



RESIDENTS	BIRTHDATE	RESIDENTS	BIRTHDATE
Barbara Lucas	Sept.02	Phyllis Voellinger	Sept. 03
Susan Schliesser	Sept. 03	Patti Grace	Sept. 08
Bill Kirch	Sept. 09	Hank Bowen	Sept. 16
Pete Hanson	Sept 22	Judy Berry	Sept. 23
Dorothy Kohlbeck	Sept. 23	Francis Wolfe	Sept. 29
EMPLOYEES	BIRTHDATE	EMPLOYEES	BIRTHDATE
Brian	Sept. 24	Steve	Sept. 26

Secrets to Aging Gracefully

Wisdom, resilience, and a well-rounded and mature perspective on life are often credited as the hard-earned rewards of aging, and growing old itself is an accomplishment not everyone is able to achieve. Looking and feeling good past the age of sixty requires a fine-tuned combination of aging gracefully and defying the very laws of time. As we age, the more it seems time is catching up with us, and signs such as sun-damaged skin, over-processed hair or the effects of smoking begin to appear. *But it does not have to be this way.* The secret of aging with grace and dignity goes beyond resetting the hands of time, but also resetting your mindset as well.

One of the first things an individual must do as they get older is to accept the changes they will have to make to their lifestyle and embrace these changes for the better. Accepting these life changes is a significant key to psychological health, as aging changes everyone and is inevitable. For instance, individuals need to realize they will be more tired, have less energy, and probably do things more slowly than before, which is okay. Seniors who think rigidly do not do this, as they experience the natural changes and their health status associated with aging, they view these changes as negative, which adds a tremendous amount of stress and strain to their life.

Rigid thinking individuals tend to become overwhelmed, cannot manage these changes in a healthy manner, and therefore become depressed. Individuals who anticipate these life changes and adopt a 'yes I know this is coming and I know I can manage it' attitude tend to have a more positive and healthier mindset, experience fewer signs of depression, and continue to embrace and enjoy their golden years. Ultimately, attitude is the primary secret to aging gracefully.

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

September 2023

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

**Celebrating
September**

**Classical Music
Month**

Sewing Month

**World Alzheimer's
Month**

**Victory Over
Japan Day
September 2**

**Labor Day (U.S.)
September 4**

**International Day
of Charity
September 5**

**Grandparents Day
September 10**

**Patriot Day (U.S.)
September 11**

**National Chocolate
Milkshake Day
September 12**

**Butterscotch
Cinnamon Pie Day
September 15**

**Wife Appreciation
Day
September 17**





**Shelly
Woods-Peace**



By Kathie Dailey

Shelly was born in Lone Pine, California, near Mt. Whitney. Her last name is two words because her family never gave the children middle names. So, she gave herself a middle name Woods, her maiden name, and Peace was her husband's last name.

She has always felt that her grandparents were her parents. Her father divorced and left the family. Her mother remarried soon but let Shelly stay with her grandparents for 16 months while she left to be with her new husband. She bonded with her grandparents. She has one brother and two sisters.

Shelly's grandmother was editor of the Women's section in the Burbank newspaper. She spent lots of time with her grandparents. Her grandfather was teaching her to fish when she was very young. She caught a fish, kissed it on its mouth, and threw it back!

One of her favorite childhood memories was going to Disneyland when it first began. Walt Disney was there greeting everyone. She ran up to his car and kissed him. She was also a top-notch jacks player.

Her father was tired of all the moving in Fish & Game and went into teaching. Her mother was a librarian. Shelly was a real adventuresome person and moved to so many places that I'll only name a few. She was active in the Unity Church.

She had to give her baby boy away for adoption, a very emotionally hard thing to handle. She was very happy to have him find her when he turned 18. He lives in Germany now, but they are very close.

Shelly's favorite place to live was in Israel. She went there alone for a visit and ended up staying for two years. She lived in a kibbutz and loved the role of being a children's helper.

When she was 22, she joined the Air Force and was stationed in Germany for three years. She visited several European countries. Her favorite city was London, England. She had her son, Graham, when she was 33. He loves his work on his friend's farm in Oklahoma.

When she was about 34, she went to Sacramento State University and got her credentials. She worked as a welfare eligibility worker for 14 years, and with Child Protective Services for 5 years. Then she worked to help homeless veterans. *That was her favorite job!*

She went through the 2018 Paradise fire and lost her home. She lost friends and so many important things. Her husband inhaled a lot of smoke and died a year and a half later due to lung problems.

She lived for 5 years with a girlfriend and decided that living at River Commons, where her dad suggested, would be best. She has an exuberant, adorable dog named Coal who loves her and us too.



NEW RESIDENTS!!!



Jorgi Baker



Jim Dolan



Pet of the Month

Meet Gracie!

She is the fur baby of Claire Quigley. Gracie is a mini poodle and was rescued by Claire



when she was 5. Gracie's birthday is September 1st and she is 13 years old now. Gracie is a health-conscious pup;

turkey is one of her favorite snacks. (Not our resident turkeys!)

Say hello to Gracie as she also enjoys walks with Mom around the community.

River Commons

Guest Suite

Available for Rent

\$95 per night, maximum

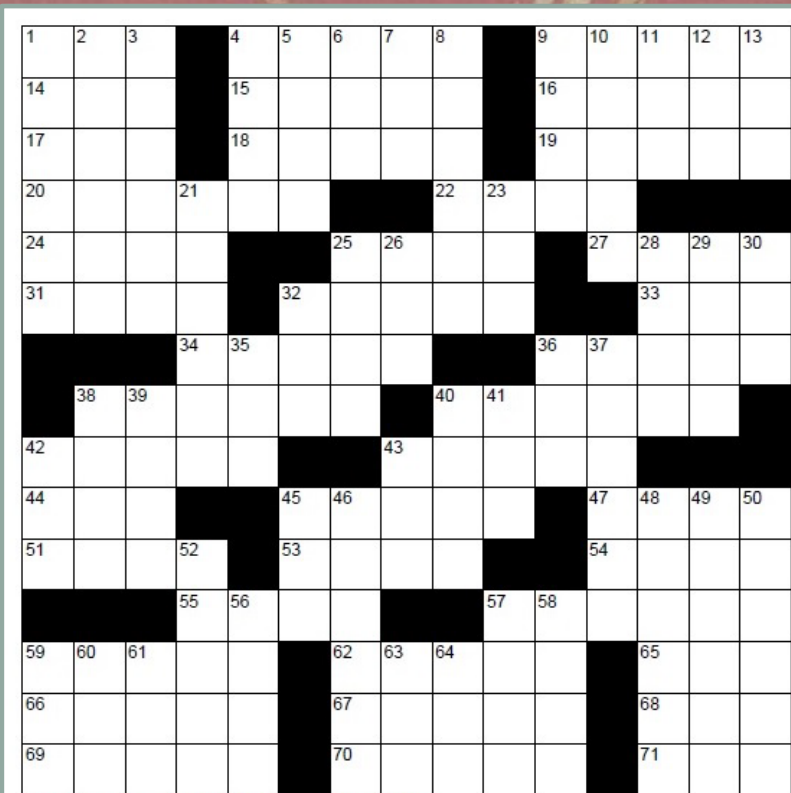
3-night stay

Maximum 3 people.

Includes two meals

per night

Labor Day Crossword Puzzle



By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Brand of hot cereal beverage
- 2 Disconcerted
- 3 Straighten out
- 4 Tropical edible root
- 5 Margarine
- 6 Sticky black substance
- 7 Flightless bird
- 8 Second day of the week
- 9 Helper
- 10 Soars
- 11 Pair
- 12 Hearing part
- 13 Central nervous system
- 21 Journey
- 23 Internal Revenue Service
- 25 Kid's cereal brand
- 26 Stood opposite
- 28 Expansive
- 29 Chilled
- 30 Males

ACROSS

- 1 Play on words
- 4 Emblem
- 9 Ancient Indian
- 14 Less than two
- 15 "Remember the ___"
- 16 Midwestern state denizen
- 17 Ocean
- 18 Old show
- 19 Entrances
- 20 Body picture
- 22 Carpe ___
- 24 Consumer
- 25 Despot
- 27 Play in the water
- 31 Asian bird
- 32 Speaks to God
- 33 Sorbet
- 34 Go to see
- 36 Enlarge
- 38 Blend before
- 40 Examined
- 42 Pup
- 43 Old woman
- 44 Relief
- 45 Washed-out
- 47 File
- 51 Chunk
- 53 Area with many people living and working close together
- 54 Within
- 55 Far away
- 57 Tan colors
- 59 Chance
- 62 Pine Tree State
- 65 Creative work
- 66 Bleacher
- 67 Performer
- 68 Fear
- 69 Want
- 70 Bird homes
- 71 Rainy mo.

DOWN

- 32 Pressure unit
- 35 Elf
- 36 Aced
- 37 European peninsula
- 38 Mr. Donahue
- 39 Remake
- 40 Quarry
- 41 Pole
- 42 Tail movement
- 43 Central daylight time
- 45 Farm credit administration (abbr.)
- 46 Flyer
- 48 National capital
- 49 Incite (2 wds.)
- 50 Sign
- 52 Bread maker
- 56 Plant life
- 57 Tangle

DOWN

- 58 Possessive pronoun
- 59 Cook with oil
- 60 Tell a tall tale
- 61 America
- 63 Whiz
- 64 ___ A Small World...



Why Do We Celebrate Labor Day?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters. In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories, and mines across the country, earning a fraction of their adult counterparts' wages. People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress would not legalize the holiday until 12 years later, when a watershed moment in American labor history brought workers' rights squarely into the public's view. On May 11, 1894, employees of the Pullman Palace Car Company in Chicago went on strike to protest wage cuts and the firing of union representatives.

On June 26, the American Railroad Union called for a boycott of all Pullman railway cars, crippling railroad traffic nationwide. To break the Pullman strike, the federal government dispatched troops to Chicago, unleashing a wave of riots that resulted in the deaths of more than a dozen workers.

In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. On June 28, 1894, President Grover Cleveland signed it into law. More than a century later, the true founder of Labor Day has yet to be identified.

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

September 2023

TEST YOUR MEDICAL PENDANTS MONTHLY

<p>9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>9:00 Exercise-Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Book Worms Connect</p>	<p>8-11 Transportation 8:30 Walking with Gabby 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>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p>	<p>9:00 Exercise-Regular 1:30 Rummikub</p>	<p>9:00 Exercise 1:45 Movie of the Week <i>Mrs. Doubtfire with Robin Williams</i></p> <p>Barbara Lucas</p>
<p>9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>9:00 Exercise-Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>8-11 Transportation 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:15 Line Dancing</p>	<p>8-11 Transportation 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 Happy Hour with Goody Goody Band 3:00 Vision Support</p>	<p>8-11 Transportation 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 OPEN HOUSE</p>	<p>9:00 Exercise-Regular 9:00 Flu Shot Clinic 1:30 Rummikub</p>	<p>9:00 Exercise 1:45 Movie of the Week <i>The Highwaymen with Kevin Costner</i></p> <p>Bill Kirch</p>
<p>9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>9:00 Exercise-Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>8-11 Transportation 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:15 Line Dancing</p>	<p>8-11 Transportation 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 Happy Hour with Goody Goody Band 3:00 Vision Support</p>	<p>8-11 Transportation 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 OPEN HOUSE</p>	<p>9:00 Exercise-Regular 9:00 Flu Shot Clinic 1:30 Rummikub</p>	<p>9:00 Exercise 1:45 Movie of the Week <i>The Jerk with Steve Martin</i></p> <p>Hank Bowen</p>
<p>9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>9:00 Exercise-Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>8-11 Transportation 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Berta Bingo 3:15 Corn Hole</p>	<p>8-11 Transportation 9:00 Exercise-Regular 9:30 Catholic Communion 10:00 Gab with Gabby 2:30 Show & Tell Happy Hour</p>	<p>8-11 Transportation 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p>	<p>9:00 Exercise-Regular 1:30 Rummikub</p>	<p>9:00 Exercise 1:45 Movie of the Week <i>A League of Their Own with Tom Hanks</i></p> <p>Judy Berry Dorothy Kohlbeck</p>
<p>9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service</p> <p>Phyllis Vollenger Susan Schliesser</p>	<p>9:00 Exercise-Regular 2:00 Hearing Aid Clinic</p>	<p>8-11 Transportation 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:15 Line Dancing</p>	<p>8-11 Transportation 9:00 Exercise 10:00 Gab with Gabby 2:30 Happy Hour with Cover Girls</p>	<p>8-11 Transportation 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p>	<p>9:00 Exercise-Regular 1:30 Rummikub</p>	<p>9:00 Exercise 1:45 Movie of the Week <i>Please Don't Eat the Daisies with Doris Day</i></p> <p>Fran Wolfe</p>