

RESIDENT	BIRTHDATE	RESIDENT	BIRTHDATE
Carl Larson	March 6	Lorie Davis	March 8
Saunie MacGregor	March 12	Maryann Tryon	March 28
Deborah Brothers	March 29		
EMPLOYEE	BIRTHDATE		
Jill	March 18		

**Happy Saint Patrick's Day**

Help Ginger McNugget find his way to the pot of gold.

# RIVER COMMONS

March 2024



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

**Celebrating  
March**

**Women's History  
Month**

**International  
Mirth Month**

**Dr. Seuss Day**  
*March 2nd*

**Purim Begins**  
*March 6th*

**95th Academy  
Awards**  
*March 12th*

**St. Patrick's Day**  
*March 17th*

**Wellderly Week**  
*March 20th-24th*

**Nowruz Begins**  
*March 21st*

**Ramadan Begins**  
*March 22nd*

**American  
Crossword  
Puzzles Week**  
*March 31st-  
April 2nd*







**Barbara Oropeza**



By Kathie Dailey

Barbara was born and raised in Arcadia, a town right next to Pasadena. Her favorite pastime as a child was her horses. She loved riding in the mountains.

Barbara's mother loved to work. She was an office manager, but she had breakdowns off and on. Barbara said, "You must admit, Mom was odd". When she was seven, Barbara's mother put her and her sister in a foster home for two years. Barbara's aunt could not take this, so she took the girls and their mother into her nice, big home. Her aunt did not have her own children, so everything worked very well after this.

Her dad developed tuberculosis and was sent to live in a mountain facility. There were no activities or anything to do there, so he *escaped*. He found a job where he was not in contact with other people. He was a forest ranger and looked out for fires in a big lookout tower. He also trained horses to work with the Sheriff's department. One night lightning came and struck him in the lookout tower. He was only 57 years old when he passed away.

Barbara and her three sisters worked to help their mother. Barbara was a waitress in Pasadena. Her first husband was away a lot. So, Barbara took her kids and enjoyed herself. They would go to Yosemite and rent little house tents for about two months at a time. The kids loved the outdoors. She did some real estate work to help pay for things. Her husband died at 47 from a hard life.

In between marriages, her mother would watch Barbara's kids while she went to dances once a week. She loved dancing and was very good at it.

Her second marriage was much better. They had lots of fun with their dune buggy. He also took his son and her son on hunting trips. Her kids went to high school in Arcadia. It was an excellent school. They really prepared the students for college.

She was a florist for fifteen years. And she was a big help in raising her grandkids.

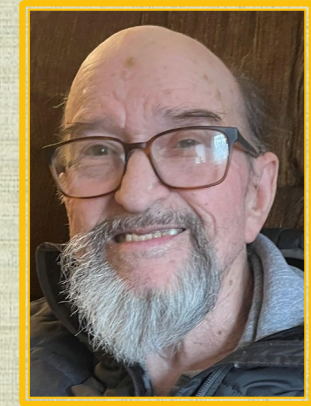
Barbara says she really likes it at River Commons because you don't have to cook. She was tired of cooking for herself. She was an excellent cook in the past when she cooked for her family.

Thank you, Barbara, for sharing so many memories with us.

## NEW RESIDENTS!!!



**Crystal Wallace**



**Mike Severtson**

### Pet of the Month

#### Meet Cheekie!

Cheekie is the fur baby to Jan Clearie. Jan adopted Cheekie from a shelter in Fallon, NV when she was 7. She is now 11 years old. She is part Pomeranian and part Chihuahua.



Cheekie is a great alert dog and lets Jan know whenever anyone knocks on the door! Look for Cheekie in the dog park or out playing in the yard.



### **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.*



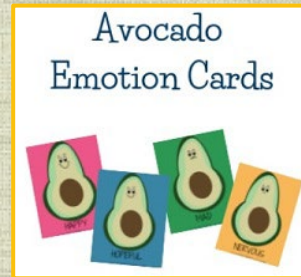
## Health Benefits of Music

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. This activity encourages physical health and stimulation that can be beneficial for 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

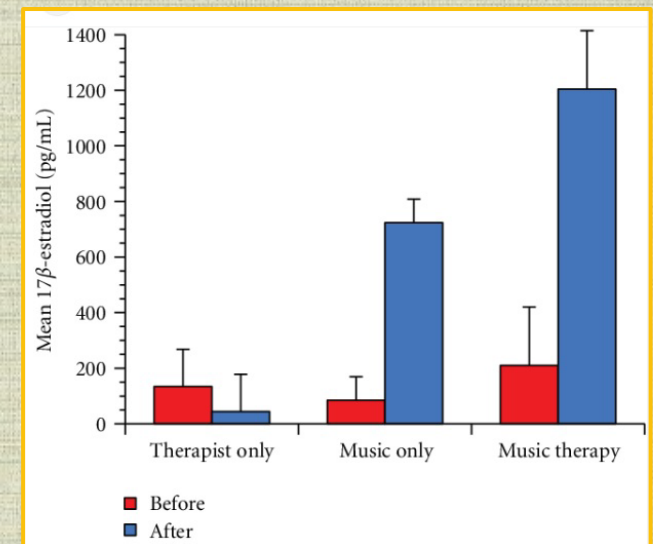
The same tools that promote physical health through music therapy can also improve mental health by reducing symptoms of stress, anxiety, and depression. Music therapy's aim is to allow people to address issues and express themselves in a way that they normally can't with words alone.

### 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

# MARCH 2024



9:00 Exercise-Regular **1**  
 9:30 Yahtzee  
 10:00 **Baby Goat Cuddles**  
 11:00 Walking with Gabby  
 1:30 **Retirement Party for Brian – Ice Cream Social**


9:00 Exercise – Regular **2**  
 1:45 Movie  
*Did you hear about the Morgans?*  


3:00 **Non-denominational Chapel Service** **3**  



9:00 Exercise-Regular **4**  
 11:00 Walking with Gabby  


8-11 Transportation **5**  
 9:00 Exercise – Balance  
 10:00 Game Time  
 11:00 Walking with Gabby  
 2:00 Bingo  
 3:30 Trivia


8-11 Transportation **6**  
 9:00 Exercise-Regular  
 10:00 Gab with Gabby  
 11:00 Walking with Gabby  
 2:00 **Walker Clinic**  
 2:30 **Happy Hour with Pine Dogz**  
**Carl Larson**

8-11 Transportation **7**  
 9:00 Exercise -Balance  
 10:00 Wii Bowling  
 11:00 Walking with Gabby  
 2:00 Bingo  


9:00 Exercise-Regular **8**  
 9:30 Yahtzee  
 11:00 **Out to Lunch The Habit Burger**  
 3:00 Card Sharks  
**Lorie Davis**  
**Marilyn Matthews**

9:00 Exercise – Regular **9**  
 1:45 Movie  
*Pom*  


3:00 **Non-denominational Chapel Service** **10**  
  
 Ramadan Begins  
 Daylight Saving Time Begins

9:00 Exercise-Regular **11**  
 11:00 Walking with Gabby  


8-11 Transportation **12**  
 9:00 Exercise – Balance  
 10:00 Game Time  
 11:00 Walking with Gabby  
 2:00 Bingo  
 3:30 Corn Hole  
**Saunie MacGregor**


8-11 Transportation **13**  
 9:00 Exercise-Regular  
 10:00 Gab with Gabby  
 11:00 Walking with Gabby  
 2:30 **Happy Hour with Goody Goody Band**

8-11 Transportation **14**  
 9:00 Exercise -Balance  
 10:00 Wii Bowling  
 11:00 Walking with Gabby  
 12:00 **St Partick's Day Buffet**  
 2:00 Bingo

9:00 Exercise-Regular **15**  
 9:30 Yahtzee  
 10:30 **River City Line Dancers**  
 1:30 Quilting Classes  
 3:00 Card Sharks


9:00 Exercise – Regular **16**  
 1:45 Movie  
*The Choice*  


3:00 **Non-denominational Chapel Service** **17**  
  
 St. Patrick's Day

9:00 Exercise-Regular **18**  
 11:00 Walking with Gabby  



8-11 Transportation with Gabby **19**  
 9:00 Exercise - Balance  
 2:00 Bingo  
 3:30 Trivia  
 Spring Begins

8-11 Transportation with Gabby **20**  
 9:00 Exercise-Regular  
 2:30 **Happy Hour with Cover Girls**

8-11 Transportation with Gabby **21**  
 9:00 Exercise -Balance  
 2:00 Bingo  
 3:30 Wii Bowling  


9:00 Exercise-Regular **22**  
 9:30 Yahtzee  
 11:00 **Out to Lunch Logan's**  
 3:00 Card Sharks

9:00 Exercise – Regular **23**  
 1:45 Movie  
*All Together Now*  


3:00 **Non-denominational Chapel Service** **24**  
  
 Palm Sunday

9:00 Exercise-Regular **25**  
 11:00 Walking with Gabby  



8-11 Transportation with Gabby **26**  
 9:00 Exercise – Balance  
 2:00 Bingo  
 3:30 Corn Hole

8-11 Transportation with Gabby **27**  
 9:00 Exercise-Regular  
 2:30 **Happy Hour with George Ireton**

8-11 Transportation with Gabby **28**  
 9:00 Exercise -Balance  
 2:00 Bingo  
 3:30 Wii Bowling  
**Mary Ann Tryon**

9:00 Exercise-Regular **29**  
 9:30 Yahtzee  
 11:00 Walking with Gabby  
 1:30 Quilting Class  
 3:00 Card Sharks  
**Deborah Brothers**

9:00 Exercise – Regular **30**  
 1:45 Movie  
*Penguin Bloom*

3:00 **Non-denominational Chapel Service** **31**  
  
 Easter Sunday

**Test Your Medical Pendants Monthly**

