

GOOD Life News

at Riverside Health Care Center

JANUARY 2018

www.riversidesenior.com

Executive Director

Dear Family Members:

In October 2016, CMS released its new regulations 2017 CMS Emergency Preparedness Rule: Raising the Bar. The new rule went into effect on Nov. 15, 2017.

This rule has four core elements which guide facilities in preparing for an emergency: Risk Assessment and Planning, Policies and Procedures, Communication and Training and Testing.

Riverside Health & Rehabilitation has been busy working with the Interdisciplinary Team to identify the potential risks to our facility as well as coordinating efforts among community agencies and other Long Term Care Facilities in the event of an emergency.

The Disaster Plan is available for your to review and can be located with the most current Survey Results outside of the Admission Office. Additionally, if you would like to volunteer in the event of an emergency, please contact the facility Executive Director at 406-721-0680.

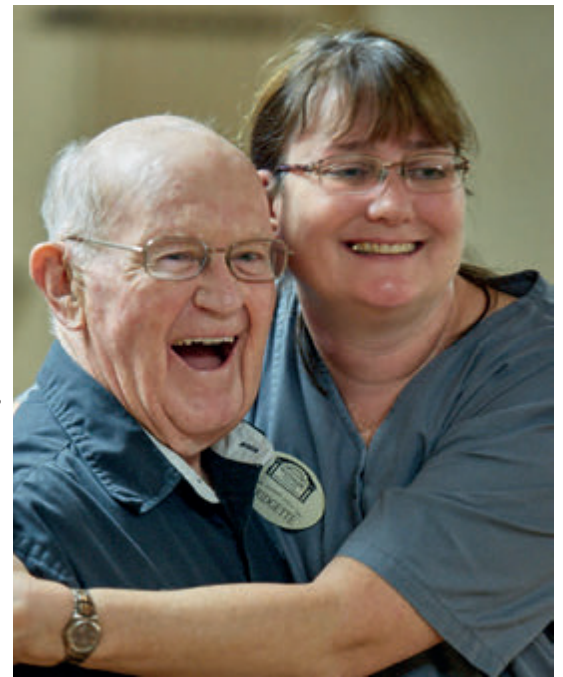
If you have any questions or concerns, please feel free to contact me at the number below.

Sincerely,

Virginia B. Villemez, Executive Director

Volunteering at Riverside

Riverside would like to welcome individuals or groups to volunteer. We are always looking for groups in Missoula including children, music, etc., as well as individual interests such as cake decorating, rock collecting, sewing and so much more. If you are someone who may be interested in coming to Riverside, please contact us and we will make arrangements. If you know of someone who may be interested, please tell them about us or share their information with Life Enrichment.



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"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

A Note from Terri in Social Services

Happy New Year!

I hope your holidays were as wonderful as you are.

As we continue to look at Residents Rights in our monthly updates, I just want to remind you, if you have any questions about the Rights as we go along or any other questions in general, feel free to stop into the Social Services office and chat with me.

7. If clothing is provided to the resident by the facility, it must be of reasonable fit.

a. Riverside does not generally provide clothing to residents.

8. A resident has the right to reasonable safeguards for personal possessions brought to the facility. The facility shall provide a means for safeguarding the resident's small items of value in the resident's room or in another part of the facility where the resident must have reasonable access to the items.

a. Here at Riverside, we encourage the use of a lock box for valuables kept in your room. We will provide a lock box upon request.

b. If the item is too large for a lock box or if you prefer, items can be kept in the safe.

Be careful on outings as the sidewalks can get pretty slick this time of year. Have a great month!

— Terri Gordon, SSD

Nursing/Health Care

Cozy Comforts

The weather outside looks frightful, but you're inside safe and warm, wrapped in a snuggly blanket, enjoying a steaming mug of cocoa and a good book. This experience is a classic example of *hygge*, the Danish way of living that focuses on coziness and contentment.



Central to Denmark's culture since at least the 1800s, *hygge* — pronounced "hoo-gah" — has become a popular décor and lifestyle trend. Fuzzy socks, thick blankets, warm drinks and crackling fireplaces are just some examples of the concept. But *hygge* is more than just familiar, comforting objects; it's also about appreciating the simple things in life and connecting with loved ones.

The heart of *hygge* is creating a warm atmosphere, both literally and figuratively. Surrounding yourself with friends and family, playing a board game and listening to each other's laughter, is just as important as wearing a treasured sweater and curling up in your favorite chair. Another essential element is the food — typically hot beverages, homemade desserts and comforting dishes such as chicken pot pie.

Food and Beverage/ Dining Services



Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

Chowder — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

Bisque — Originating in France, bisque is a rich, creamy soup traditionally made with pureed shellfish. In the past, recipes called for the shells to be ground into a paste and added to the soup to thicken it.

Broth/Stock — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

Cream — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

Consommé — This is a broth or stock that has been clarified, meaning all the tiny bits of food used to create its flavor are removed to create a clear, concentrated soup.

Chilled soups — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.

Did You Know?

Here are some facts about winter you may not know.

- Winter cold kills twice as many Americans as summer heat does.
- According to Guinness World Records, on Jan. 28, 1887, a snowflake 15 inches wide and 8 inches thick fell in Fort Keogh, Mont., making it the largest snowflake ever observed.
- Chionophobia is the persistent fear of snow, especially becoming trapped by snow.
- Every winter at least one septillion (that's 1 followed by 24 zeros) snow crystals fall from the sky.
- A New Zealand insect called the Weta freezes completely solid when temperatures drop during winter. However, when the temps warm back up the insect unfreezes, thaws and resumes its activities.
- The average snowflake falls about 3 mph.
- One inch of snow will produce just less than 1/10 of an inch of water when melted. Ten inches of snow will melt down to only 1 inch of water.
- A single snow storm can drop 39 million tons of snow.
- The most snow ever recorded in 24 hours in the United States was at Silver Lake, Colo., in 1921 at 76 inches. Coming in second is Georgetown, Colo., in December 4, 1913, at 63 inches.
- Mt Baker ski area in Washington state holds the world record for snowfall at 1,140 inches of snow during the 1998-1999 winter season.
- The coldest temperature ever recorded was -123 degrees C at Vostok Station in Antarctica in 1983.
- All snowflakes have six sides.
- The coldest winter on Earth occurs at the Polar Plateau in Antarctica. The average mean annual temperatures is -72.9 degrees Fahrenheit.
- Some animals possess the amazing ability to turn white during the winter: the arctic fox, arctic hare, ptarmigan, barren-ground caribou and the ermine all change colors.

We all here at Riverside would like everyone to have Happy and safe New Year.

— Rick Nelson
Safety/Maintenance Director

Life Enrichment

I would like to thank the staff in Life Enrichment for all of the hard work they do every day. Sometimes we hear "It's the fun job," and it certainly is. However, there is a lot of work that goes into scheduling and planning events, as well as gathering people and raising interest on a daily basis. We are pleased to provide events residents want to do and share their appreciation and ideas with us. We are one big team, and we wouldn't have it any other way.

National Activity Professional Week

Jan. 21-27



Resident Spotlight

We would like to give our heartfelt well-wishes to the following families who lost their loved ones over the holidays. It was a pleasure to care for your family member, and we are all thankful to have known each of them.

- Helen S.
- Evelyn D.
- Orson M.



Resident Birthdays

Evelyn D., 2nd
Marvin B., 4th
Linda T., 12th
Marjorie R., 13th
Vern G., 13th
Julia W., 22nd
Gerald T., 26th



RIVERSIDE

Health & Rehabilitation

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Staff

Executive Director
Virginia Villamez

Director of Nursing
Sabrina Bauer

Life Enrichment Director
Tammy Block

Housekeeping Supervisor
Rick Nelson

Admissions Director
Noelle Smith

Business Office Director
Jeanette Court

Dietary Director
Jami Gorman

Maintenance Director
Rick Nelson

Social Service Director
Terri Gordon

New Residents

Riverside would like to welcome the following people to our facility. We are pleased you have chosen us for your health care needs and hope to meet your every expectation. Please let us know if we can help you in any way.

- Billie P.
- Catherine D.
- Milton B.
- Judith C.
- Carrie Lea F.
- Joseph A.
- Patricia M.
- Julia F.
- Anne L.

