



Resident's	Birthdate	Employee's	Birthdate
Mike Kenny	Nov. 3	Sherri	Nov. 8
		Sheena	Nov. 21
		Dan	Nov. 27



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

TURKEY BLESSED PARADE CORNUCOPIA  
 STUFFING FEAST GRAVY PIE  
 PILGRIM FAMILY PUMPKIN NOVEMBER  
 GRATEFUL FOOTBALL ROLLS THANKS

**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\*

# RIVER COMMONS

November 2023

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



**Celebrating November**

**International Games Month**

**Adopt-a-Turkey Month**

**Día de los Muertos**  
*November 1*

**Veterans Day (U.S.)**  
*November 11*

**Diwali**  
*November 12*

**Rock Your Mocs Day**  
*November 15*

**International Men's Day**  
*November 19*

**Thanksgiving (U.S.)**  
*November 23*

**Square Dancing Day**  
*November 29*







**Roberta  
Withrow**



By Kathie Dailey

Roberta was born in Redding and she's still with us here! Her father was a timber faller. He was one of the first to use a gas chain saw when they were invented. Her mother owned a phone answering service for physicians and businesses. She has a brother in Reno, who is blind.

She went to Little Pine School, Big Pine School, Sequoia School, and then to Shasta High. She played the flute in her school years. She was surprised when the Shasta High staff Vice Principal asked her to be on the yearbook staff.

She became a majorette in High School. She twirled the baton and then became very good at it. They won in several events. They did lots of parades. She taught little girls how to twirl the baton and dance.

Then Roberta went to Shasta College and graduated with an A.A. as well as a degree in business. She worked at her mom's answering service for a while.

She and her husband were married and had four children. She became a hands-on assistant to a doctor of neurology in San Francisco. He thought it would be good for her to go to Sonoma State College, and *he paid for it!*

Her schedule got very hectic. She went to Sonoma State Monday through Thursday. Then she'd go back to working for her doctor in San Francisco Thursday through Monday. She'd catch a bus Monday at 2:00 am and go back to school in Sonoma. She ended up graduating with a B.S. degree, *and* a degree in Psychology.

In 2008 she opened her own biofeedback office on Bechelli Lane here in Redding, where she worked for 16 years. It uses a treatment to help with muscular spasms, migraine headaches, injuries, etc. She spent 28 years in Neurology.

In retirement, Roberta became an independent distributor for the Mannatech Company. She was a nutritional consultant. In 2013, she became part of the group promoting the State of Jefferson.

Thank you, Roberta, for sharing these old memories with us!

#### **Jury Duty Notice:**

If you receive a jury duty notice and do not want to participate, and you are at least 70 years old, bring your notice to Jennifer and she can let the court know.

## **NEW RESIDENTS!!!**



**Lorie Davis**



**Jane Ashley**



**Pat Pfeiffer**

#### **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 Sam!**

Sam is the fur baby to Barbara Lucas. Barbara rescued Sam in 2019. He is currently 11 years old, and Sam is a Jack Russell Terrier and Dachshund mix.



Sam answers to the phrase "Sam I am". You will frequently see Sam and Barbara enjoying walks around River Commons.





# Fun Facts About Your Gut

Did you know your gut area contains approximately 35,000 strains of bacteria? Our large and small intestines rely on these bacteria for breakdown of food for energy to release nutrients in the large intestine. Each of these types of bacteria have an important job, like how a doctor, teacher, or lawyer might work in a city, so it is important to have a variety of bacteria present. Indicators that your gut is out of balance include GI problems like irritable bowels, bloating, food intolerances, and even chronic conditions like obesity and diabetes. Gut bacteria imbalance has even been shown to impact your mood!

Check out these tips and tricks to improve your gut health. Which do you want to try?

## Probiotics vs Prebiotics

- 1. Probiotics are foods with the bacteria that can contribute to the population of bacteria in the gut.
- 2. Prebiotics are foods that the gut bacteria eat that keep that microbiome healthy.
- 3. Both prebiotics and probiotics are needed to enhance overall gut health!

## Tips and Tricks:

- 1. Try hobbies or physical activity to reduce stress and gut inflammation.
- 2. Get *probiotics* from kefir, kombucha, sauerkraut, kimchi, and soft cheeses like cottage cheese.
- 3. Get *prebiotics* from onion, asparagus, artichoke, banana, oat, and wheat bran.
- 4. Aim for 21-25 grams of fiber for women and 30-38 grams for men daily.

Contributor: Elisabeth Bass, MS, RDN  
Editor: Emily Fear, MS, RDN, LDN, CDP

Recipe Ideas:	Flame Grilled Chicken Artichoke Pizza		Cracked Wheat Chickpea Wrap	
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# Did You Know?

Believe it or not, there's more to life for those 65 and older other than game night and golf courses. You feel wiser. You know yourself better. And you also become a part of a powerful demographic. To celebrate this special time in your life, we've shared some interesting facts for seniors that may surprise you.

## 1. Age doesn't determine success.

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

## 2. We lose a few bones along the way.

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

## 3. Seniors hold the most voting power.

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

## 4. Creativity doesn't diminish with age.

Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!

## 5. Seniors are living longer.

Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.

## 6. ...and growing faster.

According to the US Census Bureau, older adults make up the fastest growing age group within the United States.

## 7. You (mostly) have control over aging.

Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

## 8. There's less stress after 65.

Despite citing other health and money concerns, those 65 and older experience less stress.

















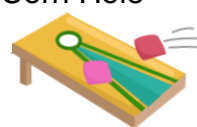






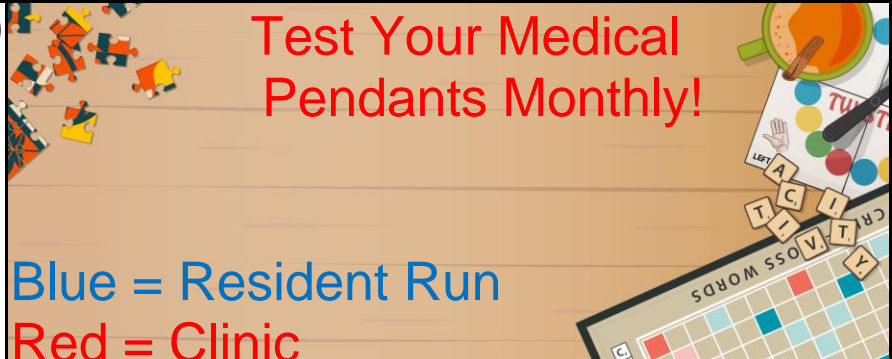
## 9. Learning can save your brain.

In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

## 10. Sleeping habits alter over time.

Our sleeping patterns change as we age: we get tired earlier and wake up earlier.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>NOVEMBER 2023</h1></div>			8-11 Transportation <b>1</b> 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 2:00 <b>Walker Clinic</b> 2:30 <b>Happy Hour with Thyme Matters</b>	8-11 Transportation <b>2</b> 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 11:00 Book Worm Connect 2:00 Bingo 	8:30 Walking with Gabby <b>3</b> 9:00 Exercise-Regular 9:30 Yahtzee 11:00 <b>Out to Lunch In &amp; Out</b> 1:30 <b>Rummikub</b>  <b>MIKE KENNEY</b>	9:00 Exercise <b>4</b> 1:45 Movie of the Week <i>True Grit</i> With John Wayne 
9:00 Exercise – Regular <b>5</b> 2:00 <b>Rummikub</b> 3:00 <b>Non-denominational Chapel Service</b>  	8:30 Walking with Gabby <b>6</b> 9:00 Exercise-Regular  	8-11 Transportation <b>7</b> 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Corn Hole 	8-11 Transportation <b>8</b> 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 <b>Happy Hour with Goody Goody Band</b>	8-11 Transportation <b>9</b> 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 10:45 <b>Northstate Symphony</b> 2:00 Bingo 	8:30 Walking with Gabby <b>10</b> 9:00 Exercise-Regular 9:30 Yahtzee 11:00 <b>Out to Lunch Applebees</b> 1:30 <b>Rummikub</b> <b>VETERAN'S DAY</b> 	9:00 Exercise <b>11</b> 1:45 Movie of the Week <i>Sands of IwaJima</i> With John Wayne  Veterans Day Remembrance Day (Canada)
9:00 Exercise – Regular <b>12</b> 2:00 <b>Rummikub</b> 3:00 <b>Non-denominational Chapel Service</b>  Diwali (Hindi)	8:30 Walking with Gabby <b>13</b> 9:00 Exercise-Regular  	8-11 Transportation <b>14</b> 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Trivia 	8-11 Transportation <b>15</b> 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 1:30 <b>Win River Casino</b>  	8-11 Transportation <b>16</b> 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo 	8:30 Walking with Gabby <b>17</b> 9:00 Exercise-Regular 9:30 Yahtzee 1:30 <b>Rummikub</b> 	9:00 Exercise <b>18</b> 1:45 Movie of the Week <i>The Searchers</i> With John Wayne 
9:00 Exercise – Regular <b>19</b> 2:00 <b>Rummikub</b> 3:00 <b>Non-denominational Chapel Service</b>  	8:30 Walking with Gabby <b>20</b> 9:00 Exercise-Regular  	8-11 Transportation <b>21</b> 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Corn Hole 	8-11 Transportation <b>22</b> 8:30 Walking with Gabby 9:00 Exercise 10:00 Gab with Gabby 2:30 <b>Happy Hour with George Ireton on Acoustic guitar</b>	<b>23</b>  Thanksgiving Day (US)	8:30 Walking with Gabby <b>24</b> 9:00 Exercise-Regular 9:30 Yahtzee 1:30 <b>Rummikub</b> 	9:00 Exercise <b>25</b> 1:45 Movie of the Week <i>The Shootist</i> With John Wayne 
9:00 Exercise – Regular <b>26</b> 2:00 <b>Rummikub</b> 3:00 <b>Non-denominational Chapel Service</b>	8:30 Walking with Gabby <b>27</b> 9:00 Exercise-Regular 10 2:00 <b>Hearing Aid Clinic</b>  	8-11 Transportation <b>28</b> 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Trivia 	8-11 Transportation <b>29</b> 8:30 Walking with Gabby 9:00 Exercise 10:00 Gab with Gabby 2:30 <b>Happy Hour with Cover Girls</b> 	8-11 Transportation <b>30</b> 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo	<div><h2>Test Your Medical Pendants Monthly!</h2><p>Blue = Resident Run Red = Clinic</p></div>	