



Resident's	Birthdate	Resident's	Birthdate
Gene Keller	October 9	Nila Gott	October 10
Evelyn Carrell	October 11	Thelma Grimm	October 19
Jan Clearie	October 24	Ken Wagers	October 28
Jeri Isringhausen	October 29		

### Joke for the month:

Q: When do Bavarians rip the sleeves off their shirts?  
(See answer below)

## Useful Tips for Seniors to Stay Safe During Autumn



### Get vaccinated.

Seniors are at greater risk of influenza during autumn. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization. So, before the winter sets in, consult your physician and get the required flu shots.

### Keep yourself warm.

While it may not be cold enough to pull out your sweaters and jackets, you may want to put on additional layers of clothing throughout autumn. Go for non-skid shoes that will keep you from falling or tripping.

### Clear away the fallen leaves.

Fallen leaves can get soggy from the rain, increasing the risk of slips and falls. Be aware while walking around.

### Regulate indoor temperature.

Keep your thermostat set at a comfortable temperature, adjust as needed.

### Light up your surroundings

The key to preventing unfortunate falls and trips is to watch where you are walking, which in turn requires your living space to be well-lit. Here are a few lighting tips that may help you:

- Place the lamp next to your bed within your reach.
- Set up nightlights in hallways, bedrooms, and any other room that you may use in the evenings.
- Store flashlights in drawers and cabinets that are easily

A: In October!

# RIVER COMMONS

October 2023

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



## Celebrating October

Popcorn Poppin' Month

Country Music Month

International Day of Older Persons  
October 1

World Teachers' Day  
October 5

Columbus Day and Indigenous Peoples' Day  
October 9

Farmer's Day  
October 12

Newspaper Comic Strip Appreciation Day  
October 18

International Artist Day  
October 25

Halloween  
October 31







**Evelyn Carrell**



By Kathie Dailey

Evelyn was born in Patten, Northern Maine. Southern Maine has cities, but Northern Maine has forests and smaller towns. Her town had 1,500 people. She lived where all those gorgeous autumn leaves come out.

Her mother died when Evelyn was only 10. Her father died two years later. She had a sister and brother a little bit older. They lived alone for about 6 months. Then someone her dad knew took them in. His wife was Native American, so Evelyn learned a lot about the Native American culture and traditions. He was very involved in the community.

He was a potato farmer. He dug the potatoes up with a tractor and the kids gathered all the potatoes. Their school was canceled all during October, so they could get their potatoes in before the frost. They started working at 5:00 a.m. and kept going till it was dark. They bought their school clothes with their profits.

She studied secretarial science at Husson College in Bangor, Maine. Her sister went to Florida as a nurse, so Evelyn went there too. She became Secretary to a multimillionaire. He made million-dollar homes in a community on an island, north of Palm Beach.

Later, she moved to Washington, D.C., and was a Navy Secretary for five years. Then she did temporary work at Farmers Insurance in Boston. She moved to California to be with her brother at Point Mugu and worked in Hollywood.

She got married, but divorced when her daughter was two years old, and never remarried. She worked for Aerojet in Downey, then at International Harvester in Los Angeles and at a psychiatric hospital for seven years. She was their Medical Secretary. Her last job was for 20 years as a judicial secretary for Orange County Superior Court.

In retirement she toured China, Italy, and all around the U.S. She loved to drive her car and quite often went up to Washington state from Orange County to see her daughter and three grandchildren. Her daughter is now a biology teacher in Mt. Shasta City High School. She's very active and has done several triathlons. Evelyn was active in the Lion's Club and was their treasurer for 12 years.

A grandson graduated from West Point in the Army. Her granddaughter flies jets with the Air Force. And her grandson is in high school and hopes to go to Annapolis to be in the Navy.

What a very *patriotic family!!!*

**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.*

**NEW  
RESIDENTS!!!**



**Sandy Jackson**



**Doris Wilder**

**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.*

**Pet of the Month**

**Meet Kelly!**

Kelly is Dorothea Howerton's sweet fur baby. Dorothea and Kelly have been together since Kelly was a kitten. Kelly is 14 years great to and likes every Kelly likes the sun looking window.



old. She is company Dorothea to snuggle night. naps in and enjoys out the

*Keep an eye out for Kelly keeping an eye on you walking around the building!*

**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\**



# Pumpkin Picking!

Fall has arrived with a chill in the \_\_\_\_\_  
(noun)  
The leaves are turning \_\_\_\_\_ and \_\_\_\_\_  
(color) (color)  
Night time comes quicker, which usually  
means \_\_\_\_\_! But today was a \_\_\_\_\_ day.  
(noun) (adjective)  
My \_\_\_\_\_ went to the \_\_\_\_\_ patch.  
(noun) (vegetable)  
The \_\_\_\_\_ took us on a hay \_\_\_\_\_ to a big  
(person) (verb)  
\_\_\_\_\_ field. We all got to pick a \_\_\_\_\_  
(adjective) (vegetable)  
that was \_\_\_\_\_! Yes night comes quicker now  
(adjective)  
that it's fall. But tonight my \_\_\_\_\_ sits  
(vegetable)  
by my \_\_\_\_\_. \_\_\_\_\_ what a \_\_\_\_\_ day!  
(noun) (exclamation) (adjective)



# 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 reported to be the first of its kind to link a cultural factor—a positive 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, regardless of physical health or the age they joined the cohort.

Professor Becca Levy, lead author of the study, said: "Most people assume there is no recovery from MCI, but in fact half of those who have it do recover.

Little is known about why some recover while others don't.

"That's why we looked at positive age beliefs, to see if they would help provide an answer.

"Our previous research has demonstrated that age beliefs can be modified; therefore, age-belief interventions at the individual and societal levels could increase the number of people who experience cognitive recovery," she said in a statement.



These chair exercises are great!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service 	9:00 Exercise-Regular  <b>Wear Camo Attire</b>	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Book Worms Connect 	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 2:00 Walker Clinic 2:30 Happy Hour with Thyme Matters	8-11 Transportation 8:30 Walking with Gabby <b>Sundial Bridge</b> 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo 	9:00 Exercise-Regular 1:30 Rummikub 	9:00 Exercise 1:45 Movie of the Week <i>Warm Bodies</i>  Simchat Torah Begins
9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service	9:00 Exercise-Regular  <b>Gene Keller</b> <b>Wear Yellow Attire</b> <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:15 Line Dancing 	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 Happy Hour with Goody Goody Band <b>Evelyn Carrell</b>	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo 	9:00 Exercise-Regular 1:30 Rummikub 	9:00 Exercise 1:45 Movie of the Week <i>Death Becomes Her</i> 
9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service 	9:00 Exercise-Regular  <b>Wear Orange Attire</b>	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:15 Corn Hole 	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 Ice Cream Outing	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo <b>Thelma Grimm</b>	9:00 Exercise-Regular 1:30 Rummikub 	9:00 Exercise 1:45 Movie of the Week <i>Hocus Pocus</i> 
9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service	9:00 Exercise-Regular  <b>Wear Fall Attire</b>	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:15 Line Dancing <b>Nila Gott</b>	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise 10:00 Gab with Gabby 2:30 Happy Hour with Cover Girls 	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo 	9:00 Exercise-Regular 1:30 Rummikub 	9:00 Exercise 1:45 Movie of the Week <i>Hocus Pocus 2</i>  <b>Ken Wagers</b>
9:00 Exercise – Regular 2:00 Rummikub 3:00 Non-denominational Chapel Service <b>Jeri Isringhausen</b>	9:00 Exercise-Regular 2:00 Hearing Aid Clinic 	8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 12:00 Spooktacular Costume Contest 2:00 Bingo <small>Halloween</small>	<div> <div>Blue=Resident Run Event</div> <div>Red=Clinic</div> <h1>October 2023</h1> <div>**TEST YOUR MEDICAL PENDANTS MONTHLY**</div> </div>			