



RESIDENTS	BIRTHDATE	EMPLOYEES	BIRTHDATE
Bill Harris	June 10	Kao	June 25
Ray Dexter	June 28	Diane	June 30
Randy Tatum	June 30		

Congress Bill Designed to Help Prevent Elder Financial Fraud

Americans of all ages can fall financial fraud but when scammed, they tend to lose money than younger victims. the more common rackets and their loved ones to look include Medicare, Social and IRS imposter scams, in crooks pose as agency government representatives.



prey to seniors get more Some of for seniors out for Security, which the

While Americans of all ages can fall prey to financial fraud, when seniors get scammed, they tend to lose more money than younger victims.

In 2021, scam victims in their 70's lost an average of \$800 to fraudsters, while those older than 80 had an average of \$1,500 taken, according to an FTC report. By comparison, 60- to 69-year-olds lost an average of \$520.

Unfortunately, seniors are universally highly vulnerable and disproportionately targeted by these criminal campaigns. Seniors may be less familiar with technology and more trusting when someone misrepresents a government agency or a company.

Financial Exploitation Prevention Act

The Financial Exploitation Prevention Act, which recently passed in the House of protect older fraud. It will services firms redemption customers if making the financially request because they're being exploited. If passed by the Senate, the regulation would codify an existing Financial Industry Regulatory Authority rule that has existed since 2017, allowing companies to delay redemption for up to 25 days if they have concerns about financial exploitation.



RIVER COMMONS

June 2023

Celebrating June

Men's Health Month

Perennial Gardening Month

Go Barefoot Day
June 1

World Bicycle Day
June 3

D-Day
June 6

Flag Week (U.S.)
June 11-17

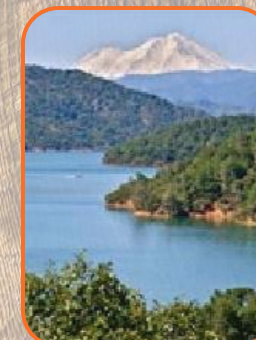
Worldwide Day of Giving
June 15

Father's Day
June 18

Great American Backyard Campout
June 24

Social Media Day
June 30

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





**Don & Clara
Stewart**



By Kathie Dailey

Clara came from Park City, Utah. Her great grandfather came out in a wagon train with Brigham Young, who led the Mormon pioneers from Illinois to Salt Lake City. Brigham Young founded Salt Lake City. Her great grandfather ran the stagecoaches in Utah. Her grandfather owned a gas station in Park City. Her father and his brother ran the gas station, but it got lost in the depression.

When she was 3 years old her father went to work for the U.S. Bureau of Mines in Utah. They didn't do real mining, but they found out if the minerals were correct for making cement. When she was 9 years old, the company moved to Shasta Dam to do the same work.

Don grew up in Cottonwood. His father owned a farm, but it was also lost during the depression. His family all picked fruit. He had 6 children in his family. He had a much older brother that he had fun announcing to friends that his brother was his father, which the brother did not like.

They both went to Shasta High School. Don became good friends with Clara's brother, so he was around the house a lot. Clara got to know Don and decided that he would make a good husband.

Don spent his high school summers working in the woods. He went to Shasta College and then to Chico State, where he got a B.A. degree and a teaching credential. He taught for 11 years in Trinity County. Then he was elected the Superintendent of Trinity County Schools. He spent 37 years in education.

They spent lots of years camping. In the beginning they didn't have camping equipment, so they just threw blankets on the ground. They took their RV out and drove all around the western states. They then decided to build a recreational RV park in Weaverville. There were 40 places for RV's.

They had 2 children – Don & Kim. Kim had Cystic Fibrosis and lived to be 15. Clara spent lots of her time doing special treatments and taking good care of Kim. Don was very helpful also. Their son has 3 children. Clara and Don have 4 great grandchildren.

Some other very minor events in their lives were that they built 3 homes by themselves!!! Don once caught a 12 foot sturgeon out of Washington's Columbia River! They once had a foreign exchange student for a year that they still keep in close contact with even today. They went to his Moroccan wedding!

I asked Don what was the best thing that's happened to him, and he simply said, "Clara".

BIRDWATCHING

Birdwatching is one of the most relaxing and rewarding pastimes that practically anyone can do. For folks in their golden years, it comes with extra benefits because it gently keeps the mind active and alert while encouraging a focus on the beauty of nature. As human beings, being out in nature is one of the healthiest things we can do. Not only does it reduce stress and anger, but it increases emotional well-being and has tangible health benefits, such as lowering blood pressure, muscle tension, and the production of stress hormones.

Get Outdoors. It's called the great reason. Getting outside gives you a chance deep into your lungs, lets you bathe in the up vitamin D, and provides a chance for vitamin D, and movement are all essential contribute to a person's overall wellness, and birdwatching provides the perfect excuse to get outside.



outdoors for good to breathe fresh air sun's rays and soak movement. Oxygen, components that

Keep Fit. It's only in the last couple hundred years that humans have been sedentary. Our bodies evolved over millions of years of hunting, gathering, and exploring. As such, we're hardwired to move, and the more we move, the healthier our bodies are. A few bird-watching sessions will get the blood pumping throughout your body and keep you fit and healthy.

Do It From Anywhere. Luckily, you don't have to be outdoors to be a keen bird-watcher. If you're homebound for any reason, you can still take part in this joyous pastime and enjoy the benefits of nature. add a bird feeder to a tree in your view. Voila! You'll be able to watch the little guys flock to your window and frolic around.

Enhance and works as a species, spotting noticing patterns in more, the sights your past that you might



Cognition. Bird-watching offers sensory stimulation memory exercise. Matching birdsong to a specific minor differences between male and female birds and behavior all serve to keep your mind agile. What's and sounds can evoke memories and associations from have forgotten.

Relieve Negative Emotions. Watching birds and paying close attention to nature is meditative. Science shows that focusing on nature can help people zone out from stressful or anxiety-inducing thoughts and improve neurological function. If you've ever been feeling bad, then got distracted by the sight of a beautiful sunset and felt those negative feelings dissolve immediately, you've experienced the power nature has to help us overcome negative feelings.

FATHER'S DAY WORD SEARCH

Instructions: Try to find all of the hidden Father's Day words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

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

Word List

ACCEPTING	GENEROUS	KIND
AFFECTIONATE	GENTLE	STRONG
CONSIDERATE	HELPFUL	THOUGHTFUL
ENCOURAGING	HERO	TOUGH
FAMILY	JOKES	WONDERFUL

It was my father who taught me to value myself.
-DAWN FRENCH



What Am I?

- 1. I hit the market in 1874.
- 2. In my early days, I was roughly the size of a piano.
- 3. I set lasting standards.
- 4. I have many moving parts.
- 5. I have become much smaller over the years.
- 6. I leave little room for mistakes.
- 7. If you strike me, it won't hurt.
- 8. I was perfected by Christopher Latham Sholes.
- 9. My original design had many flaws, but I evolved over time.
- 10. I use a ribbon for more than decoration.
- 11. I changed the landscape of the workforce.
- 12. I make classics.
- 13. You have not seen much of me since the 1990's.
- 14. Originally I was intended for women to use.
- 15. Thomas Edison electrified me.
- 16. My keys can be loud, but I am not an instrument.
- 17. I provide an alternative to handwriting.
- 18. My QWERTY keyboard layout is best for English.
- 19. Some call me Remington.

Resident Reminder - Van Schedule

Tuesday, Wednesday, and Thursday. 8am – 11am
Let the front desk know the time of your appointment and the address.
Be in the Lobby 30 minutes prior to your appointment.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June 2023</h1> <p>Test Your Medical Pendant Monthly</p>				9-11 Dr. Appt .and Shopping 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo	9:00 Regular Exercise 10:00 Baby Goat Cuddles 1:30 Rummikub	9:00 Exercise-Regular 
9:00 Exercise-Regular 2 :00 Rummikub 3:00 Non-denominational Chapel Service Roberta Withrow	9:00 Exercise-Regular 2:00 Fun with Kitchen 	9-11 Dr. Appt. and Shopping 9:00 Exercise-Balance 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Coffee Break 2:00 Walker Clinic 2:30 Happy Hour w/ Thyme Matters	9-11 Dr. Appt .and Shopping 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo 	9:00 Regular Exercise 1:30 Rummikub 	9:00 Exercise-Regular Bill Harris
9:00 Exercise-Regular 2 :00 Rummikub 3:00 Non-denominational Chapel Service	9:00 Exercise-Regular 2:00 Fun with Kitchen 	9-11 Dr. Appt. and Shopping 9:00 Exercise-Balance 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train 	9-11 Dr. Appt. and Shopping 9:00 Exercise-Regular 1:00 Verterans Services Seminar 2:30 Happy Hour w/ Goody Goody Band <small>Flag Day (US)</small>	9-11 Dr. Appt .and Shopping 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo 	9:00 Regular Exercise 1:30 Rummikub 2:00 Father's Day Celebration	9:00 Exercise-Regular 
9:00 Exercise-Regular 2 :00 Rummikub 3:00 Non-denominational Chapel Service <small>Father's Day</small>	9:00 Exercise-Regular 2:00 Fun with Kitchen  <small>Juneteenth</small>	9-11 Dr. Appt. and Shopping 9:00 Exercise-Balance 10:00 Yahtzee 2:00 Berta Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Coffee Break  <small>Summer Begins</small>	9-11 Dr. Appt .and Shopping 9:00 Exercise-Balance 10:00 Card Sharks 12:00 Pizza Party 2:00 Bingo	9:00 Regular Exercise 1:30 Rummikub 	9:00 Exercise-Regular
9:00 Exercise-Regular 2 :00 Rummikub 3:00 Non-denominational Chapel Service	9:00 Exercise-Regular 2:00 Fun with Kitchen 	9-11 Dr. Appt. and Shopping 9:00 Exercise-Balance 10:00 Yahtzee 2:00 Bingo 3:00 Mexican Train	9-11 Dr. Appt. and Shopping 9:00 Exercise-Regular 10:00 Coffee Break 2:30 Happy Hour w/ Cover Girls 	9-11 Dr. Appt .and Shopping 9:00 Exercise-Balance 10:00 Card Sharks 2:00 Bingo	9:00 Regular Exercise 1:30 Rummikub Barbara Oropeza Randy Tatom	Blue=Resident Run Red=Clinic Purple=Kitchen Event 