



Residents	Birthdate	Employees	Birthdate
LaVerne Crites	July 4	Corina	July 1
Bill Parker	July 4	Kham	July 17
Joseph Byers	July 9	Gabby	July 17
Helen Sheatsley	July 10	Tom	July 22
Bob Eckelbarger	July 14	Doug	July 28
Jay Miller	July 18		
Donna Bowen	July 20		
Wes Davis	July 21		
Inga Stoval	July 26		
Ken Hale	July 30		



## July Fourth Word Search



ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS

FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY

NATION  
PARADE  
REVOLUTION  
RIGHTS  
STATES  
THIRTEEN  
UNITED

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# RIVER COMMONS

July 2022

**Celebrating  
July**

**Deli Sandwich  
Month**

**Parks &  
Recreation  
Month**

**Canada Day  
July 1**

**Tour de France  
Begins  
July 1**

**Independence  
Day (U.S.)  
July 4**

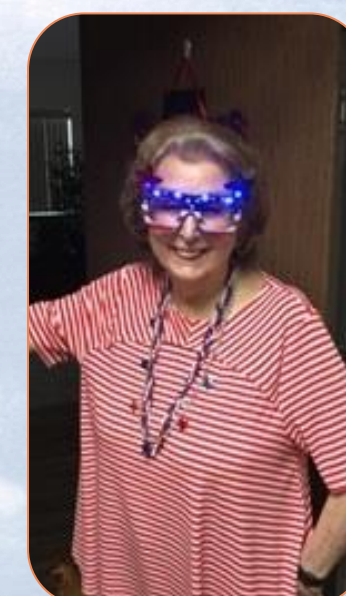
**Ventriloquism  
Week  
July 13-19**

**Bastille Day  
(France)  
July 14**

**Hemingway  
Lookalike Days  
July 21-23**

**International Day  
of Friendship  
July 30**

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







Mike Kenny

By Alpha Tolbert



Mike was born in Salinas, California. He has two older sisters. His dad was district manager of produce for five states. His mom was a homemaker. Mike went to elementary school in Fresno and graduated from high school in Yakima, Washington.

After high school Mike worked for the county of Fresno in the Traffic Department, the Road Department, and the Landfill. Mike handled all the explosions on the roadways. While working at the landfill people brought in 2,000 tons of landfill each day. One day a truck brought in a load of London Fog overcoats which were baled like cotton. Mike asked why they were throwing away the coats and they told him it was more trouble to give them away. Mike is all for recycling.

Mike met his wife in high school. They have one daughter and one son, who live in Arkansas.

Mike and his wife lived in Paradise, CA. Their home burned in the Paradise fire. Mike’s wife was in Vibra Hospital in Redding, and then she went to Redbud Care Home. Some people told Mike about River Commons. He has lived here for one year and five months.

Mike likes the people at River Commons. He walks and sits out in the sun a lot. He likes to read adventure stories.

Thank you, Mike, for sharing with us.

**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\**

**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.*

**July 4th Trivia Questions**

- 1. Where was the first celebration of Independence Day held?
- 2. Every Independence Day, how many times does the Liberty Bell ring?
- 3. What was the name of the newspaper that published the Declaration of Independence?
- 4. The Fourth of July commemorates which document?
- 5. What is the proper way to fold the American flag?
- 6. Which American president was born on July 4th?
- 7. Which president of the United States was the first to host a Fourth of July celebration at the White House?
- 8. How many Stars and Stripes does the US flag have?
- 9. What is the location of the nation’s oldest Fourth of July parade?
- 10. What was the total number of people who signed the Declaration of Independence?
- 11. Every July 4th, what food is most commonly consumed?
- 12. What is the name of the national anthem of the United States of America?
- 13. Who gave the Statue of Liberty to the United States?
- 14. What was The Statue of Liberty’s official name?

- Trivia Answers:**
- 1. Philadelphia
  - 2. 13
  - 3. The Pennsylvania Evening Post
  - 4. Declaration of Independence
  - 5. In a triangular shape
  - 6. Calvin Coolidge
  - 7. Thomas Jefferson
  - 8. 50 stars, 13 stripes
  - 9. Bristol, Rhode Island
  - 10. 56
  - 11. Hot dogs
  - 12. Star Spangled Banner
  - 13. France
  - 14. Liberty Enlightening the World



## Watermelon Explosion

### What is Force?

Physicists use the term force to describe any interaction between objects that changes the object's motion. Think about holding a bouncy ball in your hand, if you throw the bouncy ball against the floor--you have changed it from a state of rest (sitting in your hand) to moving by applying a throwing force. A common force that everyone interacts with daily is the force of gravity. Gravity is sometimes called the invisible force; it keeps objects firmly on the Earth's surface.

You may have heard of the famous mathematician and scientist, Isaac Newton. He is credited with discovering and writing about what we call Newton's Three Laws of Motion:

1. An object in motion will remain in motion unless acted upon by another force and an object at rest will remain at rest unless acted upon by another force. (This is also known as The Law of Inertia).
2. An object accelerates when a force is applied to an object. (The famous equation  $\text{Force} = \text{Mass} \times \text{Acceleration}$  is a derivative of Newton's Second Law of Motion).
3. For every action, there is an equal and opposite reaction (if you apply a force to an object, that object pushes back in the opposite direction equally as forceful).

### Force, Work and Energy

When a constant force is applied to an object over a specific distance, physicists call this work. In its simplest form, work is just the transfer of energy.

There are two types of energy: 1. Potential Energy (Energy that is stored or static energy), and 2. Kinetic Energy (Energy that is in motion).

In our experiment, the rubber bands provide the (rubber bands have stored, potential energy due to you may have felt the effects of the potential to kinetic you've ever been flipped by a stretched rubber



potential energy their elasticity-- energy transfer if band).

are applying a bands, when place them around consistently applied rubber bands on the is unable to return to

### What Exactly is Going on with the Watermelon?

When we add rubber bands to the watermelon, we force to the outside of the watermelon. The rubber stretched, have potential energy and when we the watermelon that potential energy is slowly and to the rind of the watermelon. The force from the watermelon rind causes inelastic deformation (the watermelon its "normal state" because of the deformation caused from the force of the rubber bands). The inelastic deformation coupled with the force from the potential energy from the rubber bands eventually causes the watermelon to burst.

### River Commons Guest Suite

Available for Rent, \$95 per night, maximum 3-night stay, Maximum 3 people  
Includes one meal of your choice per night per person

## Summer Safety Tips for Seniors

According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. When the outside temperature rises, so does the body's internal temperature. Which is why seniors suffer from heat stroke in the summer more often than younger people. Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep seniors safe and healthy in the rising temperatures of the summer months.

### Stay hydrated.

Drink eight or more glasses of water and/or fruit juices every day to stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee and tea as they can leave you dehydrated quickly. Increase your intake if you are doing any physical activity or if the weather is particularly hot.



### Stay indoors during extreme heat.

In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.

### Stay in an air-conditioned place.

Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or family member's home or a community senior center are all good options. You can contact your local Area Agency on Aging for help finding a local cooling center during extended periods of extreme heat.

### Know the weather forecast and dress appropriately.

The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

### Protect your skin and eyes.

Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.



### Know the side effects of your prescriptions.

Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 Exercise 10:00 Bible Study 2:00 Rummikub  6:00 <b>Happy Hour with Kassandra and Peanut</b>	9:30 Exercise <b>2</b> 
 <b>3</b>	9:30 Exercise <b>4</b> 1:30 <b>Watermelon Explosion</b>  <b>Laverne Crites Bill Parker</b> <small>Independence Day (US)</small> 	9:30 Exercise <b>5</b> 10:00 Yahtzee 2:00 Bingo 	9:30 Exercise <b>6</b> 10:00 <b>WII Bowling</b> 10:00 Coffee Hour 2:00 Bingo 2:00 <b>Walker Clinic</b>	9:30 Exercise <b>7</b> 10:00 Card Sharks 2:00 Bingo 2:30 <b>Happy Hour with Thyme Matters</b> 	9:30 Exercise <b>8</b> 10:00 Bible Study 2:00 Rummikub 	9:30 Exercise <b>9</b>  <b>Joe Byers</b> 
<b>10</b>  <b>Helen Sheatsley</b>	9:30 Exercise <b>11</b> 1:30 Crafting 5:30 <b>Bingo and Happy Hour</b> 	9:30 Exercise <b>12</b> 10:00 Yahtzee 2:00 Bingo 	9:30 Exercise <b>13</b> 10:00 <b>WII Bowling</b> 10:00 Coffee Hour 2:00 <b>Happy Hour Rock Party</b> 3:00 <b>Vision Support</b>	9:30 Exercise <b>14</b> 10:00 Card Sharks 2:00 Bingo  <b>Bob Eckelbarger</b> 	9:30 Exercise <b>15</b> 10:00 Bible Study 2:00 Rummikub 	9:30 Exercise <b>16</b>  
<b>17</b>  <small>PNG 300 DPI ©giftshop.com</small>	9:30 Exercise <b>18</b> 1:30 Crafting 5:00 <b>Goody Goody Happy Hour</b>  <b>Jay Miller</b> 	9:30 Exercise <b>19</b> 10:00 Yahtzee 2:00 Bingo 	9:30 Exercise <b>20</b> 10:00 <b>WII Bowling</b> 10:00 Coffee Hour 2:00 Mexican Train  <b>Donna Bowen</b> 	9:30 Exercise <b>21</b> 10:00 Card Sharks 2:00 Bingo  <b>Wes Davis</b> 	9:30 Exercise <b>22</b> 10:00 Bible Study 2:00 Rummikub 	9:30 Exercise <b>23</b>  
<b>24</b> 	9:30 Exercise <b>25</b> 1:30 Crafting 6:00 <b>Cover Girls Happy Hour</b> 	9:30 Exercise <b>26</b> 10:00 Yahtzee 2:00 Bingo  <b>Inga Stoval</b> 	9:30 Exercise <b>27</b> 10:00 <b>WII Bowling</b> 10:00 Coffee Hour 2:00 Bingo 	9:30 Exercise <b>28</b> 10:00 Card Sharks 2:00 Bingo  	9:30 Exercise <b>29</b> 10:00 Bible Study 2:00 Rummikub 	9:30 Exercise <b>30</b>  <b>Ken Hale</b> 
<b>31</b> 	<div> <div>Test Your Medial Pendant Monthly</div> <div>Blue=Resident Run Activity</div> </div> 					