

# GOOD Life News

*at Riverside Health & Rehabilitation*

MARCH 2018

www.riversidesenior.com

## Executive Director

In the Midwest, March 1 is fondly known as National Pig Day! The celebration started in 1972 by sisters Ellen Stanly and Mary Lynne Rave. According to the sisters, the celebration is to accord the pig its rightful, though generally unrecognized, place as one of man's most intellectual and domesticated animals. I love pigs and hope to one day have a pig that rides in my kayak and come to work with me.

Until then, I will celebrate National Pig Day for their cuteness and intellect as well as for their offerings such as bacon and spare ribs.

— Virginia B. Villemez,  
Executive Director

## Nursing/Health Care

Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

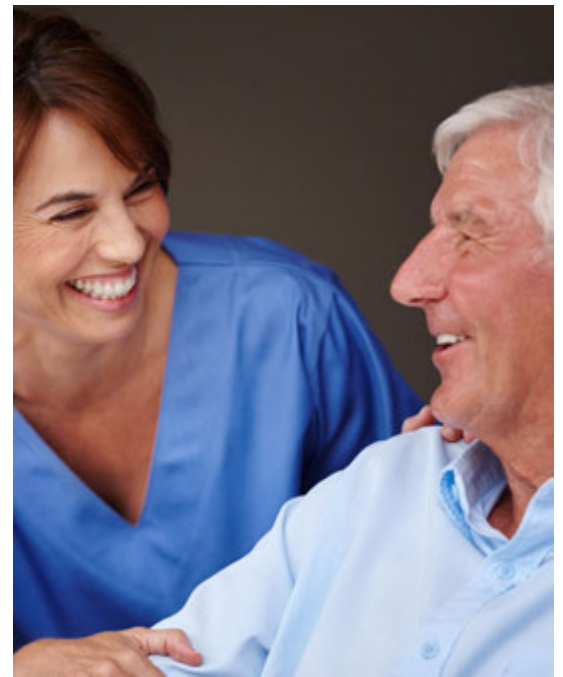
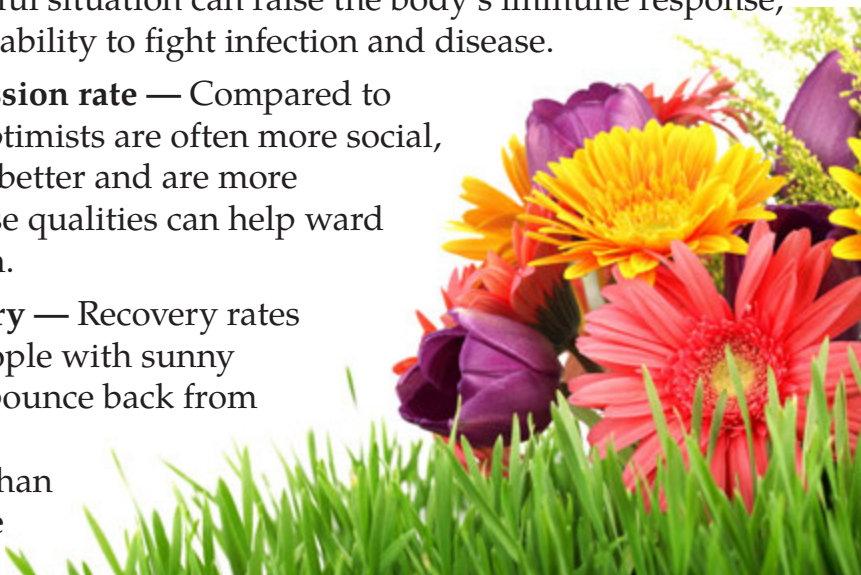
**Better physical health** — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

**Increased life span** — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

**Stronger immune system** — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

**Lower depression rate** — Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

**Faster recovery** — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.



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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 means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."*  
—Don Galer



## Resident Spotlight: Chris R.

Chris was born in Walnut Creek, Calif. He moved around quite a bit in California, Oregon and Montana. Chris remembers his father reading him the book "Ant and Bee" when he was very young and Chris would read it back to his father. Since both of his parents worked when he was young, he had a babysitter and they got him Suzie, a spider monkey, for company. He also recalls taking apart his tricycle at a very young age as it had a squeak. Unfortunately, he could not get it back together, but his father came to the rescue and reassembled it.

Chris attended college at Linfield College in McMinnville, Ore. where he graduated with a major in general science. He got an associate degree at Portland Community College in medical laboratory technology. He had numerous jobs in food service while attending college. He also worked at a Far View Ranch Camp in Northern California as a counselor. Later, he returned to Portland Community College to get a degree in Computer Information Systems. He is very interested in genealogy and has kept detailed records on everything.

He has a son who is currently 28.

Chris developed MS (multiple sclerosis). He did not allow that to keep him from running a marathon (26.2 miles). His goal was to run it in four hours, but it took him 4 1/2 hours to complete. However, he hasn't been able to bear weight since then. Chris has lived in several care facilities in California and Montana. He and Sandra (who also has MS) are both happy to be at Riverside as this is where they met and they are glad to be together.

## Social Services

We would like to welcome back Mandi Worley in Social Services. Terri is no longer with us and we would like to wish her the very best in her new endeavors. For those of you who don't know Mandi, please take a minute to say "hello." She would be happy to help you with any questions or concerns.

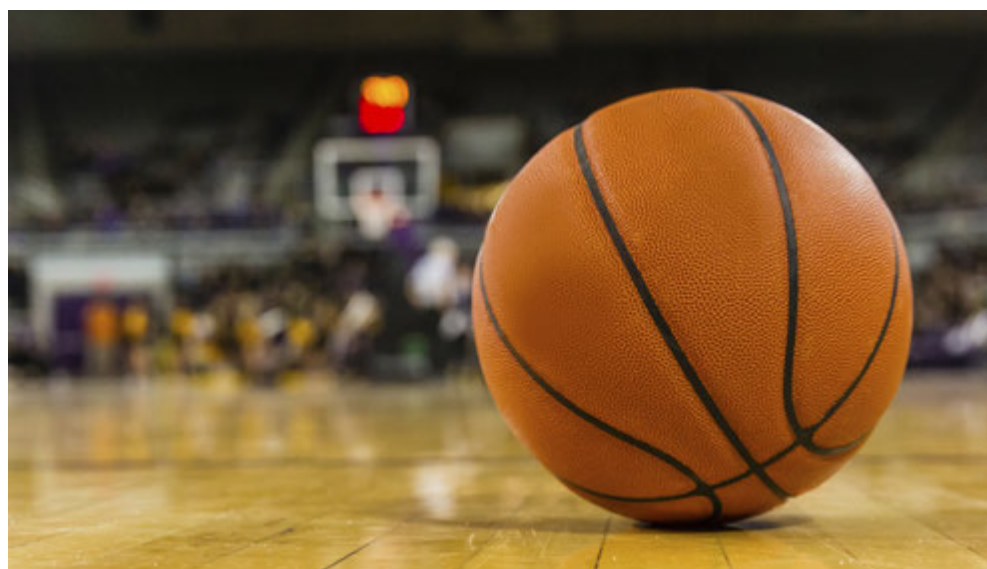


## What's Going On at Riverside?

Hello and welcome to March. We are so excited to see nicer weather and can't wait to start using the patios. Spring brings March Madness and we will have our annual competition. Residents and staff will choose their teams and the winner with the most points will receive a gift basket. Good luck to all!

St. Patrick's Day will, of course, bring corned beef and cabbage and this year, Easter falls on April 1 and we will be celebrating with a nice noon meal. Remember to let staff know as soon as you can if you are planning on going out for lunch or dinner so we can assist you with medications so that you may enjoy your family time.

Happy spring, everyone!



## A Note From Maintenance

What makes the Goodman Group such a great place to work? No matter what is happening, we always pull together as a successful team. December 30, we had a lot of snowfall and drifting as much as four feet high. Paul Teagle is our Regional Director of Operations and found the time to bring his four-wheeler plow and hand shovel to Riverside to help clear the walks. Virginia Villemez and Keith Dorris both are Executive Directors that grab shovels and shovel snow when needed. The staff do not hesitate to step out of their roles, also, to make the walks safe for visitors, peers and residents. It isn't only shoveling snow that we are able to effectively come together as a team. It is in my opinion that at the Goodman Group, at all levels of employment, five-star employees work everywhere in this company. We really do care about the residents and family members and it shows every day in our hard work. I am proud to say I work for the Goodman Group and I will work hard to keep our reputation positive. We are always looking for safer and easier ways of doing our daily operations. The staff at Riverside are very friendly, hardworking, caring and great people. They work very hard in all departments to make the residents' stay as enjoyable as possible. I would like send out a big thank you to all the employees at the Goodman Group and especially Riverside.

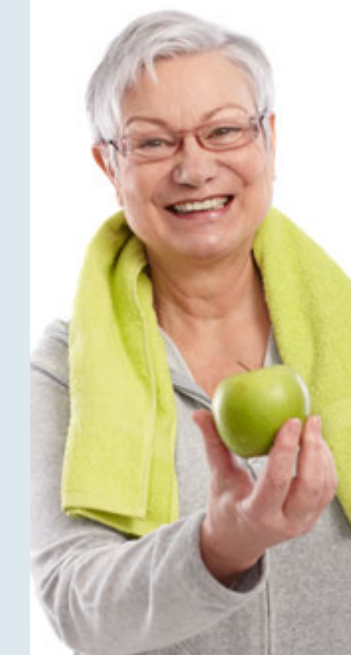
Stay warm and safe for the remainder of the cold weather.

*Rick Nelson*  
Maintenance/Safety Director



## FIT to Be Strong™

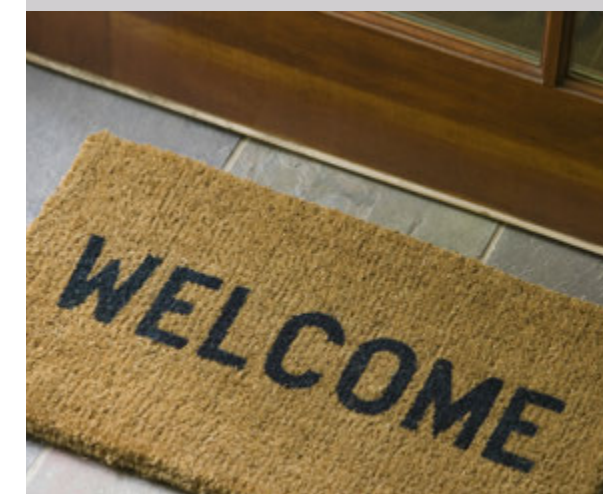
We want to let everyone know that Riverside provides an exercise program called FIT to Be Strong™. It is a variety of exercises including stretching, weight lifting and pedaling and each class is provided twice a week. We encourage healthy living and want everyone to have a chance to be their very best. If you are curious, please stop by a class or better yet, join us!



## New Residents

Riverside would like to welcome the following people to our facility. We are so pleased that you have chosen Riverside for your health care needs and we hope to exceed your expectations. Please feel free to contact any of us with suggestions or concerns. We hope you enjoy your stay.

- Carol V.
- James K.
- James S.
- MaryAnn G.
- LaVon G.
- Connie K.
- Catherine M.
- Greg M.
- Carrie F.
- Mina B.
- Helen A.
- Sandra P.
- Tom N.
- Debra L.



## Resident Birthdays

- Biz T., 6th
- Allen F., 8th
- Doris P., 14th
- Nadine L., 15th
- Mary B., 27th
- Marie W., 30th





# RIVERSIDE

Health & Rehabilitation

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MANAGED BY  
 The Goodman Group

## 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**

Mandi Worley

## Food and Beverage/ Dining Services

As always, we want to make the meal experience a good one as so many look forward to the social aspect and a wonderful meal. We at Riverside would like families to encourage residents to get up and come out for meals as it can be uplifting and often makes people feel better. It is so easy to get into a routine of staying in your room and it can be intimidating at first but it is a part of their progress of getting better and stronger. We are planning some special meals in the dining room, chosen by the residents to encourage them to come out and enjoy their meal. We encourage you to help us encourage a healthy lifestyle and social experience.

Thank you for your help!

