

Residents	Birthdate	Residents	Birthdate
Kathie Dailey	May 7	Dorothy Frank	May 22
Jean Stone	May 9	Maryann Getzinger	May 25
Berta Tharp	May 16	Rosalie Ruiz	May 26
Henry Teran	May 22		
Employees	Birthdate	Employees	Birthdate
Shelisa	May 7	Jeannie	May 25
Roz	May 15		

MAY WORD SEARCH

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

WORDS & PHRASES TO SEARCH FOR (IN ANY DIRECTION):

BLOOMING	HAWTHORN	SPRING
CINCODEMAYO	LILYOFTHEVALLEY	TAURUS
EMERALD	MAIA	THIRTYONEDAYS
FIFTH MONTH	MAYDAY	VICTORIADAY
FLOWERS	MAYOVKA	VIRGINMARY
GARDENING	MEMORIALDAY	WARM
GEMINI	MOTHERSDAY	
GROWTH	NIGHTINGALE	

RIVER COMMONS

May 2022

Celebrating May

Gardening for Wildlife Month

Personal History Month

African World Heritage Day
May 5

148th Kentucky Derby
May 7

Mother's Day (U.S.)
May 8

World Belly Dance Day
May 14

International Learn to Swim Day
May 21

Buy a Musical Instrument Day
May 22

Memorial Day (U.S.)
May 30

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





**Jean
Stone**

By Alpha Tolbert



Jean was born in South Dakota. She has one brother and two sisters. Her parents were farmers. She worked on the farm and learned how to drive a tractor. Jean went to school in Salem, South Dakota. Then she went to Teacher's College in Spearfish and studied business administration. She met her husband in college. He was an engineer for Anaconda Copper in Butte, Montana. He started working for the Federal government in Spokane.

Jean was very busy the next several years taking care of their six children. They had four boys and two girls. Two daughters live in Redding. Jean volunteered at the schools. Jean's husband was transferred to Riverside then to Redding, Bureau of Management. Jean worked for the Department of Agriculture for seventeen years. Jean's husband passed away at the age of forty-nine.

Jean has done many cruises. She has been to Russia, China, Europe, South America, Mexico, Caribbean, and the Mediterranean. Jean says that her best trip was the Normandy Beaches where WWII happened.

Jean is an avid reader and works on the computer a lot. She also likes jazz and is a good dancer. Jean has six grandchildren and three great-grandchildren.

Jean came to River Commons a lot to see her friend Mary Rae. She visited other communities but chose River Commons. Jean and her daughter and granddaughter are planning a trip to Disneyland, Reagan's Library, and to Universal Studios.

Thank you Jean for sharing your story with us.



**Barbara
Bachman**



**Neoma
Powers**

My 9 Boyfriends

I am seeing 9 gentlemen every day.

As soon as I wake up, **Will Power** helps me out of bed.

Then **Charlie Horse** comes along and takes a lot of my time and attention.

When he leaves, **Arthur Ritis** shows up and stays the rest of the day.

He doesn't like to stay in one place very long, so he takes me from joint to joint.

After such a busy day. I'm really tired and glad to go to bed with **Ben Gay**.

What a life! Oh yes, I'm flirting with **Al Zymer** and thinking of calling **Bud Weiser**,

Jack Daniels, and **Johnny Walker** to keep me company.

Now remember, life is like a roll of toilet paper, the closer you get to the end,
the faster it goes.

So have fun, think good thoughts, learn to laugh at yourself, and count your
blessings!

Submitted by Alice Litynski

Resident Reminder: TEST your medical alert pendants MONTHLY

1. Push your pendant, 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
- If you change phone number, please let the office know as soon as possible.*

May is Older Americans Month

There's lots to celebrate when May arrives. Along with the flowers, there is Mother's Day, Cinco de Mayo, Memorial Day, the Kentucky Derby and the national observance month honoring older Americans, "May is Older Americans Month." When Older Americans Month was established over 50 years ago in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.

Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

With over 44 million people today over 65, there is much to celebrate and honor. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

This year, the U.S. Administration on Aging, which is now part of the Administration for Community Living, under the U.S. Department of Health and Human Services, is promoting the theme "Blaze a Trail to Reinvention." Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun.

River Commons Guest Suite

Available for Rent at \$95 per night, maximum 3-night stay

Maximum 3 people

Includes one meal of your choice per night per person

Dealing with Springtime Allergies

Whether you've lived in Redding for 10 years, 10 days or 10 minutes, you'll probably experience allergies like you never have before. Why? Northern California is home to many varieties of plants, grasses and trees. When you combine those with rising temperatures allergies are inevitable. But all is not lost! There are some things you can do to help cope with your seasonal allergies.

What is an allergy? First, let's define what an allergy actually is. An allergy is basically an abnormal, exaggerated response by your body's immune system to a specific substance that is inhaled, ingested or contacted in some way. So, all that sneezing, itching, watering, sniffing, stuffy-nosed reaction really is just your body being dramatic about something. Why is pollen so abundant in Northern California? Truth be told, the northern Sacramento Valley is actually one of the most allergenic areas in the United States. This is because:

- It's agriculturally based
- We live in a temperate climate with a long growing season and little to no freezing.

During the months of April and May, the most common allergies are related to pollen. To add insult to injury, Northern California commercially grows two very allergenic plants – walnuts and olives, which also cause extreme allergic reactions. Seasonal allergies relating to pollen are present all year round, but the biggest sources of pollen living in Redding right now are walnut trees, oak trees, mulberry, and general grasses and weeds. By the end of May, oak and walnut will be done blooming, but the olive trees will be reaching their peak. You could also have allergies to dust mites, pet dander, or molds.

Is relief anywhere in sight? Gesundheit! If relief was anywhere in sight, you wouldn't know because your eyes are swollen shut.






- staying indoors with your windows closed will help alleviate your allergies. Keeping your air conditioning on to continue circulating the air will help too.
- If you aren't a morning person, become one! Pollen levels are actually lower shortly after sunrise making it a great time for you to be outdoors if you must.
- Taking a shower and washing your hair before bed will help remove pollen and keep it out of your bedroom.
- And of course you can always try over-the-counter medications or visit a local allergist.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div>  <div>May Day</div>	<div>2</div> <div>9:30 Exercise</div> <div>10:00 Mexican Train</div> <div>1:30 Crafting</div> <div>5:30 Happy Hour Bingo</div> 	<div>3</div> <div>9:30 Exercise</div> <div>10:00 Yahtzee</div> <div>2:00 Bingo</div> 	<div>4</div> <div>9:30 Exercise</div> <div>10:00 WII Bowling</div> <div>2:00 Bingo</div> <div>2:00 Walker Clinic</div> <div>3:00 Walkng w/Earnie</div> 	<div>5</div> <div>9:30 Exercise</div> <div>10:00 Card Sharks</div> <div>2:00 Thyme Matters</div>  <div>Cinco de Mayo</div>	<div>6</div> <div>9:30 Exercise</div> <div>10:00 Bible Study</div> <div>2:00 Rummikub</div> 	<div>7</div> <div>9:30 Exercise</div> <div>Kentucky Derby</div>  <div>Kathie Dailey</div> 
<div>8</div>  <div>Happy Mother's Day</div> <div>Mother's Day</div>	<div>9</div> <div>9:30 Exercise</div> <div>10:00 Mexican Train</div> <div>1:30 Crafting</div> <div>Jean Stone</div> 	<div>10</div> <div>9:30 Exercise</div> <div>10:00 Yahtzee</div> <div>2:00 Bingo</div> 	<div>11</div> <div>9:30 Exercise</div> <div>10:00 WII Bowling</div> <div>2:00 Video Hour</div> <div>3:00 Vision Support</div> 	<div>12</div> <div>9:30 Exercise</div> <div>10:00 Card Sharks</div> <div>1:15 Northstate Symphony</div> <div>2:30 Bingo</div> 	<div>13</div> <div>9:30 Exercise</div> <div>10:00 Bible Study</div> <div>2:00 Rummikub</div> <div>5:30 Quick Draw Shoot Out</div> 	<div>14</div> <div>9:30 Exercise</div> 
<div>15</div> 	<div>16</div> <div>9:30 Exercise</div> <div>10:00 Mexican Train</div> <div>1:30 Crafting</div> <div>5:30 Happy Hour with Cover Girls</div> <div>Berta Tharp</div> 	<div>17</div> <div>9:30 Exercise</div> <div>10:00 Yahtzee</div> <div>2:00 Bingo</div> 	<div>18</div> <div>9:30 Exercise</div> <div>10:00 WII Bowling</div> <div>2:00 Walking w/Earnie</div> 	<div>19</div> <div>9:30 Exercise</div> <div>10:00 Card Sharks</div> <div>2:00 Bingo</div> 	<div>20</div> <div>9:30 Exercise</div> <div>10:00 Bible Study</div> <div>2:00 Rummikub</div> 	<div>21</div> <div>9:30 Exercise</div>  <div>Armed Forces Day</div>
<div>22</div>  <div>Dorothy Frank</div> <div>Henry Teran</div> 	<div>23</div> <div>9:30 Exercise</div> <div>10:00 Mexican Train</div> <div>1:30 Crafting</div> <div>5:30 Happy Hour W/ Goody Goody Band</div> <div>Victoria Day (Canada)</div>	<div>24</div> <div>9:30 Exercise</div> <div>10:00 Yahtzee</div> <div>2:00 Bingo</div> 	<div>25</div> <div>9:30 Exercise</div> <div>10:00 WII Bowling</div> <div>2:00 Video Hour</div> <div>MaryAnn Getzinger</div> 	<div>26</div> <div>9:30 Exercise</div> <div>10:00 Card Sharks</div> <div>2:00 Bingo</div> <div>Rosalie Ruiz</div> 	<div>27</div> <div>9:30 Exercise</div> <div>10:00 Bible Study</div> <div>2:00 Rummikub</div> 	<div>28</div> <div>9:30 Exercise</div> 
<div>29</div> 	<div>30</div> <div>9:30 Exercise</div> <div>10:00 Mexican Train</div> <div>1:30 Crafting</div> <div>5:30 Happy Hour Bingo</div>  <div>Memorial Day</div>	<div>31</div> <div>9:30 Exercise</div> <div>10:00 Yahtzee</div> <div>2:00 Bingo</div> 	<div>Test Your Medical Pendant Monthly</div> <div>May 2022</div> <div>Blue = Resident Run Activity</div> 			