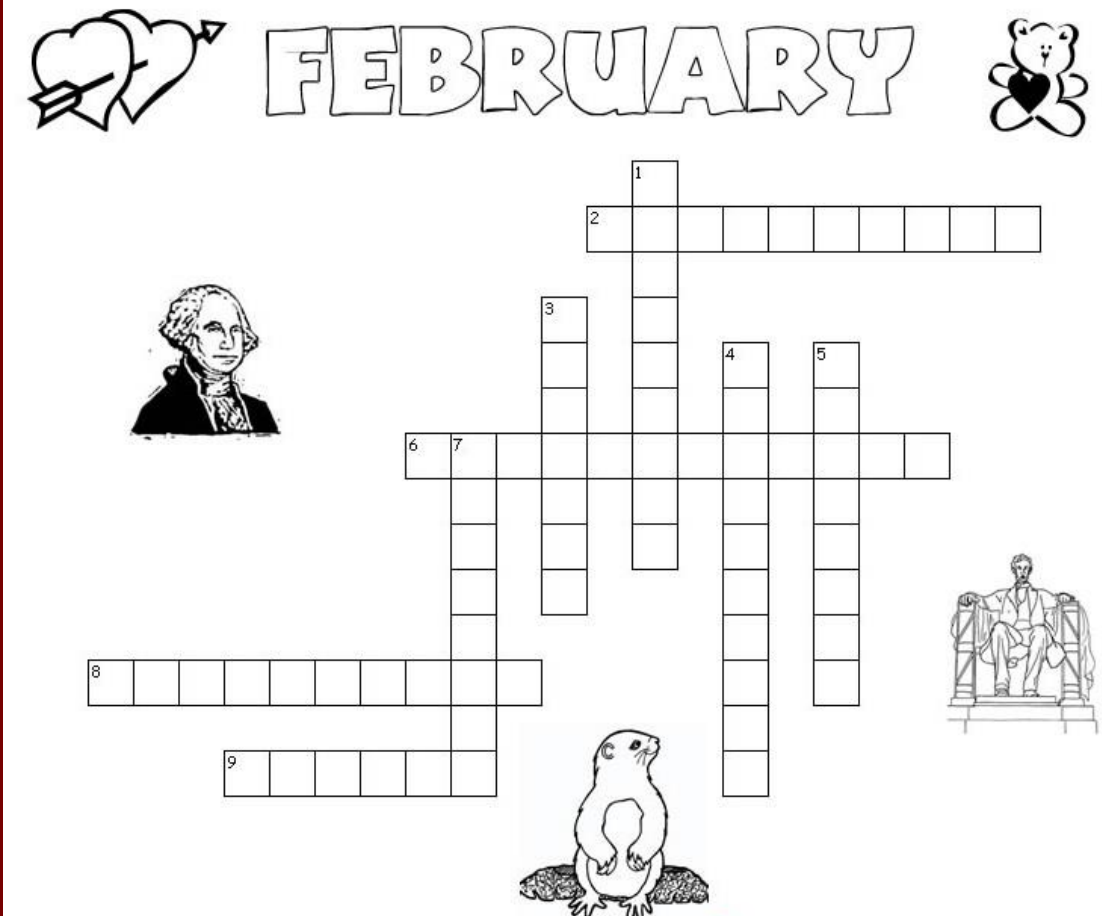
Welcome to the Neighborhood!



Jeanne & Duane Lindner

Susan Schliesser

Jim Anderson



Across

2. _____ Day - A Holiday Celebrating Our Leaders

6. February is _____ Month (2 words)

8. The Sweetest Day

9. February's Season

Down

1. February 2 is _____ Day

3. President Abraham _____

4. Our first President (last name)

5. February is the _____ month

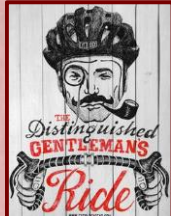
7. Happens every 4 years (2 words)

(Continued from the bottom of page 3)

Economic Benefit Older adults who are regularly physical activity has been shown to have lower medical costs compared to sedentary adults.

What is moderate intensity physical activity?

A moderate level of physical activity—which is also what we define as exercise—is walking 100 steps in a minute. Other examples are listed below.

- Gardening
 - Wheeling yourself in a wheelchair
 - Walking briskly
 - Bicycling
 - Dancing fast
 - Pushing a stroller
- 
- Raking leaves
 - Water aerobics
 - Swimming laps
 - Wheelchair basketball
 - Shoveling snow
 - Stair-walking



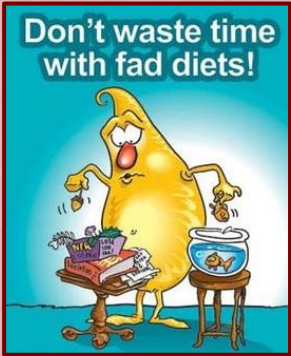
To avoid soreness and injury, you should start out slowly, stretch before using muscles for the first time in a long time, and gradually build up to the desired amount of exercise to give your body time to adjust. Don't get discouraged—reaching your target level of physical activity can take months.

FAD DIETS

As we kick off the new year, many of us turn to resolutions to help us lose the few pounds that crept on over the holiday season. However, not all diets out there are healthful and some may even be harmful. Here are few signs to help you identify a fad diet and some recommendations to try instead.

Tips to identify a fad diet:

1. The diet is popular for a time, but may go in and out of style
2. It generally promises rapid weight loss or other health advantages
3. Promises a “quick fix”
4. Celebrity endorsements are common, but not required
5. Tries to sell you products
6. Generally restrictive, sometimes even eliminating a whole food group



What to do instead:

1. Use MyPlate to follow a healthy eating pattern which includes lots of fruits, vegetables and whole grains
2. Contact a registered dietitian to help with your individual needs
3. Clean out the kitchen and create an environment that supports healthy choices
4. Increase your physical activity in whatever way feels safe and comfortable for you

Emily Haymond, RDN – Sodexo Seniors

BASIC FACTS OF PHYSICAL ACTIVITY

No matter what your age or abilities, it's never too late to start being physically active—or to get back into being active. Being active is one of the best things you can do to maintain or improve your health. Activity helps you to feel better mentally and physically, stay strong physically, prevent falls, and maintain your independence for as long as possible. Moderate amounts of aerobic physical activity (the kind that makes you breathe faster) can reduce your risk of functional decline by as much as 30%, allowing you to continue taking care of yourself.

What's the difference between physical activity and exercise?

- **Physical activity** is any activity that involves moving your body. This includes housework, climbing the stairs, gardening, etc.
- **Exercise** is a type of physical activity that is planned, structured, and focused on attaining physical fitness. Some examples are swimming, walking, or lifting weights.



What are the benefits of regular physical activity?

Promotes mental and cognitive health Physical activity can help reduce feelings of depression and anxiety. Exercise triggers the release of “feel-good” brain chemicals, which can lift your spirits and ease depression. You may also find that being active optimizes your cognitive function, helping keep your mind sharp.

Increases physical strength Older adults who are physically active build and maintain healthy bones, muscles, and joints. They may be more secure on their feet and better able to move about without falling, which decreases the likelihood and severity of falls. Simple strength and balance training exercises can reduce your risk of falls by 40%.

Helps maintain a healthy weight Increased weight can be a factor in a number of health problems. Physical activity can help keep your weight at a healthy level. If you lose weight by diet alone, you may lose not only fat mass, but also muscle mass and bone mass. Physical activity, particularly muscle-strengthening activity, can preserve bone and muscle mass.

Restores restful sleep When you are physically active regularly, you'll enjoy a better quality of sleep. Being active also decreases your feelings of tiredness and fatigue.






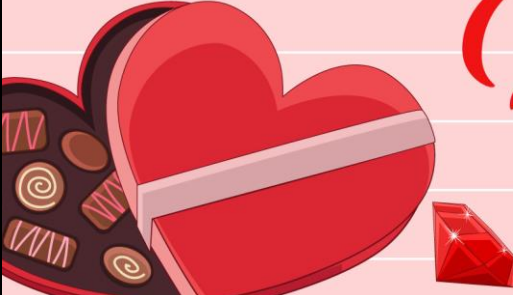
Reduces arthritic disability Studies have shown that older adults with osteoarthritis had less pain and more flexibility after 16 weeks of strengthening exercises.

Maintains or improves heart health Simply put, physical activity helps your heart work more efficiently. Aerobic exercise (the kind that makes you breathe faster) can improve the fitness of your heart in as little as 6 weeks after beginning an exercise program.

Improves blood sugar control Better control of your sugar levels means you may need less medication for your diabetes. Lower sugar can also decrease your risk of the long-term problems associated with diabetes.

Reduces the risk of many diseases Exercise helps reduce the risk of several chronic illnesses such as diabetes, stroke, heart attack, high blood pressure, breast cancer, colon cancer, and cholesterol disorders.

Keeps bones strong After menopause, women can lose 1-2% of their bone mass every year. The good news is that doing strength-training exercises can increase bone density and reduce an older woman's risk for bone fractures and osteoporosis. Starting an exercise program even late in life can help to preserve bone density. (Continued at the top of page 4)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Blue=Resident Run Activity		9:30 Exercise 1 10:00 Yahtzee 2:00 Bingo Chinese New Year (Year of the Tiger)	9:30 Exercise 2 10:00 WII Bowling 2:00 Walker Clinic Martin Horn Groundhog Day	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  9:30 Exercise 10:00 Coffee Hour 1:30 Crafting	7 9:30 Exercise 10:00 Yahtzee 2:00 Bingo	8 9:30 Exercise 10:00 WII Bowling 3:00 Vision Clinic	9 9:30 Exercise 10:00 Card Sharks 2:00 Bingo	10 9:30 Exercise 10:00 Bible Study 2:00 Rummikub	11 9:30 Exercise 10:00 Bible Study 2:00 Rummikub
	13 9:30 Exercise 10:00 Coffee Hour 1:30 Crafting  Valentine's Day	14 9:30 Exercise 10:00 Yahtzee 2:00 Bingo	15 9:30 Exercise 10:00 WII Bowling 	16 9:30 Exercise 10:00 Card Sharks 2:00 Bingo	17 9:30 Exercise 10:00 Bible Study 2:00 Rummikub	18 9:30 Exercise 10:00 Bible Study 2:00 Rummikub
	20  Gilda Geer Presidents' Day	21 9:30 Exercise 10:00 Yahtzee 2:00 Bingo	22 9:30 Exercise 10:00 WII Bowling Dottie Alapai	23 9:30 Exercise 10:00 Card Sharks 2:00 Bingo	24 9:30 Exercise 10:00 Bible Study 2:00 Rummikub	25 9:30 Exercise 10:00 Bible Study 2:00 Rummikub
27 9:30 Exercise 10:00 Coffee Hour 1:30 Crafting Bob Dicker	28	 February 2022 