

August's Past

August 6 & 9, 1945 – Atomic Bombs Dropped on Hiroshima and Nagasaki
The United States dropped atomic bombs on the Japanese cities of Hiroshima (Aug 6) and Nagasaki (Aug 9), leading to the end of World War II.

August 26, 1920 – Women Gained the Right to Vote in the U.S.

The 19th Amendment was officially certified, granting American women the right to vote—a major milestone in the women's suffrage movement.

August 28, 1963 – Martin Luther King Jr.'s "I Have a Dream" Speech

During the March on Washington, Dr. King delivered his historic speech, calling for civil and economic rights and an end to racism in the U.S.

A Note from Jace

It's hard to believe we're already in July! Growing up, this month always felt like the tail end of summer—bittersweet and flying by too fast. Even now, that feeling sticks with me. As much as I enjoy the sunshine and longer days, I'm definitely looking forward to the crisp air of fall and, of course, football season right around the corner — go 49ers!

I also can't wait for all of our new residents to experience the Luau this month—it's always such a fun event, full of music, laughter, and great memories. Did you know that traditional Hawaiian luaus were originally called "aha'aina," which means "gathering meal"? They were all about coming together as a community, which is exactly what we love to celebrate here, too.

Be sure to say hello and make a new friend—we've had several wonderful new residents join us recently!

From the Kitchen

As the golden days of summer start to wane, August brings with it one last chance to gather under the sun and stars, surrounded by good company, tropical rhythms, and unforgettable flavors. And what better way to celebrate than with our crowd's favorite annual Hawaiian Luau?

Our Luaus are known for their vibrant, colorful spreads — and fruit always plays a major role. Hawaiian cuisine is more than just food — it's a celebration of culture, family, and nature.

Whether you go all out or keep it casual, remember the true heart of a luau: joy, community, and delicious food made with love. The Kitchen is excited to be working on Hawaiian-inspired meals that will transport your taste buds straight to paradise

Pawsitive Days of August

The "dog days" of summer, lasting from July 3 to August 11, are not just known for their heat but also for celebrating the incredible contributions of working dogs. Assistance Dog Week (August 3–9) honors the guide, hearing, and medical-alert dogs who support individuals with disabilities, providing vital aid and companionship. On August 5, Work Like a Dog Day highlights the dedication of dogs in roles such as search-and-rescue, police work, therapy, herding, hunting, and detection. Some dogs, like bloodhounds, possess extraordinary abilities—able to track scents over 130 miles and more than 300 hours old. Breeds like the Doberman pinscher, originally bred to protect a German tax collector, and the charismatic German shepherd, known for both heroic service and Hollywood fame, show just how smart, loyal, and hard-working dogs can be. These remarkable canines truly redefine what it means to "work like a dog."

River Commons Chronicle

August 2025

Celebrating August

Read a Romance Novel Month

What Will Be Your Legacy Month

Homemade Pie Day
August 1

Farmers Market Week
August 3–9

Coast Guard Day
August 4

Bowling Day
August 9

Vinyl Record Day
August 12

Mail Order Catalog Day
August 18

Poets Day
August 21

Kiss and Make Up Day
August 25

More Herbs, Less Salt Day
August 29

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

Stay Cool, Hydrated & Safe This Summer!

As summer temperatures rise, it's more important than ever to stay cool, hydrated, and safe. Seniors are especially vulnerable to heat-related illnesses, so please take a few minutes to review these helpful tips and make your health a top priority this season.

Know the Signs of Heat-Related Illness: Heat exhaustion and heat stroke are serious conditions. Watch for dizziness, fainting, rapid pulse or breathing, nausea, headache, muscle cramps or weakness, and excessive sweating—or in the case of heat stroke, hot, dry skin with no sweating.

Hydrate, Hydrate, Hydrate: Even if you don't feel thirsty, drink water regularly throughout the day. Avoid caffeinated or alcoholic drinks, which can cause dehydration.

Keep Your Space Cool: Use air conditioning or fans, keep blinds or curtains closed during the hottest part of the day, and spend time in cooler common areas like the lounge or library if needed.

Dress for the Weather: Wear lightweight, light-colored, and loose-fitting clothes. If you're heading outside, wear a wide-brimmed hat and sunglasses for added protection.

Plan Activities Wisely: Avoid outdoor activities between 10 a.m. and 4 p.m. Choose early mornings or evenings for walks or gardening.

Check In on Neighbors: We're a caring community—please check in on your neighbors, especially during hot days.

Remember: Don't wait until you feel sick to act. Staying ahead of the heat is key. Stay cool, stay safe, and enjoy the summer responsibly!

Warmly,
Jennifer



August Birthdays

August brings with it the golden glow of late summer and the joy of celebrating birthdays for some very special people in our community. Those born this month are often known for their warmth, loyalty, and leadership. With the peridot as their birthstone—symbolizing strength and healing—August birthdays are truly something to celebrate. We are so excited to honor our residents and staff who are marking another wonderful year this month!

Did you know some remarkable people were born in August? Icons like Lucille Ball, Louis Armstrong, Julia Child, and former President Barack Obama all share August birthdays. Their creativity, brilliance, and influence continue to inspire generations—and we like to think our own August birthday stars are just as unforgettable.

Residents:		Staff:	
Faye Kent	August 2 nd	Dianne Steinmetz	August 5 th
Gary Martin	August 9 th	Eric Sickafoose	August 9 th
Aleen Hazelip	August 15 th		
Delbert Milligan	August 21 st		
Jackie Westbrook	August 21 st		
Alice Litynsky	August 26 th		
Carl Keeler	August 27 th		
Jane Ashley	August 29 th		



August’s Historic Milestones

August has been a month of major turning points throughout history. On August 6, 1945, the world witnessed a profound moment with the bombing of Hiroshima, marking the beginning of the end of World War II. Just a few years later, on August 28, 1963, Dr. Martin Luther King Jr. delivered his iconic “I Have a Dream” speech during the March on Washington, a defining moment in the Civil Rights Movement. Another pivotal event came on August 15, 1969, when Woodstock began, symbolizing the height of the counterculture movement and the power of music to unify. More recently, on August 29, 2005, Hurricane Katrina made landfall, becoming one of the deadliest and most devastating natural disasters in U.S. history. Each of these events has left a lasting impact on society, making August a month deeply woven into the fabric of our past.



Welcome New Residents

Ray Hamby
APT #218



Carole Beckett
APT #121



Sharon Harper
APT #100



Sylvia Meier
APT #215



Good News Corner

July brought a wave of good news and uplifting moments from across the country. Over the Fourth of July weekend, communities large and small came together in record numbers to volunteer, clean up neighborhoods, host food drives, and celebrate with joy—proving that unity and kindness continue to thrive. Libraries nationwide saw a surge in summer reading participation, bringing people of all ages together to rediscover the magic of books and learning. Nature also gave us something to smile about, as conservationists announced a 20-year high in sea turtle nesting along the southeastern coast—a direct result of dedicated efforts to protect coastal habitats. Meanwhile, as we marked the one-year anniversary of the 2024 Paris Olympics, Team USA athletes reunited to reflect on unforgettable moments of triumph and national pride. These stories remind us that even in challenging times, there is always good happening around us—reason enough to keep looking forward with hope and optimism. Whether it's a small act of kindness or a major achievement, good news has a way of bringing people together and lifting our spirits.

Resident Spotlight: A Life Rooted in Love, Family & Hard Work

Elaine Bellamy

Where did you grow up, and what was your childhood like?

Growing up on a farm in Nebraska, Elaine learned the value of hard work from an early age. With an older brother, an older sister, and a younger sister, there was never a dull moment—everyone had chores, and no one complained. “You did them without complaining,” she recalled with a smile. Life was simple but full, and the lessons from the farm stayed with her for life. When her father transitioned from farming to ranching, the family eventually relocated to Madras, Oregon, where he worked in the potato fields and later at the local plywood plant.

Can you tell us about your family—were you married, do you have children or grandchildren?

Elaine married the love of her life in June of 1960 in Corvallis, Oregon. Her husband worked for U.S. Plywood, which eventually became Champion International, and his career took their family all across Oregon. In 1973, they settled in Redding, California, which has been home ever since. Together, they raised three sons—Bill, Jeff, and Mark. Jeff still lives in Redding, Bill is moving back, and Mark now lives in Sacramento. She also has a growing group of grandchildren—one in Reno and one in Los Angeles.

What kind of work did you do or what was your main passion in life?

“I was a stay-at-home mom and loved every minute of it,” she shared. She took pride in raising her sons and cherished the fact that they got to grow up surrounded by grandparents and family. Creating a loving and stable home was her life’s work, and she embraced it wholeheartedly.

Do you have any favorite memories or proud moments you'd like to share?

She reflects fondly on the years raising her boys, moving across Oregon with her husband, and eventually settling down in Redding. “Our kids were close, and they were able to grow up around their grandparents. We had a good life,” she says with contentment. Even after the passing of her husband in 1998, she found strength and joy in her family and community.

What led you to move to River Commons, and how has your time here been so far?

After many happy years in her home in the Knolls, a gated community in Redding, she decided it was time to let someone else take care of her. When she first walked through the doors at River Commons and met Jennifer, she immediately felt at home. “I’ve never regretted it for a moment,” she said.

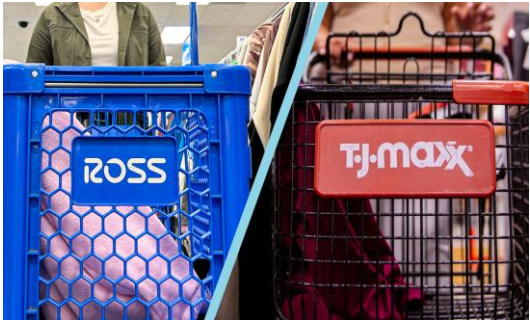
What words of wisdom or life lessons would you pass along to others?

Her advice is simple and sincere: “Just be honest and do the best you can.” A fitting message from someone whose life has been rooted in love, grounded in family, and guided by purpose.

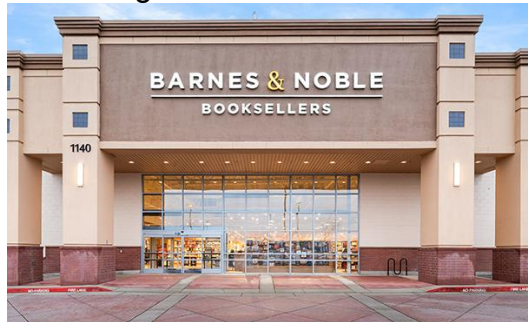
Hot Happenings in August



In-N-Out Burger
August 8th at 11:00 AM



Shopping at TJ Maxx & Ross
August 18th at 1:30 PM



BARNES AND NOBLE
August 11th at 1:30 PM

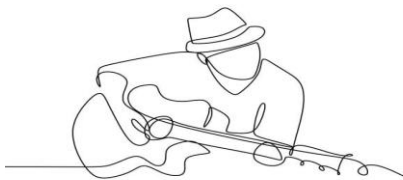
Happy Hour with The Pine Dogz
Wednesday August 6th at 2:30 PM



Luau Buffet and Hula Dancers
Wednesday August 13th at 11:45am















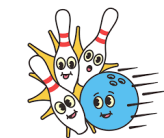










Happy Hour with The Cover Girls
Wednesday August 20th at 2:30 PM



Happy Hour with George Ireton
Wednesday August 27th at 2:30 PM

August is packed with exciting adventures, and you won’t want to miss a single one! From a tasty lunch outing to In-N-Out Burger on August 8th to treasure hunting at TJ Maxx & Ross on the 18th, there’s something for everyone. Book lovers will enjoy a relaxing trip to Barnes & Noble on August 11th, and our Luau Buffet with Hula Dancers on the 13th will bring the spirit of the islands right to our community! And don’t forget our lively Happy Hours each Wednesday — we’re welcoming The Pine Dogz, The Cover Girls, and George Ireton for unforgettable afternoons of music and fun. These events are the perfect way to meet neighbors, try something new, and make memories all month long.

Whether you’re dancing to live music, enjoying a burger with friends, or finding a great deal while shopping, each activity offers a chance to laugh, connect, and make the most of the summer. We encourage everyone to jump in and take part — there’s no better time to get involved and enjoy all the great experiences planned just for you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>August 2025</h1></div>					<div><div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>10:00 Chair Volleyball</div><div>11:00 Yahtzee</div></div><div></div></div>	<div><div><div>9:00 Exercise-Regular</div><div>10:00 Wii Bowling for Advanced Players</div><div>2:00 Bingo</div></div><div></div><div>Faye Kent</div></div>
<div><div><div>3:00 Non-denominational Chapel Service</div><div></div></div></div>	<div><div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>9:30 Uzzle</div></div><div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Balance</div><div>10:00 Yahtzee</div><div>1:30 Root Beer Floats</div><div>2:00 Bingo</div><div>3:15 Corn Hole</div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>2:00 Walker Clinic</div><div>2:30 Happy Hour</div><div>Pine Dogz</div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Balance</div><div>10:00 Wii Bowling for Beginners</div><div>2:00 Bingo</div><div>3:15 Horse Races</div></div></div>	<div><div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>10:00 Chair Volleyball</div><div>11:00 Yahtzee</div><div>11:00 Out to Lunch In-N-Out</div><div>2:30 Card Sharks</div></div><div></div></div>	<div><div><div>9:00 Exercise-Regular</div><div>10:00 Wii Bowling for Advanced Players</div><div>2:00 Bingo</div></div><div></div><div>Gary Martin</div></div>
<div><div><div>3:00 Non-denominational Chapel Service</div><div></div></div></div>	<div><div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>9:30 Uzzle</div><div>1:30 Barns and Noble</div></div><div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Balance</div><div>10:00 Yahtzee</div><div>2:00 Bingo</div><div>3:15 Corn Hole</div></div><div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>10:00 Ping Pong 21</div><div>11:45 Luau</div><div>12:15 Hula Dancers</div></div><div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Balance</div><div>10:00 Wii Bowling for Beginners</div><div>2:00 Bingo</div><div>3:15 Horse Races</div></div></div>	<div><div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>10:00 Chair Volleyball</div><div>11:00 Yahtzee</div><div>2:30 Card Sharks</div></div><div></div><div>Aleen Hazelip</div></div>	<div><div><div>9:00 Exercise-Regular</div><div>10:00 Wii Bowling for Advanced Players</div><div>2:00 Bingo</div></div><div></div></div>
<div><div><div>3:00 Non-denominational Chapel Service</div><div></div></div></div>	<div><div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>9:30 Uzzle</div><div>1:30 Shopping Outing Ross & TJ Maxx</div></div><div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Balance</div><div>10:00 Yahtzee</div><div>2:00 Bingo</div><div>3:15 Corn Hole</div></div><div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Walking with Gabby</div><div>9:00 Exercise-Regular</div><div>10:00 Ping Pong 21</div><div>2:30 Happy Hour</div><div>Cover Girls</div></div></div>	<div><div><div>8-11 Transportation</div><div>9:00 Exercise-Balance</div></div><div></div><div>Jackie Westbrook Delbert Milligan</div></div>	<div><div><div>9:00 Exercise-Regular</div><div>11:00 Yahtzee</div></div></div>	<div><div><div>9:00 Exercise-Regular</div><div>10:00 Wii Bowling for Advanced Players</div><div>2:00 Bingo</div></div><div></div></div>
<div><div><div>3:00 Non-denominational Chapel Service</div><div></div></div></div>	<div><div><div>9:00 Exercise-Regular</div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Resident Walking</div><div>9:00 Exercise-Balance</div><div>10:00 Yahtzee</div><div>2:00 Bingo</div></div><div></div><div>Alice Litynsky</div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Resident Walking</div><div>9:00 Exercise-Regular</div><div>2:30 Happy Hour</div><div>George Ireton</div></div></div>	<div><div><div>8-11 Transportation</div><div>8:30 Resident Walking</div><div>9:00 Exercise-Balance</div><div>10:00 Wii Bowling for Beginners</div><div>2:00 Bingo</div></div></div>	<div><div><div>8:30 Resident Walking</div><div>9:00 Exercise-Regular</div><div>11:00 Yahtzee</div></div></div>	<div><div><div>9:00 Exercise-Regular</div><div>10:00 Wii Bowling for Advanced Players</div><div>2:00 Bingo</div></div><div></div></div>
<div><div><div>3:00 Non-denominational Chapel Service</div><div></div></div></div>	<div><h2>TEST YOUR MESDICAL PENDANTS MONTHLY</h2></div>					