

RESIDENT'S	BIRTHDATE	RESIDENT'S	BIRTHDATE
Jean Mathena	April 8	Marylou Webb	April 18
Elaine Bellamy	April 8	Shelly Wood-Peace	April 21
Lora Case	April 11	Judy Slack	April 26
Claire Quigley	April 17	Ray Fairley	April 27
EMPLOYEE'S	BIRTHDATE	EMPLOYEE'S	BIRTHDATE
Katie	April 12	Mike Severtson	April 27
George	April 21	Lisa	April 24

Hello Residents,

It is finally looking more like spring each day! With the warmer weather approaching, be on the lookout for some fun outside activities and outings! Last month we went out to lunch to The Habit Burger and to Logan's! Both were extremely delicious and a lot of fun. We have great conversations on our trips, and it gives you an opportunity to talk and meet other residents you might not have known very well beforehand. I would like to remind everyone that activities are meant to have fun and be social, so please bring a cheerful outlook with you when you come! This month we will be going to **Trendy's** and **Déjà vu** for lunch! Also, we have a casino trip on the first of April. Hopefully, outings will become a little easier for some. We have purchased car canes for the blue van which have two extra handles to grab onto for support and help you to get in and out of the vans. If you've had trouble before, hopefully you can give it another shot to see if it is any easier for you now. I look forward to seeing who goes with us on our outings this month!



Gabby

**Sign out Sheets.**

Sign out sheets are located at the front desk. We ask that you stop by and sign out/in as you go out and come back into the building. This is for emergency purposes. If there were an emergency, it is important for us to know who is physically in the building.

**Cable TV**

Working cable is installed in all apartments prior to move-in. TV's have changed over the past few years and are now **smart** TV's. Staff does not always know how the different TV's work. Staff can usually help if your cable is not working. But if you are having a problem with your TV settings, this is **your** responsibility to fix.

# RIVER COMMONS

April 2024

**River Commons**

301 Hartnell Ave  
Redding, CA 96002  
(530) 221-2121



**Celebrating April**

**Lawn and Garden Month**

**Humor Month**

**Laugh at Work Week**

*April 1-7*

**National Volunteer Week**

*April 21-27*

**Peanut Butter and Jelly Day**

*April 2*

**World Rat Day**

*April 4*

**Take a Wild Guess Day**

*April 15*

**Earth Day**

*April 22*

**Talk Like Shakespeare Day**

*April 23*

**International Jazz Day**

*April 30*

Happy Spring!

As I start my second month in my new position as Community Administrator, I would like to thank everyone for their kind words and the confidence in me you have expressed.

It is one of my favorite times of the year. I really love being able to get outside and work in my yard. River Commons has a resident garden located at the back of the building. I hope you get a chance to check out the lovely flowers planted by your neighbors, not to mention the orange, lemon, grapefruit, and cherry trees all growing in the garden. There are also herbs planted, so do not be surprised to see a kitchen staff member out there picking fresh herbs for your meal. It is a

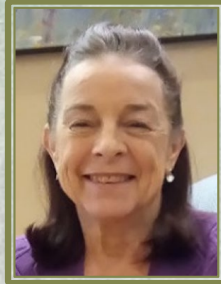


relaxing spot to sit and enjoy nature. Joining Gabby on her morning walk is also an exciting time to get outside, get some exercise and fresh air, and remember to keep your eyes open for the gnome!

As the weather gets warmer, we will start planning some outdoor outings. If you have a favorite place you would like to go, stop by the office, and talk to either myself or Gabby. With all the rain we have had this year I think a ride to the lake would be fun, the lake is full and the water release from the dam is really flowing.

I am excited to see what this year holds for us. I am always available to all of you, just stop by the office. 😊

Jennifer



**Deborah Brothers**



**By Kathie Dailey**

Deborah says, "This is how I got to River Commons, and I'm sure glad I did!" She was born in San Francisco. Her parents moved to Los Angeles a brief time later, where her dad got his Diesel Mechanic's certificate.

They moved to Visalia with her younger sister, and then moved to Lemoore, CA where she started kindergarten & stayed until she was 16. They moved to Millbrae, a town south of San Francisco, and she finished high school. Then she went for 2 years to San Jose State College. She met & married her first husband. They drove across the U.S. in 1966 to Norfolk, VA in a 1962 Chevy Biscayne station wagon. They spent 1 year working with poor kids in Chesapeake to avoid the Vietnamese war draft.

Then they drove through the New England states & into Canada & back across the U.S. to CA, then settled in Santa Cruz. He was an electrician & an artist. She worked for 6 years at the Wells Fargo bank to put him through college. When she married again, she and her new husband managed some property. He was a teacher. She lived in Santa Cruz for 30 years, and then in 2000 they moved to Palo Cedro together.



As an artist, he started painting on cloth. She is a prolific quilter & started on his cloth drawings. Together, they entered shows, did custom work, & had a lot of fun. He passed away in 2010.

Deborah then moved to Shastina to be near her sister, which lasted for 6 years. She absolutely LOVED living there! Soon her mother needed care, so she moved to Oroville to help her mother out. Her mother was 94 & Deborah stayed until her mother passed away at 96. Then she went back to her sister's, who had moved to Redding. She had a bad fall in 2015 & couldn't walk. She had an operation on her neck to fix the pinched nerve, & then could walk again! She continues to do physical therapy with Van Williams.



Deborah has a wonderful talent!!! She said that she quilts, but she **REALLY QUILTS!!!** She's made 100's of very unusual & unique quilts. They are **gorgeous!** She plans to start a quilting class here at River Commons, holding them on the 2<sup>nd</sup> & 4<sup>th</sup> Friday of each month. She has been here at River Commons for 3 months now & loves it here with all the wonderful people she's met. She continues to do her unique quilting (her **passion!**) wherever she goes. She says her talents keep her **fresh & alive!!!**

### NEW RESIDENTS!!!!



**We NEED each other!!! 😊**



**George Bartell**



**Marie Palmer**



#### Guest Meals

All residents will now be given one free guest meal per resident. You will still need to stop by the office and get a meal ticket.

#### Movie of the Week

Check your activity calendar for the weekly movie. Movies will be shown on Saturdays at 1:45pm, and popcorn & soda are served.

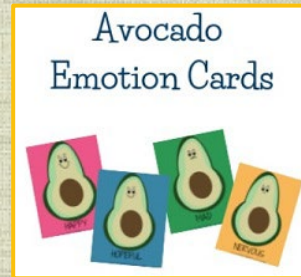
## Health Benefits of Music

Music is a powerful force that evokes strong emotions, brings back heartwarming memories, and provides a way to express yourself. With this type of impact, it's not surprising that music can be an effective tool for therapy. The field of music therapy has grown tremendously in the past century. It's now being offered in schools, community centers, and senior communities. Older adults can especially benefit from listening to music, as it gives them an outlet for creativity, socialization, and mental stimulation.

### What is Music Therapy?

There are two main types of music therapy: active or receptive. You don't need musical talent, so anyone can participate.

**Active music therapy.** You're actively usually involves playing simple instruments, dancing, or singing. Such activity encourages physical health.



involved with this type of therapy. It includes playing simple instruments, dancing, or singing. Such activity encourages physical health.

**Receptive music therapy.** This involves listening to music and typically involves specially curated recorded music. The song choices will often reflect the person's culture, generation, and personal experiences.

### Physical Health Benefits of Music Therapy

The right music can be an encouraging tool to help you be more physically active. More movement, whether that's walking, dancing, or stretching along with music, can improve the following:

- Heart and cardiovascular health
- Muscle strength
- Bone density
- Balance and coordination
- Flexibility

Directing a person's attention away from their pain with music therapy can help ease pain and lessen stress, too. Playing or listening to music helps you breathe rhythmically. This can improve respiratory health, help you release body tension, and lift up your mood — all of which can positively impact your overall quality of life. Physically, music therapy can help:

- Lower blood pressure
- Reduced heart rate
- Improved breathing
- Muscle relaxation

### Mental Health Benefits of Music Therapy

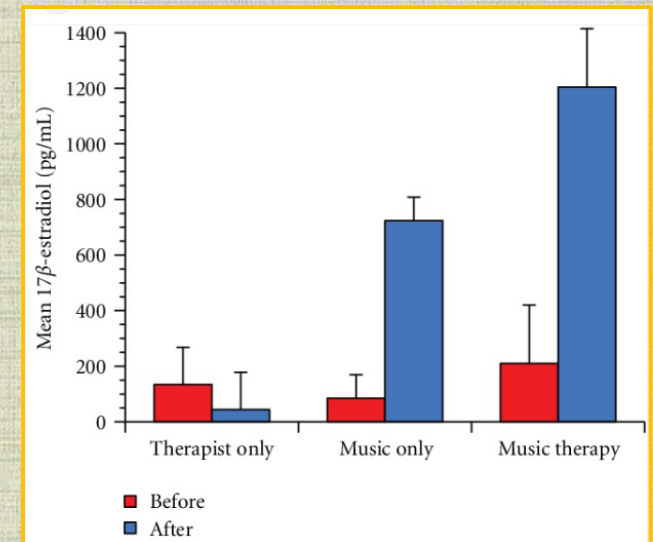
The same tools that promote physical health through music therapy can also improve mental health by reducing symptoms of stress, anxiety, and depression. Music therapy's aim is to allow people to address issues and express themselves in a way that they normally can't with words alone.

### Behavior Reinforcement Visual Packet








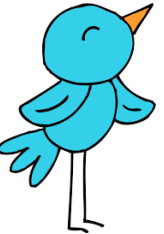

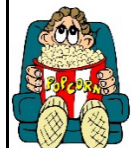





## Did You Know? Facts about Music

- Americans spend more than four hours a day listening to music.
- The most expensive musical instrument in the world is a Stradivarius violin, with one being sold for \$15.9 million.
- A person's heartbeat mimics the beat of the music he or she is listening to.
- The song "Jingle Bells" was originally written for Thanksgiving.
- Michael Jackson bought the rights to most of The Beatles' music for \$47.5 million in 1985. It's now worth more than \$450 million.
- Pianos can have upward of 12,000 individual parts.
- People first prefer the original versions of songs because it's the version they heard, not because it's better.
- Warner Music Group collects about \$2 million a year in licensing fees for the song "Happy Birthday to You." In June 2016, the court declared it part of the public domain in a settlement involving the company.
- A song that gets stuck in your head on repeat is called an earworm.
- 1 in 10,000 people have perfect pitch, the ability to recognize a pitch without any reference.
- To win a gold disc, an album needs to sell 100,000 copies in Britain and 500,000 in the United States.
- Music was sent down a telephone line for the first time in 1876, the year the phone was invented.
- The compact disc was developed by Philips and Sony in 1980.
- The "Star-Spangled Banner" became the U.S. national anthem in 1931. Prior to that, it was "My Country 'Tis of Thee."
- The harmonica is the world's best-selling music instrument.
- A grand piano can be played faster than an upright, or spinet, piano.
- A piano covers the full spectrum of all orchestra instruments, from the lowest note of the double bassoon to the top note of the piccolo.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Test Your Medical Pendants Monthly</b></p>	<p>8:30 Walking with Gabby <b>1</b>            9:00 Exercise – Regular            1:30 <b>Win River Casino Outing</b></p> <p><small>All Fools' Day</small></p>	<p>8-11 Transportation <b>2</b>            8:30 Walking            9:00 Exercise – Balance            9:30 Yahtzee            2:00 Bingo            3:30 Triva</p> 	<p>8-11 Transportation <b>3</b>            8:30 Walking            9:00 Exercise – Regular            2:30 Happy Hour with Pine Dogz</p>	<p>8-11 Transportation <b>4</b>            8:30 Walking            9:00 Exercise – Balance            2:00 Bingo            3:15 Wii Bowling</p> 	<p>8:30 Walking with Gabby <b>5</b>            9:00 Exercise – Regular            9:30 Yahtzee            11:00 <b>Out To Lunch Trendies</b>            3:00 Card Sharks</p>	<p>9:00 Exercise <b>6</b>            1:45 Movie <i>It Could Happen to You</i></p> 
<p>3:00 Non-denominational Chapel Service <b>7</b></p> 	<p>8:30 Walking with Gabby <b>8</b>            9:00 Exercise-Regular</p> <p><b>Elaine Bellamy Jean Mathena</b></p>	<p>8-11 Transportation <b>9</b>            8:30 Walking            9:00 Exercise – Balance            9:30 Yahtzee            2:00 Bingo            3:30 Corn Hole</p> 	<p>8-11 Transportation <b>10</b>            8:30 Walking            9:00 Exercise – Regular            2:30 Happy Hour with Goody Goody Band</p> 	<p>8-11 Transportation <b>11</b>            8:30 Walking            9:00 Exercise – Balance            2:00 Bingo            3:15 Wii Bowling</p> <p><b>Lora Case</b></p> 	<p>8:30 Walking with Gabby <b>12</b>            9:00 Exercise – Regular            9:30 Yahtzee            1:30 Quilting Classes with Deborah            3:00 Card Sharks</p>	<p>9:00 Exercise <b>13</b>            1:45 Movie <i>Love, Guaranteed</i></p>
<p>3:00 Non-denominational Chapel Service <b>14</b></p> 	<p>8:30 Walking with Gabby <b>15</b>            9:00 Exercise-Regular</p> 	<p>8-11 Transportation <b>16</b>            8:30 Walking            9:00 Exercise – Balance            9:30 Yahtzee            2:00 Bingo            3:30 Triva</p>	<p>8-11 Transportation <b>17</b>            8:30 Walking            9:00 Exercise – Regular            2:30 Happy Hour with Cover Girls</p> <p><b>Claire Quigley</b></p>	<p>8-11 Transportation <b>18</b>            8:30 Walking with Gabby            9:00 Exercise – Balance            2:00 Bingo            3:15 Wii Bowling</p> <p><b>Marylou Webb</b></p>	<p>8:30 Walking with Gabby <b>19</b>            9:00 Exercise – Regular            9:30 Yahtzee            11:00 <b>Out To Lunch Deja Vu</b>            3:00 Card Sharks</p> 	<p>9:00 Exercise <b>20</b>            1:45 Movie <i>Dog Gone</i></p>
<p>3:00 Non-denominational Chapel Service <b>21</b></p>  <p><b>Shelley Wood-Peace</b></p>	<p>8:30 Walking with Gabby <b>22</b>            9:00 Exercise-Regular            10:00 <b>Ride Out to Show &amp; Shine</b></p> <p><small>Passover Begins Earth Day</small></p>	<p>8-11 Transportation <b>23</b>            8:30 Walking with Gabby            9:00 Exercise – Balance            10:00 Chair Volleyball            2:00 Bingo            3:30 Corn Hole</p>	<p>8-11 Transportation <b>24</b>            8:30 Walking with Gabby            9:00 Exercise – Regular            10:00 <b>Ride Out to Show &amp; Shine</b>            2:30 Happy Hour with Robin Sample</p> <p><small>Administrative Professionals Day</small></p>	<p>8-11 Transportation <b>25</b>            8:30 Walking with Gabby            9:00 Exercise – Balance            10:00 Wii Bowling            12:00 <b>Kool April Nites Buffet</b>            2:00 Bingo</p>	<p>8:30 Walking with Gabby <b>26</b>            9:00 Exercise – Regular            9:30 Yahtzee            1:30 Quilting classes with Deborah            3:00 Card Sharks</p> <p><b>Judy Slack</b> <small>Arbor Day</small></p>	<p>9:00 Exercise <b>27</b>            1:45 Movie <i>Vicky and Her Mystery</i></p>
<p>3:00 Non-denominational Chapel Service <b>28</b></p> 	<p>8:30 Walking with Gabby <b>29</b>            9:00 Exercise-Regular</p> 	<p>8-11 Transportation <b>30</b>            8:30 Walking with Gabby            9:00 Exercise – Balance            10:00 Chair Volleyball            2:00 Bingo            3:30 Triva</p>	<h1>April 2024</h1>			

