

GOOD Life News

at Riverside Health Care Center

FEBRUARY 2014

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From the Desk of the Executive Director

As I write this, I am just returning from my month off. I have to thank my boss, Paul Teagle, who sat in for me while I was off. I also have to acknowledge and thank my wonderful staff, including those in the kitchen, housekeeping, activity department, nursing departments, Social Services and the office. Knowing that they would all continue to provide the best possible care to our residents made my time off so much more relaxing. I knew that they would be able to take care of everything that could come up, and they did.

My time off was productive. I was able to take care of many projects at home that I had been putting off; and, of course, I was able to spend wonderful time with my children and grandchildren. I was able to relax and, I will admit, sleep more than I thought possible for one adult. I also did a lot of thinking about Riverside — not just wondering how things were going, but really thinking about what Riverside means to me.

Many of you may know that I have a long history with Riverside Health Care Center. My career started when the facility opened in December of 1988. I was a nursing assistant then, with three small children at home, and I was paid \$3.30 per hour. I thought I had it made. I worked for two years as a nursing assistant while going to school and then as an LPN on and off for many years. Riverside felt like home to me. I raised my children here.

When I left Riverside to try my hand at nursing outside of long-term care, I knew that I would be back. It took me seven years, but I made it back home. I have been blessed to be the Administrator/Executive Director for over nine years now, and I thank God every day that I am here. This is home to me, and this is my family. I am very proud of the staff that we have here at Riverside Health Care Center and the services they provide. I believe that they are among the best in their field, and I am confident that they do their very best on a daily basis.

I hope you all know how seriously I take my job and my responsibilities to our residents, families and staff as the Administrator/Executive Director of Riverside Health Care Center. I have always had and will continue to have an open door policy. If you have any concerns or anything that you would like to discuss, please feel free to stop in. If I am not able to see you at the time, we can schedule a time to meet.

As we move further into 2014, it is my goal that Riverside Health Care Center be recognized as the best skilled nursing facility in Missoula. Our goal is to be the facility of choice (and the employer of choice, as well). I look forward to renewing acquaintances and meeting the new residents and families. See you soon!

— Tammy Talley



Our Talk. Our Walk. Every Day!

Platinum Service® Standard #20

“I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values.”

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador implies the ability to demonstrate the values of the organization in our daily actions. It also means that we care for the organization and we support its aspirations and goals. As company representatives serving our residents, we are proud of what our communities stand for, and we are comfortable in promoting our company's services with confidence and enthusiasm. In other words, what we do, and the way we do it, is the result of a direct personal connection with our team and our confidence in our community. Being an ambassador goes well beyond the concept of being “good at our job,” it requires an emotional connection with our profession.

“Integrity is what we do, what we say, and what we say we do.”

— Don Galer

A Note From Social Services



Greetings from Social Services!

During this time of year, many of us become more susceptible

to the winter blues. The excitement of the holiday season has passed, days are short, the weather is cold, and sunshine is rare. We might find ourselves experiencing mild depression, lack of motivation and generally low energy.

So what are some things we can do to beat the blues? We can make an extra effort to exercise, whether inside or out, and to eat a healthy diet. We can be sure to catch the sunshine when it does appear, either by bundling up and going out or by opening our shades and sitting by a window. This might be a perfect time to learn something new or take up a new hobby. Something as simple as surrounding ourselves with bright colors (clothing, flowers, etc.) could also help.

We can take the opportunity to relax, read a good book or catch up on extra sleep. Finally, don't underestimate the power of social support. A phone call, a visit or even a letter from a friend or family member can do wonders to lighten the mood. Best wishes to you this season and always!

— Jacki Grogan, Social Services Director

Nursing/Health Care

On behalf of my nursing staff, I would like to thank all of you for the many compliments that we have received about our caring staff. I know that they really appreciate hearing good things about what they do on a daily basis.

I know how challenging their jobs can be, and it is nice to hear that the job is well done. They really deserve it. They work hard and have caring attitudes. I'm glad their work does not go unnoticed.

I want to congratulate Michael McLeod for finishing his RN schooling. He has received his temporary license and will be working as an RN. Mike has worked very hard, going to school and working full-time. He is very grateful to be done with school! Mike states that he wants to stay here at Riverside for the time being and does not plan to go anywhere anytime soon. He still wants to pursue a career in long-term care.

Please remember, if you are feeling ill, to refrain from coming to the facility to visit. Influenza, stomach flu and many other illnesses are in full swing. If you do visit, please use the alcohol gel provided when you arrive and before you leave. Also, feel free to wash your hands while visiting if you are here for an extended time. Stay well!

— Karen Tucker, RN, DON



What's Going on in Life Enrichment?

We have made many changes to our calendar this year, the biggest one being the addition of many exercise classes. We now have programs that focus on stretching, range of motion and cardio; and, of course, we have kept our popular Chair Aerobics. We have something almost daily to get our residents up and moving and gaining strength.

Our Shopping Cart has really become popular, and residents are asking for more of it. We will now offer the cart weekly so that people may shop for items such as greeting cards, candy and pop, magazines, etc.

We do charge a nominal fee for the items we specifically have to go and buy, but we also try to keep everything very reasonable, if not free. Sometimes items are donated to us, which is very helpful; it makes the cart more fun to shop from. Some of the items we could use are:

- Full-size candy bars
- Birthday cards
- Lotions and perfumes
- Costume jewelry
- Current magazines



Where the Heart Is

Because heart disease is fast-becoming the primary cause of death, particularly among women, Americans are doing all that they can to raise awareness. In 1963, February became officially recognized as American Heart Month. Many campaigns have since been started, including Go Red for Women, The Heart Truth Campaign and National Wear Red Day.

Go Red for Women was started in 2004 by the American Heart Association as a way to make women aware of the facts about heart disease. With various activities, Go Red for Women raises money to fund research and educational programs so that, while cures and preventions are being found, women can learn the best ways to protect themselves.

The Heart Truth campaign has a similar mission of raising awareness of heart disease, predominantly in women. A red dress has become the symbol for both campaigns and is meant to show that heart disease does not only strike men, but women as well. As a way to promote the red dress symbol and heart disease awareness, we are all encouraged to wear our favorite red dresses, shirts, ties or pins on National Wear Red Day, Feb. 7, 2014.

Whether you wear red, participate in campaigns, raise money or simply spread the word to your friends, do whatever you can this February to raise awareness so that we may fight against heart disease and win this battle.

Food and Beverage/Dining Services

Hello from the kitchen. We thought you might like this recipe from the cookbook of Trisha Yearwood. Enjoy!

Chicken Pie

Ingredients:

- 3 cups chicken
- 10 ounces cream of chicken soup
- 1 cup self-rising flour
- 1/2 cup butter
- 2 cups chicken broth
- 1/2 teaspoon pepper
- 1 cup buttermilk

Directions:

1. Start with cooked, shredded chicken. You can either boil and shred it yourself or used canned chicken.
2. Preheat the oven to 425 degrees.
3. Put the chicken in a 2-quart casserole dish. Combine the broth and the soup in a medium saucepan and bring the mixture to a boil.
4. Pour the broth mixture over the chicken.
5. In a separate medium bowl, mix the flour with the pepper. Stir in the melted butter and the buttermilk. Pour this mixture over the casserole and smooth the top; do not stir.
6. Bake the casserole 45 minutes, until the crust is brown and the filling beneath is hot and bubbly.

Birthdays

Tyler W., 1st
Dottie S., 27th
Paul N., 23rd

Resident Spotlight

In Memory of Bill K.

Riverside would like to offer our condolences to the family of Bill K. We want you to know we are thinking of you and wish you well.

We would like to wish the following people the very happiest of birthdays in February:

Paul N.
Dottie S.

Tyler W.

New Residents

We would like to welcome the following individuals to Riverside. We hope your stay is comfortable and meets all of your expectations. Please let us know if we can help you in any way.

George B.
Bruce J.
MaryAnn C.
J.B. H.

Ken M.
Kathleen S.
Angela F.



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Staff

Executive Director

Tammy Talley

Director of Nursing

Karen Tucker

Life Enrichment Director

Tammy Block

Housekeeping Supervisor

Carla Dippold

Admissions Director

Camille Martin

Business Office Director

Jeanette Court

Dietary Director

Jami Gorman

Maintenance Director

Jake Schauer

Social Service Director

Jacki Grogan

Continuing Education With the Goodman Group

Here are a couple of this month's topics in our continuing education series.

February 6

"Heart-Healthy Can Taste Good"

Learn how to eat healthy without sacrificing flavor.

Presented by Wendy Barrett and Emily

Held at Village Senior at 5:30 p.m.

February 20

"Estate Planning"

Build a secure future for yourself and your family.

Presented by attorney Steve Darty

Held at Village Senior at 5:30 p.m.

A Note From Laundry and Housekeeping

Happy new year, everyone!

I would like to take a moment to remind you to please stop by the laundry department if you are missing an item. We have a rack that is overflowing with items that are not labeled, and we would love to see them returned to their rightful owners. We encourage you all to mark your clothing; we would be happy to give you a permanent marker to do so if needed. Our team works hard to make sure that everyone gets back what is sent to us; we hate to see clothing left behind that could be in use. Thank you for your help. Please stop in if you have any questions.

— Carla Dippold, Laundry/Housekeeping Supervisor