



RESIDENT'S	BIRTHDATE	RESIDENT'S	BIRTHDATE
John Mathena	February 13	Bob Dicker	February 28
Neoma Powers	February 15		
Clara Stewart	February 22	EMPLOYEE'S	BIRTHDATE
Dottie Alapai	February 23	Deena	February 1
Barbara Bachman	February 27	Jennifer	February 27

CHINESE NEW YEAR
Year of the Dragon

Begins Sat., Feb 10, 2024, Lunar year 4722,
And the celebration lasts 15 days.

People born in the year of the dragon are eccentric, have a complex life and a passionate nature and abundant health.

The Chinese calendar started in 2637 BC and is used by more than 1/4 of the world's population – more than a billion people across the world.

Buddha bestowed these names when he called a meeting of all animals before he departed from earth. When only 12 attended, he named a year after each animal in the order they arrived.

Many believe that the year in which a child is born will profoundly influence his or her life. Traditionally, the Chinese prepared for the new year by cleaning house and paying off debts.

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

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.

RIVER COMMONS

February 2024

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



Celebrating February

Library Lovers' Month

Black History Month

Groundhog Day
February 2

Thank a Mail Carrier Day
February 4

Chinese New Year
February 10

Super Bowl LVIII
February 11

Valentine's Day
February 14

World Human Spirit Day
February 17

Presidents' Day (U.S.)
February 20

Mardi Gras
February 21





Dorothea Howerton



By Kathie Dailey

Dorothea was born in Bend, Oregon. Her father had Dorothea, her sister, and a wife but was drafted into the army during the time when they needed more men. Dorothea has a showcase on her wall with so many awards that were presented to him. But when he came home, the war had taken a toll on his emotions and his life. He couldn't look after Dorothea and her sister. They split and she ended up remarrying and moved back east.

Dorothea and her sister went into multiple foster homes, none of which were good. The two sisters insisted on staying together. Dorothea was put to work harvesting crops in many of the places.

A couple her father knew decided to adopt them. They renamed Diane to Dorothea and her sister Marjorie to ReEtta. The new mother had always liked these names. The new family was very religious and with strict rules and made life hard for the girls. Dorothea would have to hide books she enjoyed reading under her bed.

Dorothea went to college to get her LVN and an AA degree. She tried being an LVN, but it took an emotional toll. She met her husband while going to school. She married at 17, had a baby at 18, a baby at 19 and a baby at 20. Two of them were 10 months apart. She had her 4th baby at 24. She had always wanted 4 children, so it all worked out.

Her husband became a high school teacher and coach in Crescent City. He gave his all for the job and would just come home to sleep. Life became very lonely for Dorothea, and they divorced after 24 years.

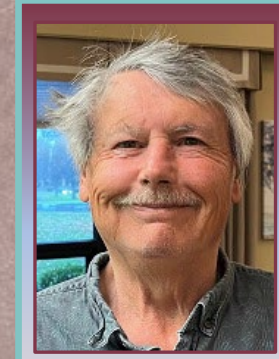
When Dorothea was 40, her daughter suggested that they try to find Dorothea's mother. They found out she lived in Lewiston. Dorothea and her mom really bonded. She decided to move from Crescent City to Redding, so she could take care of her mother. She was very fond of her mother, and they became very close.

When Dorothea and her mom talked, Dorothea learned that her grandfather in Bend, Oregon was famous. He was giving a speech to run for President of the United States, and he saw a young boy fall off a bridge. He went into the river to save him. They both ended up passing away. There is a special monument there for all his work.

Dorothea is an avid reader. She reads about 2 books every week. She is very pleased with the good library that we have at River Commons.

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

NEW RESIDENTS!!!!



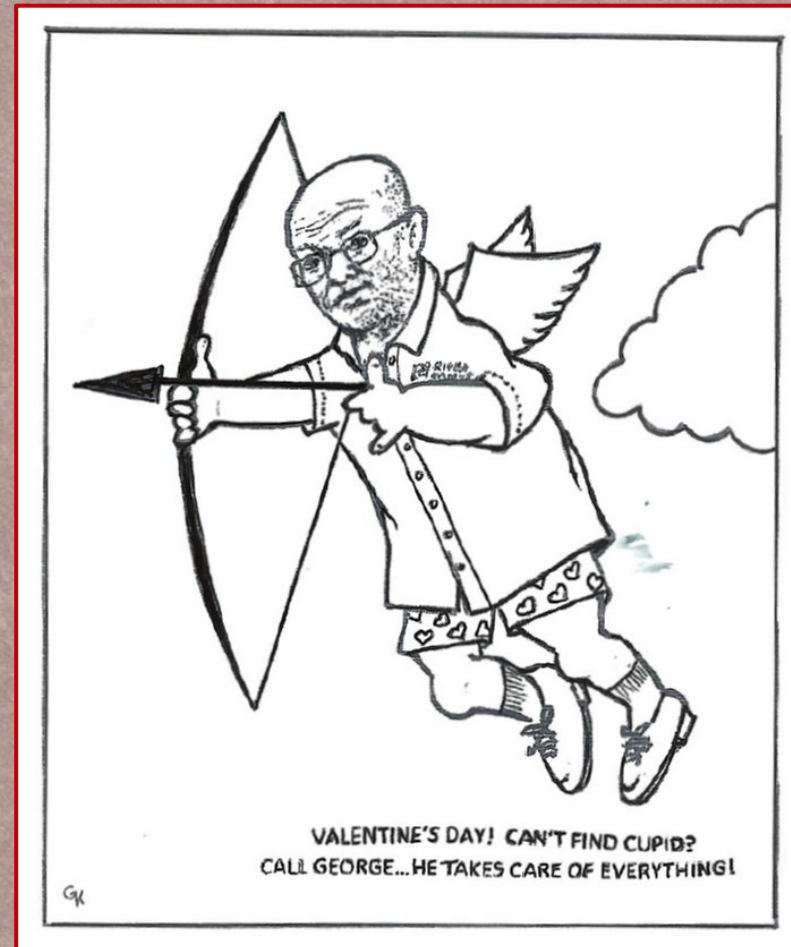
Joe Byers



Mary Malson



Deborah Brothers



River Commons Guest Suite

Available for Rent

\$95 per night, maximum 3-night stay;

Maximum 3 people.

Includes two meals per night.

Fun Facts About Valentine's Day

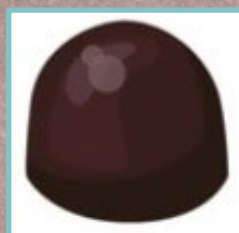
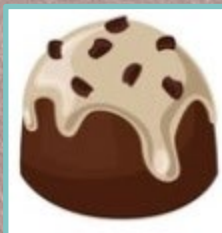
1. The first Valentine's Day was celebrated in Paris.
2. 145 million greeting cards are exchanged each Valentine's Day.
3. About 20% of pet owners give their pet gifts for Valentine's Day.
4. Candy hearts were originally medical lozenges.



5. 8 billion Conversation Hearts are manufactured each year.
6. Over \$1 Billion worth of chocolate is purchased each Valentine's Day.
7. The chocolate box has been around for more than 150 years.
8. Lovebirds are actual birds.



9. The first Valentine was sent in the 15th century.
10. Every year thousands of people send letters to Juliet (from Romeo and Juliet).
11. Teachers are the number one recipient of Valentines.



12. 250 million roses are grown just for Valentine's Day.
13. Chocolate didn't always mean love.



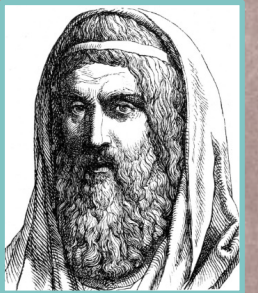
Pet of the Month

Meet Daisy and Bella. Daisy and Bella are the pampered pups of Jane Ashley. Daisy (the white chihuahua) turned 13 last September and Bella (the golden chihuahua) will turn 13 in March. They have lived with Jane since they were 6 weeks old. They are very talkative and let Jane know when it's time to eat or go outside. Look for these pups riding around the community in their dog stroller and playing in the dog park!



Hey February! Why So Short?

Have you ever wondered why February is the shortest month of the year? Believe it or not, the calendar we know today is based on the ancient **Roman** calendar. It was invented in the 8th century BC by a king named **Numa Pompilius**.



Back then, Rome was a growing civilization and on a major inventing spree!

There is a *rumor* that the reason why February is the *shortest month* of the year is because another king named **Augustus Caesar** stole a day from February to add to the month named after him — August. However, the real reason February is shorter begins with the fact that the first calendar was only **10 months long**.



Farming was a big deal in ancient Rome. Roman farmers harvested wheat, spelt and barley which were basically all the ingredients to make their favorite food, bread. Farming was so important to Romans that King Pompilius didn't even bother to name the time in between harvests. The calendar year began in March and ended in December. Everything else was just called winter. However, with the calendar only being 10 months long, it

began to fall out of sync with the **Lunar calendar** which tracked the phases of the moon. The Lunar calendar had 355 days a year and 12 lunar cycles (or months) while the Roman calendar only accounted for 10.

Confused yet?

So were the Romans! They didn't know whether to follow the 12-month Lunar calendar or the new 10-month calendar invented by King Pompilius. To solve this problem, the king added two more months after December and called them January and February. This caused more problems because ancient Romans thought that even numbers (2, 4, 6, 8, etc.) were unlucky! Because of this King Pompilius made the months either 29 or 31 days long but the math still didn't add up to match the Lunar Calendar. One month had to be an even number so poor February drew the unlucky straw with 28 days. Probably just because it was the last month of the year. Yes, you read that correctly. In those days, the start of the new year was March 1st, not January 1st like we have now.

FEBRUARY / 02							2024
S	M	T	W	T	F	S	
	29	30	31	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29			

Much later, **Julius Caesar** finally giving it the 365 days, as we February still maintained its short happen in February, like after all.



rearranged the calendar one more time, know it today and the rest is history. length, but with all the great things that Valentine's Day and Family Day, it's lucky

Sunday

Monday

Tuesday














Wednesday

Thursday

Friday

Saturday

February 2024

<p>3:00 Non-denominational Chapel Service</p> 	<p>8:30 Walking with Gabby 9:00 Exercise-Regular</p> 	<p>8-11 Transportation 8:30 Walking 9:00 Exercise – Balance 10:00 Game Time 2:00 Bingo 3:30 Trivia</p>	<p>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 Annie Coty</p> 	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p> <p>National Dark Chocolate Day</p> 	<p>8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 1:30 Rummikub 2:30 Card Sharks</p> <p>Groundhog Day</p> 	<p>9:00 Exercise – Regular 1:45 Movie <i>Queen Bees</i></p> 
<p>3:00 Non-denominational Chapel Service</p> 	<p>8:30 Walking with Gabby 9:00 Exercise-Regular</p>	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Game Time 2:00 Bingo 3:30 Corn Hole</p> <p>John Mathena <small>Mardi Gras</small></p>	<p>8-11 Transportation 8:30 Walking 9:00 Exercise-Regular 10:00 Gab with Gabby 12:00 Valentine King and Queen 2:30 Happy Hour with Goody Goody Band</p> <p><small>Valentine's Day</small></p>	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p> <p>Neoma Powers</p>	<p>8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 1:30 Rummikub 2:30 Card Sharks</p>	<p>9:00 Exercise - Regular 1:45 <i>A Christmas Prince, The Royal Wedding</i></p> <p><small>Chinese New Year (Year of the Dragon)</small></p> 
<p>3:00 Non-denominational Chapel Service</p> 	<p>8:30 Walking 9:00 Exercise-Regular</p>  <p><small>Presidents' Day</small></p>	<p>8-11 Transportation 8:30 Walking 9:00 Exercise – Balance 10:00 Game Time 2:00 Bingo 3:30 Trivia</p>	<p>8-11 Transportation 8:30 Walking 9:00 Exercise-Regular 10:00 Gab with Gabby 2:30 Happy Hour with Cover Girls</p> 	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p> <p>Clara Stewart</p>	<p>8:30 Walking with Gabby 9:00 Exercise-Regular 9:30 Yahtzee 11:00 Out to Lunch Lumberjacks 1:30 Rummikub 2:30 Card Sharks</p> <p>Dotti Alapai</p>	<p>9:00 Exercise - Regular 1:45 <i>Otherhood</i></p>
<p>3:00 Non-denominational Chapel Service</p> 	<p>8:30 Walking with Gabby 9:00 Exercise-Regular</p> 	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise – Balance 10:00 Game Time 2:00 Bingo 3:30 Corn Hole</p> <p>Barbara Bachman</p>	<p>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>Bob Dicker</p>	<p>8-11 Transportation 8:30 Walking with Gabby 9:00 Exercise -Balance 10:00 Wii Bowling 2:00 Bingo</p> 