



RESIDENT'S	BIRTHDATE	RESIDENT'S	BIRTHDATE
Laverne Crites	July 4 th	Jay Miller	July 18
Bill Parker	July 4 th	Donna Bowen	July 20 th
Helen Sheatsley	July 10 th	Inga Stoval	July 26 th
EMPLOYEE'S	BIRTHDATE	EMPLOYEE'S	BIRTHDATE
Corina	July 2 nd	Tom	July 22 nd
Kham	July 17 th		

Protein Power: More Than Meat

Many people immediately think of meat when thinking about sources of protein in the diet. However, there are many plant sources of protein that can be consumed to help you meet your daily protein needs. Protein from animal sources are considered complete proteins because they contain all nine of the essential amino acids that our bodies need. Plant sources of protein may not contain all nine, but when eaten in combination throughout the day can provide all the same essential amino acids. There has been a lot of focus on plant sources of protein for their health benefits but also for their environmental benefits as the livestock industry is a major contributor to green house gases. Check out these plant based protein pairings and the next time you see a plant based recipe on the menu, give it a try!

Protein Pairings



Lentils and Brown Rice

This combination is common in Indian dishes. Lentils have about 18g/cup and rice has about 5g/cup



Nuts and Whole Wheat

Think of this as your classic PB&J. Try mixing it up with different nut butters. Nuts have between 5-8g/ounce and wheat bread has about 4g/slice



Tofu and Vegetables

This combination is common in Asian dishes like stir-fries. Tofu has 20g/cup and the average vegetable has about 3g/half cup.



Recipes To Try



Curried Rice and Lentils



Teriyaki Tofu Bowl

Editor: Emily Fear, MS, RDN, LDN, CDP

LIMITED TIME
REFERRAL FEE INCREASE to \$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

July 2023

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

Celebrating July

Family Reunion Month

Park and Recreation Month

Canada Day July 1st

Air Conditioning Appreciation Days July 3rd-31st

Independence Day (U.S.) July 4th

Bastille Day (France) July 14th

World Nature Conservation Day July 28th





**Saunie
MacGregor**



By Kathie Dailey

Saunie MacGregor was born in Lewiston, Idaho. She got the name Saunie because her 2-year-old sister could not say Alexandria, she has gone by that name ever since. She had 2 sisters and 2 brothers. Her father was a farmer.

When the Japanese bombed Pearl Harbor, he became the Japanese internment helper on their farms, which they had to leave. The Japanese families lived in a camp full of barracks until the war ended. Saunie's family lived in a Japanese home.

Her father bought a ranch in Lincoln, California after the war was over. It had an orchard of pears, and olives, a dairy, and a big house that Saunie loved. She worked with her father in the dairy. She brought in the cows so they could be milked. She became very close to the cows and still will not eat beef.

She packed pears every summer. The house had an irrigation pool. It was round, made of brick with fresh water going in and out. It made a wonderful pool for swimming. She was also active in 4-H.

She met her husband when she went to Sierra Jr. College. He had been in the Air Force for 4 years in England and was returning to college. They married in her family's home. Then he went to the University of California at Berkley. She worked at State Farm Insurance.

Saunie's husband, Bob, majored in Forestry. He was a great guy. His first job was in Cedarville. They moved quite a bit. They had a son, Robbie, and then a daughter, Connie. They moved to Grass Valley where she worked as a teacher's aide. She worked with aphasia children, who had a very hard time talking.

Saunie's husband was Scottish. He was a great bag pipe player and had a band of about 10 bag pipes and a drum. They performed in lots of parades. Saunie joined the Celtic club and did Scottish dancing. They always had a big celebration on Robert Burnes' birthday. He was a Scotsman that wrote many poems. They went to many Scottish Highland Festivals.

In their retirement years, Bob decided to open a florist shop where they both worked. It was fun except for Valentine's Day, Mother's Day, etc., when they would work all night long. After 3 years they gave it up.

Bob died at the age of 57. Saunie lived alone for 15 years and then had a boyfriend, Ray. He was also Scottish and took her to Scotland which she really enjoyed. In the US they took Lewis and Clark's pioneering trail from Idaho to the Columbia River in Washington. It took them 5 days and they learned all about Lewis and Clark's expedition.

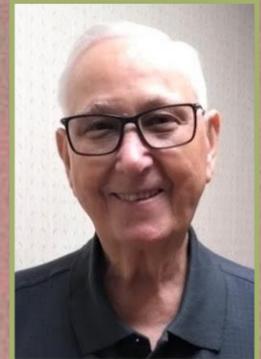
Saunie's mother, 2 sisters and 2 brothers were all diabetics. They died at a younger age except for one brother who is still living. None of them drank coffee, but she did. Saunie jokes that coffee is her medicine for not getting diabetes.

Thank you Saunie for sharing your story with us.

Look! New Residents!!!



Jean Mathena



John Mathena



Thelma Grimm



Janet Harris



Dorie Zannin



Jan Clearie

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.

How Seniors Can Help Younger Generations Feel More Patriotic

As a simple definition, to be patriotic means “to be inspired by love for your country”. Through a shared affection for America, patriotism can bring our country together, even as we hold different opinions and beliefs. To be patriotic doesn’t mean you believe our country is perfect, just that you love it and want the best for it. That’s why a true patriot participates in activities that make the nation successful, such as voting, protecting human rights, and encouraging others to do so—especially our youth. As parents, grandparents, and great-grandparents, we should consider it our shared responsibility to help the next generation understand the value of patriotism and citizenship in America.



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Some studies suggest younger generations view America more negatively than older generations. They tend to be less satisfied with the current state of affairs of our country and go as far as to say that other countries might be better than ours. Polling conducted by the Pew Research Center revealed 36% of Millennial Americans believe other countries are greater than the United States. This was the highest share of any age group. In contrast, only 9% of 64 and older Americans believe other countries are greater than the United States. Seniors are strong advocates for America!

The 4th of July makes you most to

idea of and to society, volunteer, politicians to witness action.



July is a great time to bring up the topic. Talk about what proud to be an American. Ask which freedoms mean the most to them, such as freedom of speech or the right to privacy. Encouraging our youth to think about examples turns the patriotism into something more tangible. When they see you understand the importance of being contributing members they'll grow up to be involved citizens. So, when you vote, pay attention to issues, and write letters to voice your opinions, your children and those around you patriotism firsthand and learn what it means to love our nation through action.

Pretty much every generation understands that with the service of our veterans and active-duty military, we enjoy the freedoms we live today. The appreciation is there. To help expand on these feelings, encourage kids to take action on their gratitude.

Using holidays such as Independence Day to jumpstart a conversation about patriotism is wonderful. Keep the dialogue open! Listen to the concerns of our youth as they talk. Be empathetic to how they feel about our country right now, and when the time feels right, encourage them to take actionable steps to make a difference. Teach them being patriotic is more than a one-time declaration or something reserved for holidays. Much like the love we have for people, love for our country must be actively nurtured. And that love is the one thing that can hold us all together.

Think Positively About Aging

Feeling happy about getting older can reverse a common type of memory loss, according to a new study from Yale. Older people with mild cognitive impairment (MCI) were 30 percent more likely to regain normal cognition if they were upbeat versus those who were down-and-out about aging.

Moreover, a cheerful approach to the silver years allowed participants to recover their cognition up to two years earlier than the others.

The Yale School of Public Health study is the first of its kind to link a cultural factor—a attitude towards aging—to MCI recovery.

The research was based on 1,716 participants over age 65.

Those who started the study with normal cognition and a happy attitude toward aging were less likely to develop MCI over the next 12 years than those in the negative-thinking group, physical health or the age they joined the cohort. Most people assume there is no recovery from MCI, but in fact half of those who have it do recover.



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River Commons Guest Suite

Available for Rent

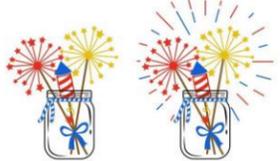
\$95 per night, maximum 3-night stay

Maximum 3 people.

Includes two meals per night



July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:00 Exercise-Regular 2 2:00 Rummikub 3:00 Non-denominational Chapel Service</p>	<p>9:00 Exercise-Regular 3</p> 	<p>9-11 Dr. Appt. and Shopping 4 9:00 Exercise-Balance 10:00 Watermelon Explosion 12:00 Indoor Picnic 2:00 Bingo</p> <p><small>Independence Day (US)</small></p>	<p>9-11 Dr. Appt. and Shopping 5 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Coffee Break 2:00 Walker Clinic 2:30 Happy Hour w/ Thyme Matters</p>	<p>9-11 Dr. Appt. and Shopping 6 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo</p>	 <p>9:00 Regular Exercise 7 1:30 Rummikub 2:30 Patriotic Sing-a-long with Donna & Tom</p> 	<p>9:00 Exercise-Regular 1 1:45 Movie of the Week</p>  <p><small>Canada Day</small></p>
<p>9:00 Exercise-Regular 9 2:00 Rummikub 3:00 Non-denominational Chapel Service</p>	<p>9:00 Exercise-Regular 10</p> 	<p>9-11 Dr. Appt. and Shopping 11 9:00 Exercise-Balance 2:00 Bingo</p>	<p>9-11 Dr. Appt. and Shopping 12 9:00 Exercise-Regular 2:30 Happy Hour w/ Goody Goody Band 3:00 Vision Support</p>	<p>9-11 Dr. Appt. and Shopping 13 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo</p>	<p>9:00 Regular Exercise 14 1:30 Rummikub</p> 	<p>9:00 Exercise-Regular 8 1:45 Movie of the Week</p> 
<p>9:00 Exercise-Regular 16 2:00 Rummikub 3:00 Non-denominational Chapel Service</p>	<p>9:00 Exercise-Regular 17</p> 	<p>9-11 Dr. Appt. and Shopping 18 9:00 Exercise-Balance 2:00 Bingo 2:00 Open House - Ice Cream Social</p>	<p>9-11 Dr. Appt. and Shopping 19 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Coffee Break</p>	<p>9-11 Dr. Appt. and Shopping 20 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo</p>	<p>9:00 Regular Exercise 21 1:30 Rummikub</p>	<p>9:00 Exercise-Regular 15 1:45 Movie of the Week</p> 
<p>9:00 Exercise-Regular 23 2:00 Rummikub 3:00 Non-denominational Chapel Service</p>	<p>9:00 Exercise-Regular 24</p> 	<p>9-11 Dr. Appt. and Shopping 25 9:00 Exercise-Balance 2:00 Bingo</p>	<p>9-11 Dr. Appt. and Shopping 26 9:00 Exercise-Regular 2:30 Happy Hour w/ Cover Girls</p>	<p>9-11 Dr. Appt. and Shopping 27 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo</p>	<p>9:00 Regular Exercise 28 1:30 Rummikub</p> 	<p>9:00 Exercise-Regular 22 1:45 Movie of the Week</p>
<p>9:00 Exercise-Regular 30 2:00 Rummikub 3:00 Non-denominational Chapel Service</p>	<p>9:00 Exercise-Regular 31 2:00 Hearing Aid Clinic</p> 	 <p>Blue=Resident Run Red=Clinic Purple=Kitchen Event</p> <p>TEST YOUR MEDICAL PENDANTS MONTHLY!</p>				