

RESIDENT	BIRTHDATE	RESIDENT	BIRTHDATE
Carl Larson	March 6	Will Dickerson	March 25
Sally LaPuma	March 7	Maryann Tryon	March 28
Saunie MacGregor	March 12	Elaine Kravitz	March 29
EMPLOYEE	BIRTHDATE		
Jill	March 18		

Cholesterol Fun Facts

Cholesterol is a nutrient found in foods like full fat dairy, red meat, eggs, fried foods, and processed food. Your body can also make cholesterol in the liver. It is an important part of cells and is necessary for digesting food and making hormones. The cholesterol that we hear about with heart health has to do with the cholesterol in our blood: LDL and HDL. These molecules transport cholesterol in our blood for use throughout the body. LDL is associated with the formation of blockages in our arteries when it is too high. HDL is our heart healthy cholesterol that helps remove excess cholesterol as waste. The good news is that there are some simple changes you can make today to lower your LDL and increase your HDL. Check out the tips and tricks below and pick one to try this week.

Tips and Tricks

- Add soluble fiber from whole grains, fruits, and vegetables.
 - Did you know—soluble fiber can help trap the cholesterol you eat and can lower its absorption?
- Try reducing fried food, fast food, and desserts
 - Fruit is naturally sweet and can make a great substitution for dessert. It also has extra fiber!
- Get Moving!
 - Physical activity improves your HDL cholesterol. Try going for a walk at a moderate intensity where you are breathing harder, but not so hard you can't have a conversation.



Breakfast Grain & Caramelized Banana Bowl



Roasted Vegetable & Hummus Wrap

Contributor: Elisabeth Bass, MS, RDN; Jessica Shickel, RD
Editor: Emily Fear, MS, RDN, LDN, CDP

LIMITED TIME REFERRAL FEE INCREASE!!!
\$2,000

GOOD FRIENDS MAKE THE BEST NEIGHBORS!

Share your happiness with a friend!
As a resident, refer a friend and receive a
referral fee paid 60 days after move-in

RIVER COMMONS

March 2023



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





**Muriel
Kayser**



by Alpha Tolbert

Muriel was born in Chicago, IL. She had one brother and one sister. Her dad worked for the ice cream company and did a little bit of everything. Muriel's mom was a sales lady and a home maker.

Muriel's family moved to San Francisco when she was nine years old. They lived in the Mission District, where she went through school. Muriel loved secretarial work and after graduation she went to work in the office and the library at United Airlines. She liked working in the library because it got her in touch with people.

Muriel was a girl scout, who started in the Brownies and continued in girl scouts until she was fourteen years old. She met her husband, since he was the brother of her best friend. He was in the navy. They married and had four girls and later, several grandchildren. They moved to Menlo Park and bought a home.

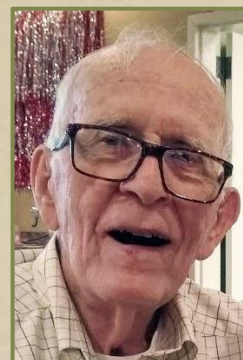
She is a San Francisco Giants fan. They are a good team and fun to watch. She likes to play bingo, and loves to read, especially fiction. Her daughter lived in Redding and she checked on housing and that is why she has been at River Commons for eight years. She says River Commons has an excellent staff and they take care of all our needs.

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.

NEW RESIDENTS!!!



Hal Berry



Judy Berry



Roberta Withrow



Mary Dean



WILLIAM SHAKESPEARE

THE DANGERS OF WRONGFUL MEDICATIONS AMONG SENIOR CITIZENS

As we grow old we are faced with an increasing number of medical conditions that require the swift and accurate intervention of trained medical practitioners. As a result of the increased need for medication, it is not entirely uncommon for seniors to be overmedicated or to receive the wrong medication for a specific ailment. Due to the dangers associated with wrongful medications, the American Geriatrics Society Foundation for Health in Aging suggests that seniors older than 65 steer clear of a number of medications, including the following, as well as educate themselves as to where they can seek assistance if they suspect that they have been wrongfully treated and medicated.

Steroidal Anti-Inflammatory Drugs

NSAIDS such as piroxicam are prescribed to reduce inflammation and pain but can, unfortunately, increase the prevalence of indigestion and ulcers as well as raise blood pressure, negatively affect your kidneys and worsen heart conditions. If there is no alternative to a NSAID, request one that is shorter-acting and take care not to take it with aspirin, dipyridamole and ticlopidine as it can increase the risk of internal bleeding. If you have a history of ulcers, it is recommended that you take something with your NSAID that will protect your stomach from harsh ingredients that can irritate your stomach lining.

Anti-anxiety drugs and sleeping pills

Any anti-anxiety medication such as Xanax and Valium as well as medication to help you sleep can be extremely dangerous to seniors. Not only can these medications cause severe confusion which can be extremely traumatizing, but it can also increase the risk of potentially fatal slips and falls. If your doctor wants to prescribe a sleeping pill or relaxant to you it is well within your rights to request a natural remedy where possible or, alternatively, one with the fewest side-effects.

Other treatments to be aware of

Apart from anti-inflammatories and sleeping pills, there are a number of other medications that can also be detrimental to seniors. Anemia is very common amongst seniors with more than 16% of women and 17.5% of men living with it, according to the Journal of Hematology. While oral treatment is often prescribed, a medical practitioner might prescribe IV treatments or a blood transfusion to a patient with anemia instead. Although many individuals may benefit from such treatment, there are also those that can have a very adverse effect to it. Before you consent to any IV treatments for your anemia, be sure to read more about HPP, a very unfortunate side effect linked to some iron infusions.

Where to find help

The Administration on Aging provides superb resources to seniors who need to know their legal rights if they believe they are being treated unfairly. The AOA boasts a very informative and user-friendly website that lists an array of usual resources and services pertaining to health insurance counseling, legal assistance, protection from abuse, and assistance with long-term health requirements. If you cannot find what you need on their web site you can contact their call. Alternatively, any concerns regarding possible misconduct and wrongful diagnoses as well as incorrect treatment can be reported to your local State Department of Health Services.

Yes, aging can be a rewarding privilege, however it also can feel somewhat cumbersome at times, especially when we become reliant on a multitude of medications. Luckily help is within reach, ensuring that any wrongdoings can be rectified before too much agony has been caused by the risk of taking dangerous medications.

ST. PATRICK'S DAY WORD SEARCH

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

- | | | |
|------------|----------|---------|
| Saint | Ireland | Clover |
| Patrick | Wishes | Parade |
| Leprechaun | Shamrock | March |
| Rainbow | Green | Pinch |
| Gold | Lucky | Emerald |



Sunday

Monday

Tuesday

Wednesday

Thursday










Friday

Saturday

March 2023

Blue – Resident Run Activity

Red - Clinic

			9-11 Dr. Appt. and Shopping 1 9:00 Exercise 10:00 Coffee Hour-get to know Kitchen staff 2:00 Walker Clinic 2:30 Thyme Matters Happy Hour	9-11 Dr. Appt. and Shopping 2 9:00 Exercise 10:00 Card Sharks 2:00 Bingo 	9:00 Exercise 3 10:00 WII Bowling 1:30 Rummikub	9:00 Exercise 4 10:00 Bible Study 
2:00 Rummikub 3:00 Chapel Svc 	9:00 Exercise 5 2:00 Cookies and Milk Happy Hour  Carl Larson <small>Purim Begins</small>	9-11 Dr. Appt. and Shopping 6 9:00 Exercise 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train Sally LaPuma	9-11 Dr. Appt. and Shopping 7 9:00 Exercise 10:00 Coffee Hour-get to know kitchen staff 2:30 Goody Goody Band Happy Hour 3:00 Vision Clinic	9-11 Dr. Appt. and Shopping 8 9:00 Exercise 10:00 Card Sharks 2:00 Bingo 	9:00 Exercise 9 10:00 WII Bowling 1:30 Rummikub 	9:00 Exercise 10 10:00 Bible Study 
2:00 Rummikub 3:00 Chapel Svc Saunie MacGregor <small>Daylight Saving Time Begins</small>	9:00 Exercise 11 2:00 Crafting 	9-11 Dr. Appt. and Shopping 12 9:00 Exercise 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 13 9:00 Exercise 9:30 Catholic Communion 10:00 Coffee Hour-get to know Kitchen staff 2:30 Happy Hour	9-11 Dr. Appt. and Shopping 14 9:00 Exercise 10:00 Card Sharks 2:00 Bingo	9:00 Exercise 15 10:00 WII Bowling 12:00 St Patrick's Day Buffet 1:30 Rummikub  <small>St. Patrick's Day</small>	9:00 Exercise 16 10:00 Bible Study 
2:00 Rummikub 3:00 Chapel Svc 	9:00 Exercise 17 2:00 Crafting  <small>Spring Begins</small>	9-11 Dr. Appt. and Shopping 18 9:00 Exercise 10:00 Yahtzee 2:00 Berta Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 19 9:00 Exercise 9:30 Catholic Communion 10:00 Coffee Hour-get to know Kitchen staff 2:30 Cover Girl Happy Hour <small>Ramadan Begins</small>	9-11 Dr. Appt. and Shopping 20 9:00 Exercise 10:00 Card Sharks 2:00 Bingo	9:00 Exercise 21 10:00 WII Bowling 1:30 Rummikub 2:00 Fun with Food 	9:00 Exercise 22 10:00 Bible Study Will Dickerson
2:00 Rummikub 3:00 Chapel Svc 	9:00 Exercise 23 2:00 Crafting 	9-11 Dr. Appt. and Shopping 24 9:00 Exercise 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train MaryAnn Tryon	9-11 Dr. Appt. and Shopping 25 9:00 Exercise 10:00 Coffee Hour-get to know Kitchen staff 2:30 Happy Hour Elaine Kravitz	9-11 Dr. Appt. and Shopping 26 9:00 Exercise 10:00 Card Sharks 2:00 Bingo	9:00 Exercise 27 10:00 WII Bowling 1:30 Rummikub	TEST YOUR MEDICAL PENDANTS MONTHLY