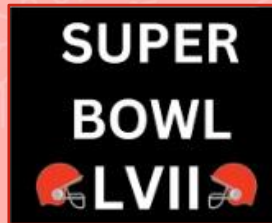




February is Library Lovers' Month



RESIDENT'S	BIRTHDATE	RESIDENT'S	BIRTHDATE
Duane Lindner	February 6	Bob Dicker	February 28
Neoma Powers	February 15	EMPLOYEE'S	BIRTHDATE
Dottie Alapai	February 23	Deena	February 1
Barbara Bachman	February 27	Jennifer	February 27

VALENTINE'S DAY

♥ WORD SEARCH ♥

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

ADMIRER	BE MINE	BOUQUET
CANDY	CHOCOLATE	CUPID
FALL IN LOVE	FEBRUARY	FLOWERS
GIFT	HEART	HUG
I LOVE YOU	KISS	LOVE
PINK	RED	ROMANCE
ROSES	SWEETHEART	VALENTINE



RIVER COMMONS

February 2023

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

Celebrating February

Library Lovers' Month

Black History Month

Groundhog Day
February 2

Thank a Mail Carrier Day
February 4

Get Out Your Guitar Day
February 11

Super Bowl LVII
February 12

Valentine's Day
February 14

World Human Spirit Day
February 17

Presidents' Day (U.S.)
February 20

Mardi Gras
February 21





**Peggy
LaBella**



Peggy was born in Monett, Missouri. She had two brothers. Her dad worked for the railroad.

The family moved to California when Peggy was five years old. She went to school in Los Angeles. After high school she worked at a toy store and the phone company for four years. Peggy was introduced to her husband by a friend. After only twenty days they got engaged and were married in five months. They had two boys. While the boys were in school, Peggy was President of the PTA seven times. She also worked at the Attic, a thrift shop, which sold used articles. She did this for fifteen years.

Peggy went on several cruises after her husband died. She enjoyed New Zealand and Australia. She got to go to the opera house and attend a program. Peggy worked at a pawn shop for three years. The pawn shop is governed by the law. They tell you how much interest to charge, and how long the loan can be. Some loans were as small as \$5.00. If people couldn't pay off the loan, they had to send a notice by mail. There were three pawn shops at that time.

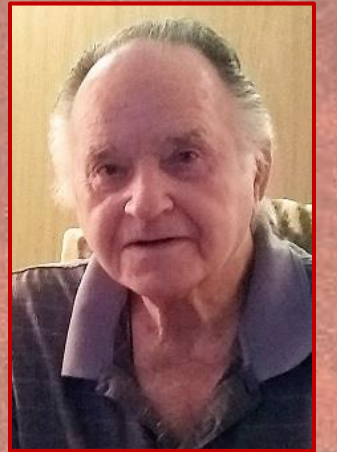
Peggy's house burned down during the Camp fire. She got out with her car, one change of clothes, her jewelry, and some important papers.

She had been to River Commons many times visiting friends, so within two weeks after losing her house, she moved to River Commons to live. She likes it here and especially likes the employees.

**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

NEW RESIDENT!!!



Jim Murray



February 1st – National Dark Chocolate Day

DARK CHOCOLATE ...

1. Is lower in calories and fat
2. Can boost your focus
3. Protects your skin from dehydration
4. Supports the function of your heart
5. Lowers blood pressure



Also... *It tastes real good!!!*



Fall Prevention

Facts about Falls

One out of every three year. You are more likely to related physical changes, medications. You do not with some medical common sense you can help independent longer.



persons age 65 and over will fall each fall as you age because of normal, age-certain medical conditions and need to let the fear of falling rule your life; management, physical activity and yourself and others avoid falls and stay

Which medications increase the risk of a fall?

Many drugs have side effects that have an impact on your brain function and can cause you to become dizzy or lightheaded affecting your balance. **Drugs that affect the cardiovascular system** (your heart and blood vessels) including those for high blood pressure and heart disease can lower your heart rate and blood pressure, which reduces blood flow to the brain. If you take cardiovascular medications it is important to rise slowly from a lying or sitting position, this will allow your body to adjust to oxygen and blood flow needs.

Medications taken for allergies, called along with **drugs that help you sleep**, can cause sedation. Excessive sleepiness can interfere with as your balance and coordination. Be careful to plan accordingly if you are taking one of these driving, exercising, cooking and bathing should be you are feeling the effects of such drugs.

Antidepressants and pain pills act on your central or brain. This type of medication can cause many side effects including dizziness and sleepiness. **Insulin and the pills you take by mouth for lowering blood sugar** can cause your blood sugar to become too low. This condition, known as hypoglycemia, can cause you to become confused, weak or even experience a seizure. Be sure to closely monitor your blood sugar and that you know how to treat the symptoms of hypoglycemia; doctors usually recommend eating some form of sugar or carbohydrate.



antihistamines, drowsiness or thinking as well activities medications; avoided while

nervous system

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.

Where Does the Word Valentine Come From?

The day is named, of course, for St. Valentine—we all know that by now. But why? Who *is* this mysterious Valentine?

It is possible that the love-filled holiday is based on a of two men. There were, after all, *two* Valentines executed 14 (albeit in different years) by Emperor Claudius II. It's the Catholic Church may have established St. Valentine's these men, who they believed to be martyrs. What's more, that one of these men, Saint Valentine of Terni, had been officiating weddings for Roman soldiers against the wishes, making him, in some eyes, a proponent of love.



combination on February believed that Day to honor it's possible secretly emperor's

Another story involves the practice of writing love letters to your Valentine. It's said that St. Valentine wrote the first "valentine" greeting to a young girl he tutored and fell in love with while he was imprisoned for the crimes outlined above. Before his death, he wrote her a letter signed "From your Valentine," which remains a commonly used phrase to this day.

Others believe that St. Valentine's Day was actually designated by Pope Gelasius I in order to replace the ancient Roman festival Lupercalia, a celebration of fertility dedicated to the Roman god of agriculture, Faunas, and Roman founders Romulus and Remus.

The feast of debauchery fell around the same time and involved a ritual where an order of Roman priests ran naked through the streets, "[gently slapping](#)" women with the blood-soaked hides of sacrificed animals (yes, really), which they believed promoted fertility. Following this flagellation was a [tradition](#) in which men selected women's names at random from a jar to decide who would remain together for the next year, or, if they fell in love, they'd marry.













However, some linked love with "The Parlement some claim that

Whether or not fellow writer surrounding the [love letters](#) to American distributing its jewelry, and



have a different theory. The poet Geoffrey Chaucer St. Valentine for the first time in his 14th-century works of Foules" and "The Complaint of Mars." Therefore, Chaucer invented Valentine's Day as we know it today.

Chaucer can be fully credited, it is true that he and Shakespeare popularized the amorous associations day. Soon, people began penning and exchanging celebrate Valentine's Day, and by the early 1910s, an company that would one day become Hallmark began more official "Valentine's Day cards." Flowers, candy, more followed, and the rest, of course, is history.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Test your medical pendants monthly</p> <p>Blue – Resident Run Activity Red - Clinic</p>			9-11 Dr. Appt. and Shopping 1 9:00 Exercise 9:30 Catholic Communion 10:00 Coffee Hour-get to know Kitchen staff 2:00 Walker Clinic	9-11 Dr. Appt. and Shopping 2 9:00 Exercise 10:00 Card Sharks 1:30 Bingo 2:30 Thyme Matters Happy Hour <small>Groundhog Day</small>	9:00 Exercise 3 10:00 WII Bowling 1:30 Rummikub	9:00 Exercise 4 10:00 Bible Study 
2:00 Rummikub 5 3:00 Chapel Svc 	9:00 Exercise 6 2:00 Crafting Duane Lindner	9-11 Dr. Appt. and Shopping 7 9:00 Exercise 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 8 9:00 Exercise 10:00 Coffee Hour-get to know kitchen staff 3:00 Vision Clinic	9-11 Dr. Appt. and Shopping 9 9:00 Exercise 10:00 Card Sharks 12:00 Pizza & Beer 2:00 Bingo	9:00 Exercise 10 10:00 WII Bowling 1:30 Rummikub 	7:15 Mimosa with Breakfast 11 9:00 Exercise 10:00 Bible Study 
2:00 Rummikub 12 3:00 Chapel Svc 	9:00 Exercise 13 2:00 Crafting 	9-11 Dr. Appt. and Shopping 14 9:00 Exercise 10:00 Yahtzee 12:00 Valentine King & Queen 2:00 Valentine Bingo Happy Hour 3:00 Mexican Train <small>Valentine's Day</small>	9-11 Dr. Appt. and Shopping 15 9:00 Exercise 9:30 Catholic Communion 10:00 Coffee Hour-get to know Kitchen staff Neoma Powers	9-11 Dr. Appt. and Shopping 16 9:00 Exercise 10:00 Card Sharks 2:00 Bingo	9:00 Exercise 17 10:00 WII Bowling 10:00 Fun About Food 1:30 Rummikub	9:00 Exercise 18 10:00 Bible Study 
2:00 Rummikub 19 3:00 Chapel Svc 	9:00 Exercise 20 2:00 Crafting <small>Presidents' Day</small>	9-11 Dr. Appt. and Shopping 21 9:00 Exercise 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train <small>Mardi Gras</small>	9-11 Dr. Appt. and Shopping 22 9:00 Exercise 9:30 Ash Wednesday Svc 10:00 Coffee Hour-get to know Kitchen staff <small>Ash Wednesday</small>	9-11 Dr. Appt. and Shopping 23 9:00 Exercise 10:00 Card Sharks 11:30 Cocktails 12:00 Resident Appreciation Dinner 2:30 Goody Goody Band Dottie Alapai Hal Berry	9:00 Exercise 24 10:00 WII Bowling 10:30 River City Line Dancers 1:30 Rummikub	9:00 Exercise 25 10:00 Bible Study 
2:00 Rummikub 26 3:00 Chapel Svc 	9:00 Exercise 27 2:00 Crafting Barbara Bachman	9-11 Dr. Appt. and Shopping 28 9:00 Exercise 10:00 Yahtzee 1:30 Margarita Bingo 3:00 Mexican Train Bob Dicker	 <h1>FEBRUARY 2023</h1> 