

GOOD Life News

at Riverside Health Care Center

MAY 2017

www.riversidesenior.com



Executive Director

With May in full view, we are happy to see the sun and flowers. Our landscaping will be in full bloom soon and I look forward to all of the color. Also, as many of you may already know, our Osprey friends returned late April. Iris and Louis have been busy in their nest and the cameras are up and running. We certainly love to hear from people all over the world who watch these two birds. We receive cards for the residents and staff for almost every holiday that comes along. How amazing to have such a following. If you have not seen the website or are looking for more information please follow our link:

http://cams.allaboutbirds.org/channel/27/Hellgate_Osprey

Jon Lorash
Executive Director



Our Talk. Our Walk. Every Day!

Step into Spring

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Upcoming Events ...

Riverside's Annual Summer BBQ kickoff is scheduled for June 27. The party will take place in the front parking lot and includes dinner and entertainment by Blue Collar, a country and classic rock band. Mark your calendar and join us for an evening of fun!



Nursing

Hello everyone!

I wanted to send a reminder about over the counter medications. Anything you buy over the counter needs to be brought to the nurse's attention. Regulations state that residents cannot have medications in their rooms unless they have been assessed that they can read the label, describe what it is used for correctly, how often they can take it and are capable of filling out the medication record correctly. The medications also need to be locked inside of a lock box. I have seen bottles of NyQuil, cold medicine, tubes of Neosporin, Tylenol, aspirin, etc. in resident rooms on the bedside table. Anything you buy at a pharmacy or drug store, including eye drops for dry eyes, for over the counter remedies needs to have an order from the doctor. Some medications may interfere with medications that the resident is currently taking. So please, refer to the Nurse if you feel that your loved one needs something over the counter. If medications are found in resident rooms they will be removed. If you have any questions or need any clarification, you can speak with me or see Sara, at the Nurses' Station. I hope you are enjoying the warmer weather!



Thank you,
Karen Tucker, RN DON

Resident Spotlight

Happy May Birthday to the following residents of Riverside. We hope you have your best birthday ever!

- Lucille G.
- Mary I.
- Sharon K.
- Lloyd M.
- Marilyn S.



Food and Beverage/ Dining Services

Welcome to May residents, family members and staff.

This is the month to show some extra love and appreciation to the women in our lives, as we celebrate Mother's Day on Sunday, May 14. Our Dietary team will be serving up a brunch lunch of pancakes with a variety of toppings to choose from, bacon, sausage, and a fresh fruit salad. If you are interested in joining your loved one for our Mother's Day Brunch (at lunch time), please RSVP so that we may plan for seating arrangements. We look forward to celebrating this special day!

Jami Gorman
Dietary Manager



Social Services

Happy spring (for real this time)! Now is a great time to start some spring cleaning and thinning out your loved ones' closets. Just a reminder to make sure that clothing is marked with first initial and last name. Also, please make sure to leave a light jacket and a few sweaters, as the temperature in our building can fluctuate at times. As the weather continues to get warmer, it is also a good time to take home any bulky winter items unless your loved one specifically wants it kept here. We have permanent markers at the Reception Desk if needed. Also, if you are buying new clothes for your loved ones, but are not sure if the items will fit or not, see myself or their Nurse to coordinate trying the items on.

Thank you for your attention in this. I hope everyone enjoys the warmer days.

—Mandi



Maintenance and Laundry

Hello Everyone!

The weather is improving from the harsh winter weather we had. Since we live in Montana, it could very well snow in the middle of July. Please still have extra water and clothing when you travel. Most people suffer from hypothermia between 40-60 degrees, which is common spring weather temperature ranges. The four most important things to have when traveling are: Shelter, fire, water and signal. I want everyone to enjoy the warmer weather without complications such as hypothermia and as the temps rise, hyperthermia. We all should be drinking plenty of water on cold, warm or hot days to keep hydrated. Those people who take medications, drink alcohol or have chronic issues, should be consuming plenty of water to counteract the diuretics.



Please if you happen to be visiting Riverside Healthcare Center welcome our newest Housekeeper, Christian Gehrke. Christian works full time elsewhere, yet comes in Monday through Friday for 4 hours a day to help keep our facility clean and safe for your loved ones. Take the time to thank a Housekeeper today, for they do work very hard behind the scenes.

There will be a floor care program set into place to have all the resident room floors either stripped and waxed or buffed. I am excited to get this up and going. Anytime we can improve the living quarters for the residents, it's a good thing!

Thank you and happy spring from all of us here at Riverside Healthcare Center.

—Rick
Safety/Maintenance Director

A Note From Life Enrichment

Welcome to May! We have so much going on in May. It is nice to see it again. We will be celebrating Cinco de Mayo with a Mexican meal for the residents to enjoy on May 5. May 14 is not only Mother's Day, but kicks off a whole week of celebration as it is National Nursing Home Week. We celebrate by showering our staff with appreciation including meals, coffee and many thanks for all of the hard work that they do. We will end the week by celebrating our veterans on Armed Forces Day.

We would like to congratulate Robb L. and Anna S. on winning the March Madness bracket. Robb won a catered dinner for his family and Anna won a gift basket which included pizza, drinks, popcorn and party supplies. Congratulations to you both!



Supporting Our Nation's Mothers

For more than 80 years, the American Mothers Organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-President Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at AmericanMothers.org from Mother's Day through Nov. 15. The official sponsor of Mother's Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.

Resident Birthdays

Lucille G., 19th
Mary I., 20th
Sharon K., 25th
Marilyn S., 27th
Lloyd M., 27th



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Jeanette Court

Dietary Director

Jami Gorman

Maintenance Director

Rick Nelson

Social Service Director

Mandi Worley

New Residents

Riverside would like to welcome the following people to our facility. Thank you for choosing Riverside for your health care needs. We hope to exceed your expectations and look forward to getting to know you. Please let us know if we can help you in any way.

- Ida C.
- Stuart C.
- Dorothy M.
- Margaret W.
- Gordon H.
- Jim C.
- Richard V.

