

GOOD Life News

at Riverside Health & Rehabilitation

MAY 2018

www.riversidesenior.com

Executive Director

Iris and Louis have returned! If you are a follower of the Hellgate Osprey Camera, I know you are as excited as our residents and staff at the return of the famous Osprey.

I am also happy to announce Jo Ellen Barton has joined the team at Riverside as the new Director of Nursing.

Please join me in welcoming Jo Ellen to our team.



**Our Talk.
Our Walk.
Every Day!**

**Platinum
Service®
Standard #1**

"I place our residents at the center of everything I do, personalizing my services to meet their preferences."

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.



In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute

Maintenance and Housekeeping

Warm weather brings rodents and insects. Last time we talked about Hantavirus, and now I would like to cover another ailment, West Nile Virus. This virus comes to us most commonly with the mosquito bite. In North America during summer and fall, WNV has been reported in all of the continental United States. There are no vaccines to prevent or medications to treat WNV. Most people infected will show no or minimal signs, where 1 in 5 people who are infected develop a fever and other symptoms. 1 in 150 infected people develop a serious, sometimes fatal, illness, which includes a severe illness affecting the central nervous system such as encephalitis (inflammation of the brain) or meningitis (inflammation of the membranes that surround the brain and spinal cord).

Symptoms of severe illness include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis.

Severe illness can occur in people of any age, however, people over 60 years old are at greater risk. People with certain medical conditions, such as cancer, diabetes, hypertension, kidney disease, and people who have received organ transplants, are also at greater risk.

Recovery from severe illness might take several weeks or months. Some effects to the central nervous system might be permanent.

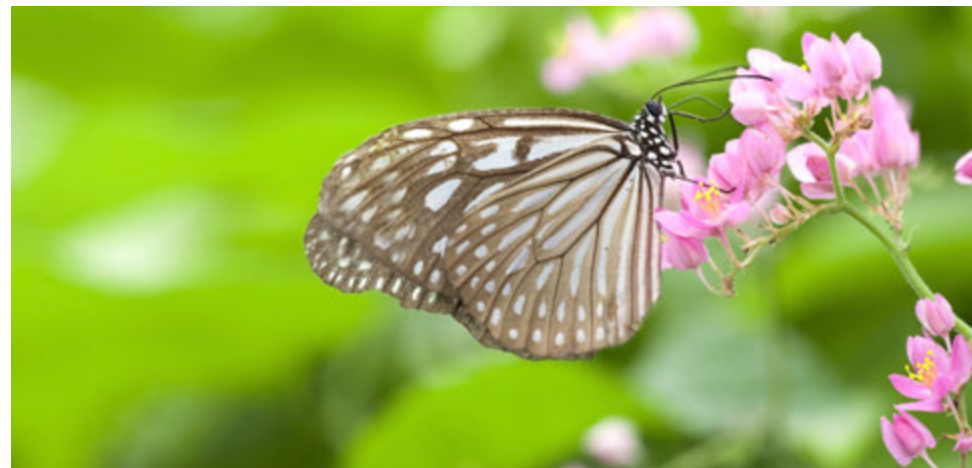
About 1 out of 10 people who develop severe illness affecting the central nervous system die.

DEET, the chemical in bug spray, does repel mosquitos and ticks, but is not healthy for you. I use only 25-30 percent DEET and spray mostly on the clothes but lightly on the exposed skin. The other way to protect yourself is to wear long sleeve shirts and pants to avoid exposed skin. Carefully read the directions on all sprays, lotions and ointments for how to apply and areas possibly to avoid like the mouth and eyes. Avoiding having standing water anywhere near or around your property will help cut down on mosquitoes laying eggs.

Have a great spring/summer and be safe!

The answer for when ticks are out and about active is year round when temps are above freezing.

— Rick Nelson



The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country's upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.



New Residents

Riverside would like to thank those of you who are new to our facility for choosing us for your health care needs. It is a pleasure to have you, and we hope to meet your every expectation. Please feel free to contact any of us with a concern or request.

Enjoy your stay.

James A.

Donald O.

Deborah P.

Leigh T.

Robert R.

Anthony M.

Jesse E.

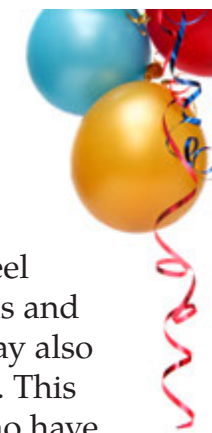
Ronald H.

Betty M.

Tracey L.



What's going on at Riverside?



May is such a wonderful time to feel the warmer weather creeping up on us and see the flowers beginning to bloom. May also brings National Nursing Home Week. This gives us a time to celebrate the staff who have chosen their careers in skilled and long term care. We appreciate the long hours and effort they put in to caring for those who truly need their help. They always love a compliment or pat on the back, but Riverside would like to celebrate the week by treating the staff all week long. We will be using Cedar Dining Room to decorate and celebrate each other with smiles and of course, food. Those who eat in Cedar Dining Room will have their meals in the Activity Room, which makes for a nice change for them as well.



Burgers Across America

An American classic, the hamburger has countless variations. See how it's served up across the U.S.

California — Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation's avocados are grown.

Wisconsin — The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that's added to the top of a cooked beef patty.

San Antonio — Bean burgers — piled with refried beans, cheese sauce, diced onions and Fritos corn chips — are a specialty in this Texas city.

North Carolina — Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and all over the Southeast.

Minneapolis — Order the city's signature Juicy Lucy here, and you'll sink your teeth into a burger with gooey, melted cheese inside the patty rather than on top.

Miami — South Florida serves up fritas cubanas, or "Cuban hamburgers." Thin beef patties are seasoned with paprika and topped with shoestring potatoes, diced onions and spicy ketchup.

New Mexico — Hatch, N.M., calls itself the Chile Capital of the World, and its crop of green chile peppers adds a spicy kick to burgers throughout the Southwest.

Mississippi — Fillers, such as flour and soy meal, were added to stretch a serving of ground beef during the Depression. That's the basic recipe for Slugburgers, named after the slang for a nickel, the original price of the burger.





RIVERSIDE

Health & Rehabilitation

1301 East Broadway Street, Missoula, MT 59802
406-721-0680 | www.riversidesenior.com



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

Happy Birthday

Riverside would like to wish the following people a Happy Birthday. We hope they enjoy their day, and we wish them the very best.

Mary I.

Carol V.

