



Residents	Birthdate	Residents	Birthdate
Faye Kent	August 2	Don Stewart	August 21
Virginia DeCoito	August 4	Alice Litynsky	August 26
Marion Havard	August 6		
Jackie Gogan	August 11	Employees	Birthdate
Peggy LaBella	August 13	Diane (HK)	August 5
Aleen Hazelip	August 15	Eric	August 9

August Word Search

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Augment	Confabulate	Kith
Barbeque	Fire	Peridot
Baseball	Fishing	Perseid
Boating	Gladiolus	Sunshine
Camping	Harvest	Swimming
Canoeing	Hiking	Travel
Climbing	Hot	Vacation

RIVER COMMONS

August 2023

**Celebrating
August**

Dog Month

Golf Month

**Homemade Pie
Day**
August 1

**Farmers Market
Week**
August 6–12

Lighthouse Day
August 7

Garage Sale Day
August 12

**Senior Citizen's
Day**
August 21

**World Water
Week**
August 20–24

**National Park
Service Day**
August 25

**Be Kind to
Humankind
Week**
August 25–31

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





**Judy
Slack**



By Kathie Dailey

Judy Slack has always been a resident of Shasta County. In her family there are 5 generations of women in Northern California. She was born at the Mrs. Anderson Maternity Home on Pine St. in Redding. The church bells were ringing when she was born on a Sunday morning.

She was the oldest of 3 sisters and also had 1 older brother. They lived on a ranch in Millville. Her mother taught school all over Shasta County for 30 years. Teachers didn't make much money then, only about \$250 per year. Her father raised turkeys for the meat and eggs, which he sold to poultry producers in Red Bluff. He also sold turkeys, eggs, and vegetables to workers on Shasta Dam. They bought a 135-acre ranch in Millville, and the house on the property was over 100 years old when they first moved in.

They had lots of animals. Her father bought a Duroc boar from Chicago and had it flown to Red Bluff. They had horses, and one of them was ridden by 5 kids at the same time. Judy even got bucked off!

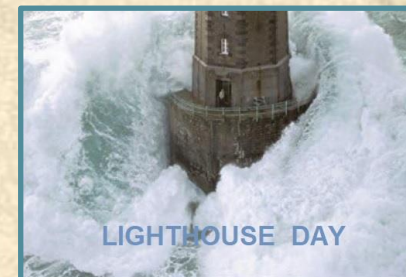
She took part in lots of activities. She was in 4-H Rainbow Girls. Mom and the girls were active in the American Sunday School in Palo Cedro with youth activities and church camp. At the grange she enjoyed card parties and square dancing. They had dances where the parents and the kids all danced. They had fun playing and swimming in Clover Creek and Cow Creek.

She had a good time growing up, but also had lots of hard work on the ranch. She's very thankful to God that He gave her such good childhood years, plus learning to work. She was a graduate of Shasta High School in 1954. She met her husband, Don, through best friends in high school. He had just finished serving 4 years in the Navy and was going to Shasta College. Don loved motorcycles. She told him if he quit smoking, he could get a nice big motorcycle. Well, he quit smoking and then got his motorcycle!

They had 1 daughter and 2 sons. He decided he wanted to quit his good-paying job at the lumber company and buy a pool hall and have her cook. She took her 3 children into the pool hall and decided right away that this wouldn't work! After 14 years together, Don passed away because of injuries from a motorcycle accident.

Then, Judy married Floyd Slack. He had 2 sons and lived in Anderson. The 2 sons became part of Judy's family. They did lots of camping, fishing, and Little League Baseball. When his younger son was 19, he died in a motorcycle accident. In 2020, Floyd died, his son, and her son with different medical problems. Judy and Floyd were married for 50 years and had a very good life together.

NEW RESIDENTS!!!



Elaine Bellamy



Shelley Woods-Peace



Aleen Hazelip

River Commons

Guest Suite

Available for rent!

\$95 per night, maximum

3-night stay.

Maximum 3 people.

Includes two meals

per night.

Resident Reminder - Van Schedule

Tuesday, Wednesday, and
Thursday from
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.*

What to Know About Dehydration in Older Adults

Dehydration is dangerous no matter what your age, but seniors are at a greater risk for dehydration than other age groups. Dehydration can happen quicker than you think and can cause damage before you have a chance to rehydrate. Learn the signs of dehydration and how you can prevent it from happening to you.

Risks for senior dehydration include:

- **Diarrhea and vomiting** – Especially diarrhea and vomiting that comes on suddenly and is persistent. In addition to losing fluids, your body's electrolytes and minerals are quickly depleted, making dehydration symptoms worse.
- **Fever** – Generally speaking, high fevers quickly lead to dehydration. The higher the fever, the faster you become dehydrated.
- **Excessive sweating** – If you don't replace the fluids lost while sweating, you can become dehydrated.
- **Increased urination** – Diabetes that isn't yet diagnosed or controlled through diet or medication can lead to passing more urine and depleting your water supply.

Signs of dehydration include:

- Feeling unquenchable thirst
- Few or no tears
- Dry, sticky mouth
- Not urinating frequently
- Dark-colored urine
- Unexplained tiredness
- Feeling dizzy or lightheaded
- Confusion



Preventing Dehydration

Drink water!

Set reminders!

Consider your diet. If you find that drinking more water is difficult, try incorporating more fruits and vegetables into your diet. Other foods that promote hydration include:

- Yogurt
- Jellies
- Soup
- Broth

Enhance your water.

Talk to your doctor.



History of National Senior Citizens Day

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens, and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated.

"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."













His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>August</i> <i>2023</i></p>	<p>8-11 Transportation 1 9:00 Exercise – Balance 10:30 Pictionary 2:00 Bingo</p> <p>Wear Tye Dye </p>	<p>8-11 Transportation 2 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Gab with Gabby 2:00 Walker Clinic 2:30 Happy Hour with Thyme Matters</p> <p>Faye Kent</p>	<p>8-11 Transportation 3 9:00 Exercise -Balance 2:00 Bingo</p> <p></p> <p>Virginia DeCoito</p>	<p>9:00 Exercise-Regular 4 1:30 Rummikub</p> <p>9:00 Exercise 5 1:45 Movie of the Week <i>Chicago</i> with Richard Gere</p>		
	<p>9:00 Exercise-Regular 7</p> <p></p> <p>Marion Havard</p>	<p>8-11 Transportation 8 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo</p> <p></p>	<p>8-11 Transportation 9 9:00 Exercise-Regular 10:00 Gab with Gabby 1:15 Crafting 2:30 Happy Hour with Goody Goody Band 3:00 Vision Support</p>	<p>8-11 Transportation 10 9:00 Exercise -Balance 2:00 Bingo</p>	<p>9:00 Exercise-Regular 11 1:30 Rummikub</p> <p></p> <p>Jackie Gogan</p>	<p>9:00 Exercise 12 1:45 Movie of the Week <i>Captain Phillips</i> With Tom Hanks</p>
	<p>9:00 Exercise – Regular 13 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Peggy LaBella</p>	<p>9:00 Exercise-Regular 14</p> <p>Wear your Hawaiian Apparel All Week</p> <p>Aleen Hazelip</p>	<p>8-11 Transportation 15 9:00 Exercise – Balance 10:30 Pictionary 2:00 Bingo</p> <p></p>	<p>8-11 Transportation 16 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Gab with Gabby 12:00 Luau</p> <p></p>	<p>8-11 Transportation 17 9:00 Exercise -Balance 2:00 Bingo</p> <p></p>	<p>9:00 Exercise-Regular 18 1:30 Rummikub</p> <p></p> <p>9:00 Exercise 19 1:45 Movie of the Week <i>Shenandoah</i> With James Stewart</p>
	<p>9:00 Exercise – Regular 20 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Don Stewart</p> <p>National Senior Citizen Day</p>	<p>8-11 Transportation 22 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Berta Bingo</p> <p>Wear Pink Day </p>	<p>8-11 Transportation 23 9:00 Exercise-Regular 10:00 Gab with Gabby 1:15 Crafting</p> <p></p>	<p>8-11 Transportation 24 9:00 Exercise -Balance 2:00 Bingo</p> <p></p>	<p>9:00 Exercise-Regular 25 1:30 Rummikub</p> <p>9:00 Exercise 26 1:45 Movie of the Week <i>To Catch a Thief</i> With Cary Grant</p> <p>Alice Litynsky</p>	
	<p>9:00 Exercise – Regular 27 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p></p>	<p>8-11 Transportation 29 9:00 Exercise – Balance 10:30 Pictionary 2:00 Bingo</p> <p></p>	<p>8-11 Transportation 30 9:00 Exercise 10:00 Gab with Gabby 2:30 Happy Hour with Cover Girls</p> <p></p>	<p>8-11 Transportation 31 9:00 Exercise -Balance 2:00 Bingo</p>	<p>Test Your Medical Pendants Monthly</p> <p></p>	