

RESIDENT'S	BIRTHDATE		RESIDENT'S	BIRTHDATE	
Richard Andrews	January 1		Pat McCune	January 4	
Helen Hofmann	January 4		Muriel Kayser	January 5	
Alpha Tolbert	January 8		Jean Richardson	January 11	
Steve DiVittorio	January 12		Betty Siler	January 30	



IMAGINATION

January 2023

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



Compliment Day
January 24

Thank you so much.
Ready to do another year.
Love you All & Roz

Thank you
so much
this year
-Kateland

Y Roz
Thank you!
Your generosity
is so much appreciated
Sharon
Y'all

✓ Thank you all
for everything
Sheena

Angelina
Thank you

Thank you so very much - Garry!

Thank-you
for your
generosity
Jennifer

FROM ALL OUR STAFF - DAN

- thank you ^{TO} do very much Lish -
ALL OF OUR RESIDENT

THANK YOU!!!!!!

Thank you
all. We love
each and everyone of
you! ♡-Couna-
Thank you

Thank you
for everything
all love
Dianne J

Thank you!
very generous
of you.
Dreng

Thank you
- Jesse

Love! (x)

Thank you
- Sam

...and thank you,
I love

Thank you from
the bottom of my heart
you all mean so much
to me! @Shelisa

Thank you all for such a great year
Looking forward to 2023
Thank you all for being amazing
Brian



Nila Gott

By Alpha Tolbert



Nila was born in Lincoln, Nebraska. She has two brothers, Wes and Frank. Her father worked in sales, and her mom was a bookkeeper. Nila's family was very active in collecting recyclables for the war efforts, and every Sunday they hosted air force pilots for a home cooked meal.

Nila went through elementary and high school in Lincoln and attended Nebraska University for one year. Nila loved playing softball in high school and was a pitcher. She also loved bowling, and was very competitive.

She worked as a secretary at the university for six months. Nila worked at Gold's Department Store in the candy shop. She loved helping the children who came in to buy candy. Nila also worked the majority of her career for Litton Industries, in Defense Contracting. She met her husband, and they dated for three years before they married. They had three children - one boy and two girls. She has ten grandchildren. Her husband worked in construction. They divorced after six years. Nila remarried Bill, and they were married for 30 years until he passed. As a widow, she went on one to two cruises every year with her best friend, Gail. She also went on a couple of Bingo cruises with her daughters.

Nila's daughter helped influence her to move to River Commons. Nila volunteered to be the librarian. (What a great job Nila, putting books in order by author.) Nila likes to play poker and pinochle. She also likes to play games on her computer.

Nila has lived at River Commons two years and enjoys activities.

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.*

ONE STEP

By Alpha Tolbert

Just one step at a time will get you there,
On your journey toward your future goals.

You may go fast or you may go slow,
As long as you keep your goal in mind.

The steps can be small or very long and hard,
But just one step at a time so keep moving along.

A little progress helps to keep you going
On your journey toward your goal.

Just remember one step
at a time will get you there.

Bird Watching: A Hobby with Benefits for Seniors

One reason for this may be that watching birds makes you feel young-at-heart and helps your mind be clear and focused, like a fine pair of binoculars!

A Breath of Fresh Air with Many Benefits

If you participate in bird watching, then you probably spend a considerable amount of time outdoors in nature, which has many proven physical health and mental health benefits. Numerous studies show that being outdoors in nature reduces stress and anxiety. Taking a walk to see birds provides cardio-vascular exercise and vitamin D for improved bone health.

Exercising Memory Muscles

The sights, sounds, and smells you encounter in nature can increase your sensory awareness and your memory. Learning new skills, like how to identify birds by sight and sound, is exercise for your brain, and actively using these skills can improve memory recall. Paying close attention to small details can keep us sharp and alert and enhances our memory's reflexes.

Mindfulness Moments

Bird watching promotes being "in the moment," with something positive to think about and beautiful things, like Baltimore Orioles and Indigo Buntings, to focus on. Listening closely to hear bird calls and songs, or scanning the skies and trees for birds, can help us to tune out the busyness of our lives and be present wherever we find ourselves.

Feathered Friends Create Community

Best of all, bird watching is a social activity enjoyed by millions of other seniors, so it is a great way to meet new friends. In addition, it provides the perfect reason (or excuse!) to travel to new places. And, bird watching provides great opportunities for learning for people of all ages, making it a perfect activity to enjoy with children, grandchildren, and family!

Fill Your Prescription!

You don't need expensive binoculars or hiking boots to watch birds. You can do it in your own backyard, from your porch, or out your kitchen window. So, if you have never gone bird watching before, then just fill this prescription and start enjoying the many health benefits of bird watching.

Coffee for Seniors

Why and How You Should Drink it

Health Benefits of Caffeine for Seniors

There are actually a couple of major health benefits that come with drinking coffee. Coffee drinkers are roughly 25% less likely to experience colon, liver, or breast cancer. Coffee is a complex mixture of many biologically active components, some of which may have anti-tumor effects. Tallied up, the benefits far outweigh the consequences. Be mindful and deliberate in your caffeine intake and you will enjoy a number of health benefits.



A Word of Warning

There are definitely some negative health consequences associated with coffee. The is that seniors who have been drinking regularly are largely immune to them. For example, drinking black or lightly sweetened coffee for many years, be immune to the rise in blood pressure often associated with the beverage. However, there are other consequences often associated with certain coffee drinks that you should look out for. For example, cappuccinos are high in sugar, calories, and cholesterol. This means that they can have negative consequences for people who are at risk of diabetes, obesity, or heart disease. As with anything, moderation is key. Be sensible with your caffeine intake, and you shouldn't run into any problems.

Coffee Efficiency

If you are like most people reading this article, you have probably been drinking coffee for many years. Nevertheless, there are always ways to enjoy your daily intake more efficiently. The drip method is the most obvious way to get your daily fix. The "drip method" refers to your average coffee pot. If you are brewing in bulk, this is the way to go. Through the drip method, you can get a pot full of coffee in a matter of minutes.



However, there are other methods to bear and mind as well. For example, single serving systems can get you coffee in a fraction of the time. Using single serving pre-"cupped" grounds, you can have yourself a piping hot cup of coffee in two minutes or less. To pursue this method, you will need to invest in a single serving coffee maker, as well as the corresponding cups, but if you are short on time, it's a worthwhile method.

good news
coffee
if you've been
you're likely to
beverage.

Let it Snow!!!



LET IT SNOW
favecrafts



Oh the _____ outside is _____
NOUN ADJECTIVE

But the _____ is so _____
NOUN ADJECTIVE

And since we've no place to _____
VERB

Let It Snow! Let It Snow! Let It Snow!

It doesn't show signs of stopping

And I've _____ some _____ for _____
PAST-TENSE VERB FOOD VERB ENDING IN -ING

The _____ are turned way down _____
PLURAL NOUN ADJECTIVE

Let It Snow! Let It Snow! Let It Snow!

When we finally _____ goodnight
VERB

How I'll _____ going out in the storm!
VERB

But if _____ really _____ me tight
PERSON VERB
















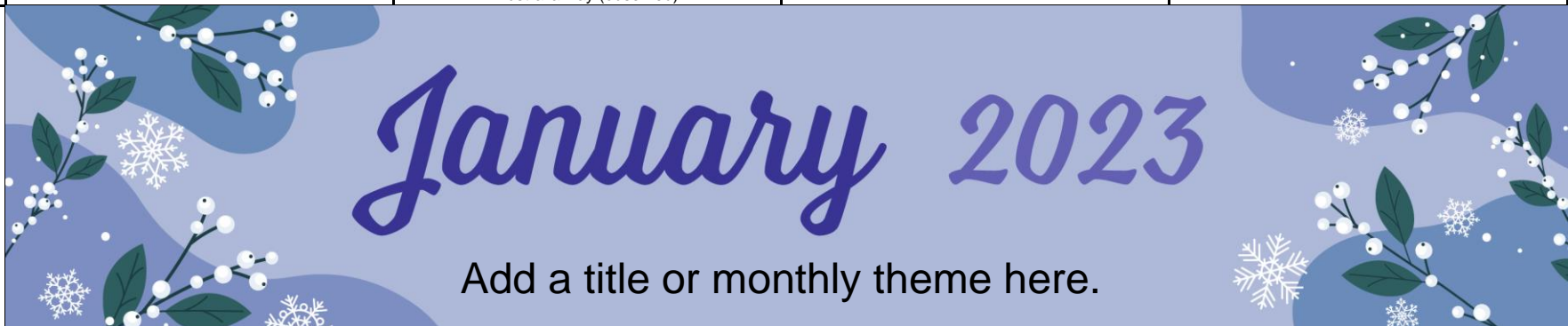
All the way home I'll be _____
ADJECTIVE

The _____ is slowly _____
NOUN VERB ENDING IN -ING

And, my _____, we're still goodbying
TERM OF ENDEARMENT

But as long as _____ loves me so
PERSON

Let It Snow! Let It Snow! Let It Snow!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Rummikub 3:00 Chapel  Happy New Year! Richard Andrews	9:00 Exercise 2:00 Snow Ball Toss 5:30 Happy Hour Bingo  © CanStockPhoto.com	9-11 Dr. Appt. and Shopping 9:00 Tai Chi 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise 9:30 Catholic Communion 10:00 Coffee Hour 2:00 Walker Clinic 2:00 Piano Recital Helen Hofmann Pat McCune	9-11 Dr. Appt. and Shopping 9:00 Exercise 10:00 Card Sharks 1:30 Bingo 2:30 Thyme Matters Muriel Kayser	9:00 Tai Chi 10:00 WII Bowling 1:30 Rummikub 	9:00 Exercise 10:00 Bible Study 
2:00 Rummikub 3:00 Chapel  Alpha Tolbert	9:00 Exercise 2:00 Crafting 5:30 Pine Dogz 88 th Elvis Celebration 	9-11 Dr. Appt. and Shopping 9:00 Tai Chi 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise 10:00 Coffee Hour 2:00 How do they do That? 3:00 Vision Clinic Jean Richardson	9-11 Dr. Appt. and Shopping 9:00 Exercise 10:00 Card Sharks 1:30 Bingo Steve DeVittorio	9:00 Tai Chi 10:00 WII Bowling 11:30 Out to Lunch Wendy's 1:30 Rummikub	9:00 Exercise 10:00 Bible Study  Jim Murray
2:00 Rummikub 3:00 Chapel 	9:00 Exercise 2:00 Crafting 5:00 Goody Goody Band Happy Hour Martin Luther King Jr. Day	9-11 Dr. Appt. and Shopping 9:00 Tai Chi 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise 9:30 Catholic Communion 10:00 Coffee Hour  2:00 Ladder Ball	9-11 Dr. Appt. and Shopping 9:00 Exercise 10:00 Card Sharks 1:30 Bingo	9:00 Tai Chi 10:00 WII Bowling 11:30 Out to Lunch Lighthouse 1:30 Rummikub	9:00 Exercise 10:00 Bible Study 
2:00 Rummikub 3:00 Chapel  Chinese New Year (Year of the Rabbit)	9:00 Exercise 2:00 Crafting 5:30 Happy Hour Slipper Bingo  Activity Professionals Week	9-11 Dr. Appt. and Shopping 9:00 Tai Chi 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise 10:00 Coffee Hour 2:00 Corn Hole	9-11 Dr. Appt. and Shopping 9:00 Exercise 10:00 Card Sharks 1:30 Bingo Australia Day (observed)	9:00 Tai Chi 10:00 WII Bowling 11:30 Out to Lunch In & Out 1:30 Rummikub	9:00 Exercise 10:00 Bible Study 
2:00 Rummikub 3:00 Chapel 	9:00 Exercise 2:00 Crafting 6:00 Cover Girls Happy Hour  Betty Siler	9-11 Dr. Appt and Shopping 9:00 Tai Chi 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	<div>  <h1>January 2023</h1> <p>Add a title or monthly theme here.</p> </div>			