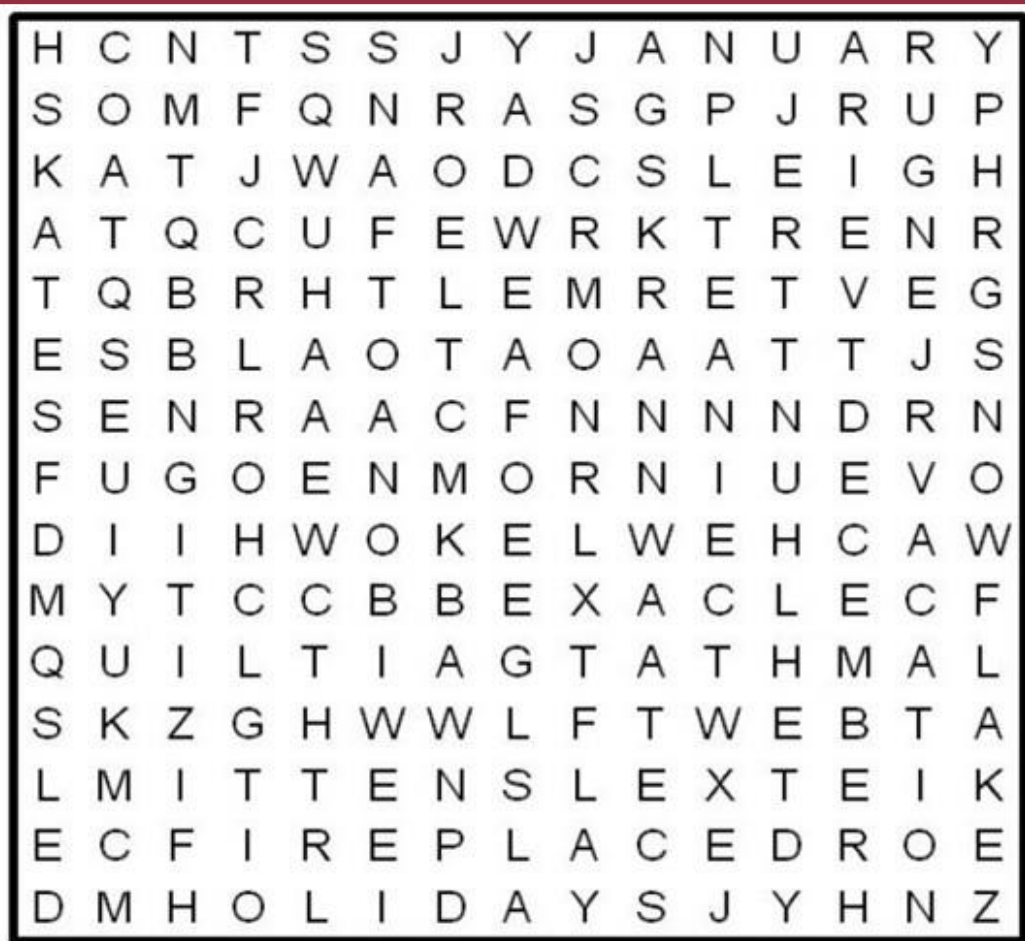


RESIDENT'S	BIRTHDATE	RESIDENT'S	BIRTHDATE
Richard Andrews	January 1	Pat McCune	January 4
Helen Hofmann	January 4	Jean Richardson	January 11
Steve DiVittorio	January 12	Betty Siler	January 30
Colleen Wise	January 30		

Wintery Words Search



- blanket
- coat
- comforter
- December
- February
- fireplace
- flannel
- heater
- hibernate
- holidays
- hot chocolate
- jacket
- January
- migrate
- mittens
- quilt
- skates
- sled
- sleigh
- snowball
- snowflake
- snowman
- vacation
- winter

RIVER COMMONS

January 2023

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

Celebrating
January

Hot Tea Month

Blood Donor
Month

Brain Teaser
Month

New Year's Day
January 1

Trivia Day
January 4

Dress Up Your
Pet Day
January 14

Kid Inventors
Day
January 17

Martin Luther
King Jr. Day
January 20

Australia Day
January 26

National Seed
Swap Day
January 27

Puzzle Day
January 29



Thank -You to all our Residents you all do so much for your families & your faces!

We appreciate each and every one of you!

Thank you so much for letting us be your family too! Love, Rose
Love your face? Thank you Sam Higgins
Thank you so much for your generosity Eric
Thank you very much so kind Thank you so much Dianna
Thank you so much for your generosity Julie
I'm so very grateful for all of you awesome people! Angelina Thanks so much! Deena
Thank you for your generosity touched my heart. Grateful for your kindness Sherrin
Thank-you for your generosity! We love you! all so much Thank you so much Corina Thank you so much you all are amazing
Hi Residents! Bless your Kindness! Thank you so much for your generosity Jennifer - Gabby
Thank you for your generosity! Thank you so much for your generosity!



Mary Lou Webb

Mary Lou came from Santa Maria. When she was born, her mother went to Wyoming because her grandma was a midwife. Her Brother was born in Wyoming, too. He came along 11 months later.

When she was in high school, she was very involved in school government, the school choir, and was a straight A student. She sang in the church choir, too. Her first job was as a soda jerk in a drug store. She was 15 years old and got 25 cents an hour. When she turned 16, she got a raise to 50 cents an hour! Another man became her manager, and he raised it up to \$1.00/hour!

Mary Lou worked for a dentist in Ventura until she was married. Her husband was on active duty for the National Guard. She then went to work for a bank. They decided to start a family, so she had a daughter and a son.

In 1963 they moved to Redding. Her husband was a meat cutter. She went back to work for the dentists for 13 years altogether. Her dentist was Chet Moore, who founded the Redding Jazz Festival. He could play all the instruments, and she got very involved in it.

She worked for Dr. Chet Moore in the mornings and worked at River View Country Club in the afternoons. She was one of the first to use a computer back then, so she was making a double salary. Her husband retired from Cal Trans, but soon got on with the Bureau of Reclamation for Shasta Lake.

Her favorite job was working for six surgeons for ten years. They were very good to her, and she made good money.

Whenever they were driving around, her husband would always comment on planes that they saw. So, Mary Lou said, "Well, let's buy one!" They ended up buying a Cessna 172. She got a permit, and loved flying, but owning an airplane gets very expensive, with rent to store it, expensive insurance, and mandatory expensive check-ups. They had to give that up after three years.



They also loved to dance. People called her "killer" Webb. Then her husband started noticing motorcycles, so Mary Lou said, "Well, let's buy one!" She also loved riding her motorcycle. They rode everywhere! On their last trip, they rode 2,500 miles! They went to Wyoming, Oregon, and Washington. It was a wonderful trip, but her husband died one month later – there were 42 Harleys that showed up for his funeral.

Then Mary Lou's eyes started getting worse. That's when she moved into River Commons. Now, Mary Lou and Bill Parker have so much in common: games, books, and TV shows. They are having happy times in these senior years!



By Kathie Dailey



Colleen Wise

Pet of the Month

Meet Coal!

Coal is the fur baby companion to Shelly. He had a rough start in life. He and his entire litter were found in a box on the side of the road. Coal was lucky to be adopted by Shelly about 1 year ago.

Coal enjoys going to the dog run and playing with his best friend, Gracie.

Say "Hi" to Coal and Shelly when you see them walking 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

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.

The Benefits of Meditation

There are many types of meditation but the thing they all have in common is that, over time, they can help lower stress levels. By releasing physical tension held in the body, meditation can help us release worries buried in the mind, easing anxiety, stress, and low mood, and even helping you get deeper, more restful sleep. Meditation can also bring a sense of calm that enables us to respond to life events in a measured way, rather than reacting with our emotions. For the best results, try to build regular meditation into your daily routine.

1. Set aside some time - Meditation works best with regular sessions. There's no rule about how long a meditation session should last, but 20 minutes is a good guide. It can be useful to meditate at the start of the day to set you up well for what's ahead and in the evening to help you let go of tension before bed.

2. Find a comfortable place - You do not need any specialist equipment, just somewhere to sit that is comfortable and warm. Some people sit in a chair or on their bed. Two things are important: that you are comfortable and can be upright. If you are on a chair or bed, make sure it provides support, so you do not sink down into it.

3. Bring mindfulness into meditation - Once you're comfortable, close your eyes and then focus on each of your other senses. Notice what the carpet, mat or duvet feels like beneath you. What can you hear? What can you smell? Is there any taste in your mouth? By doing this, you might feel more connected with your body and less concerned with the thoughts whirring in your head.

4. Start your meditation - When you're comfortable and centered, you can start meditating. With your eyes closed, simply breathe in while saying "breathe in" in your head as you do. Then breathe out and say, "breathe out". For the next 20 minutes or so, your aim is to focus on this circular breath and the simple words in your head as much as possible.

5. The challenge of focusing the mind - It's important to remember that a wandering mind is a natural part of meditation practice. It's not a failure, just part of learning – and even people with lots of experience of meditating will still have wandering minds sometimes. The challenge is to notice when we get distracted by a thought and consciously bring our minds back to focus on the breath.

6. Get the hang of meditation - Mastering meditation takes practice.

7. Bring your meditation to a close

It's important not to finish meditating too suddenly. When you feel it's time to end, stop repeating the words and focusing on your breath, but stay in the same position with your eyes closed for a couple more minutes. Once you feel ready, gently open your eyes. Stay seated for a little longer before getting up. Ending a meditation like this gives you a calm transition into the next part of your day.














Eight Ways to Find Your Smile Naturally

- 1. Fresh Air + Sunshine** — Studies have shown that exposure to nature can enhance psychological well-being, lower blood pressure, and slow down your heart rate. Even spending just 20 minutes outside can instantly boost mood and energy levels. Sunshine also supplies vitamin D, critical to fending off depression and cognitive impairment.
- 2. Activity = Endorphins** — Getting your heart rate up is a great way to increase endorphins and other feel-good brain chemicals while reducing production of the stress hormone cortisol. Aim for 30 to 60 minutes of physical activity most days of the week and incorporate various forms of movement, including cardio, resistance training and balance exercises.
- 3. Relax to Restore** — Put aside those perceptions of yoga ... you might just love it. These days, there are in-person and online classes geared for older adults that gently address pain, joint stress, imbalance, osteoarthritis, and other physical limitations that can occur in later years.



- 4. Exercise Your Brain** — If you have a computer, tablet, or smartphone, you're always just a click away from a brain-boosting game app. Or you can go old school and test your brain skills with crossword puzzles, word puzzles and number games. Just do it! Brain exercises lessen your risk of dementia and keep your reasoning, memory, cognition, and processing skills sharp. Try to fit in at least 30 minutes a day of brain work.
- 5. Grow Something** — Gardening activates your brain in all kinds of ways, from planning plant placement to picking out the right tools and supplies to minding your watering schedule. It can also be very relaxing or excellent exercise ... or both!
- 6. Eat Healthy** — Eating healthy is recommended at any age, but for older adults, it could be the key to living longer. A balanced diet has been proven to promote brain health and may fend off depression and reduce dementia risk. Research has found that eating three ounces of fish boosts mood-elevating chemicals like dopamine within 30 minutes! Dark chocolate is also a mood booster when eaten in moderation. It contains small amounts of phenylethylamine, a mood-regulating chemical that also naturally occurs in the brain.
- 7. Stay Connected** — It's a fact that older adults who continue to socialize and maintain a support network of family and friends enjoy greater mental, emotional, and physical well-being.
- 8. Get a Good Night's Sleep** — We impress it on our children and grandkids, but a good night's sleep is just as critical for seniors when it comes to mental, physical, and emotional health. Since seniors are often prone to sleep disturbances and insomnia, it's helpful to know some techniques for falling asleep and staying asleep for a full seven to nine hours.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>Happy New Year!!</p> <p>Richard Andrews <small>New Year's Day</small></p>	<p>1 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Corn Hole</p>	<p>2 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 Pine Dogz</p>	<p>3 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 11:00 Book Worms Connect 2:00 Bingo</p> <p>Helen Hofmann Pat McCune</p>	<p>4 8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 1:30 Rummikub 2:00 Game Time</p> 	<p>5 9:00 Exercise</p> 
<p>3:00 Non-denominational Chapel Service</p> 	<p>7 8:30 Walking with Gabby 9:00 Exercise-Regular</p> 	<p>8 8-11 Transportation 8:30 Walking 9:00 Exercise – Balance 2:00 Bingo 3:30 Trivia</p> 	<p>9 8-11 Transportation 8:30 Walking 9:00 Exercise-Regular 2:30 Happy Hour with Goody Goody Band</p> 	<p>10 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo 3:30 Card Sharks</p> <p>Jean Richardson</p>	<p>11 8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 11:00 Out to Lunch Red Robin 1:30 Rummikub 2:00 Game Time</p>	<p>12 9:00 Exercise</p> 
<p>3:00 Non-denominational Chapel Service</p> 	<p>14 9:00 Exercise-Regular</p>  <p><small>Martin Luther King Jr. Day</small></p>	<p>15 8-11 Transportation 8:30 Walking 9:00 Exercise – Balance 2:00 Bingo 3:30 Corn Hole</p>	<p>16 8-11 Transportation 8:30 Walking 9:00 Exercise-Regular 2:30 Happy Hour with Cover Girls</p> 	<p>17 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo 3:30 Card Sharks</p> 	<p>18 8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 1:30 Rummikub 2:00 Game Time</p> <p>NATIONAL POPCORN DAY</p>	<p>19 9:00 Exercise</p> 
<p>3:00 Non-denominational Chapel Service</p>  <p><small>Activity Professionals Week</small></p>	<p>21 8:30 Walking with Gabby 9:00 Exercise-Regular</p>	<p>22 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Trivia</p> 	<p>23 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 Happy Hour with George Ireton</p> <p><small>Tu B'Shevat Begins</small></p>	<p>24 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p>	<p>25 8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 1:30 Rummikub 2:00 Game Time</p> <p><small>Australia Day (Observed)</small></p>	<p>26 9:00 Exercise 1:45 Movie of the Week <i>A Million Miles Away</i></p> 
<p>3:00 Non-denominational Chapel Service</p> 	<p>28 8:30 Walking with Gabby 9:00 Exercise-Regular 2:00 Hearing Aid Clinic</p> 	<p>29 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Card Sharks 2:00 Bingo 3:30 Corn Hole</p>	<p>30 8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise-Regular 10:00 Gab with Gabby 1 :30 Casino Outing</p> 	<p style="text-align: center;">January 2024</p> <p style="text-align: center;">Test Your Medical Pendants Monthly!</p>		