

# GOOD Life News

*at Riverside Health Care Center*

NOVEMBER 2017

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## Executive Director

Hello, my name is Keith Dorris and I am the new Executive Director in training. In 2010, I moved from Billings, Mont. to Missoula to pursue higher education. Being a born-and-raised Montana guy, I enjoy all the things this state has to offer from hiking the outdoors, snowboarding in the mountains or floating the Clark Fork River with friends on a hot summer day. I have been fortunate enough in my years to travel, backpacking around Europe and have been scuba diving in Honduras. Whether in my personal or professional life, I am always on the go, ready for the next adventure, wherever that may take me.

I graduated from the University of Montana with a degree in Business Administration with a major in Management. My working background stems from nearly 10 years of working in the long-term care facilities, all of which have been with The Goodman Group. Those years of experience gave me a true passion about healthcare, so moving into an administration role was a natural fit for me. After I finish my training I hope to return to school to receive my master's in healthcare administration to get an even better understanding of the industry.

## A Message from Rick

Seems as though summer quit and winter began in just a few days. We live in Montana and it should not shock anyone that the weather can change drastically in a short amount of time. A tip is to always be prepared with extra clothing, blankets, water and simple foods that do not take a lot to digest, for you're using more fluids and energy to achieve that. Beef jerky is not as good as a simple candy or dried fruits. Dehydration can strike in any environment hot or cold. It can go more unnoticed in the cold due to most people not realizing you dehydrate just as quickly in the extreme cold as you do in extreme heat. Breathing normal in extreme cold, you're losing tremendous amounts of fluid just through your breath and valuable heat through an uncovered head. Filter your breathing, for your body will not accept air until it has been warmed and humidified closer to body temperature to avoid freezing your lungs. A scarf or any type filter will be better than not doing it. Lighters can fail also so I carry waterproof matches.

I certainly hope everyone has a pleasant winter and that it isn't like last year. Thank you from all of us here at Riverside Healthcare Center.

— Rick



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## FIT Functional Fitness®

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.



## A Note from Terri Griffith, SSD

Happy fall!

Beautiful colors and colder temperatures. With the onset of fall, please remember to make sure you have a light zipper or button jacket or cardigan to stay warm on those chilly days.

Things have been going great here in Social Services. Little baby Loofa hedgehog certainly enjoyed meeting all of you and had a great time here. Once the new babies grow a bit they will come in for a visit as well.

As we continue to look at Resident 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.

3. Residents have the right to organize, maintain and participate in resident advisory councils. The facility shall afford reasonable privacy and facility space for the meetings of the councils.
  - a. There are monthly resident council meetings on the first Tuesday of the month and all residents are encouraged to attend.
4. A resident has the right to present a grievance on the resident's own behalf or that of others to the facility or the resident advisory council. The facility shall establish written procedures for receiving, handling and informing residents or the resident advisory council of the outcome of any grievance presented.
  - a. The grievance form can be found in a file hanger on the wall directly behind the main nurses station.
  - b. If you need one you can also ask staff members for assistance.
  - c. If you need assistance filling it out, you can come to the Social Services office and I or another staff member will be happy to help you with it.

Have a great October!

*Terri Griffith, SSD*

## Food and Beverage/Dining Services

### A Sweet Side Dish

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

When it comes to nutrition, one serving of sweet potatoes contains more than 100 percent of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

China grows the most sweet potatoes in the world, while North Carolina leads the harvest in the United States.

## Meet Evelyn ...

Evelyn was born in Port Arthur, Ont., Canada, which became a part of Thunder Bay on the northern part of Lake Superior. Later they moved to Toronto, Ont. She had one sister, Lorraine, who is no longer alive. Her father was a captain on a boat, so he was only home in the winter.

They moved to Rochester, N.Y., where she worked as a telephone operator prior to her marriage. While in Rochester, she met her husband, who worked at Eastman Kodak there. They had two daughters. One has a family in Indiana. The other lives in Missoula, which was her reason for moving here. Susan and her husband Skip visit every other day. Going to church was an important part of their lives.

At Riverside, she enjoys watching the birds at the bird feeder. Evelyn's life here is very nice and she gets along with her roommate well. She has enjoyed her 103 years!



## Nursing/Health Care

It has begun ... Flu vaccines, that is! Our facility staff has diligently begun administering the flu vaccine to our staff followed by resident administration by those who have given consent. Here at Riverside, we take our effort to prevent residents from obtaining the flu seriously because we know the risks for the elderly population and those who have compromising health conditions. Last year, unfortunately, we had more than one confirmed case of influenza in our facility. Please assist us in our efforts to prevent the spread of Influenza and protecting our residents and staff alike as we enter flu season ...

Visitors, we encourage you to come more often than not to visit your loved ones, as it is so important to our residents to receive visitors and the positive effect it shows is known by all. However, during the flu season we do ask if you have any flu-like symptoms or are genuinely feeling under the weather that your visit is postponed until you are well.

Like many viruses, when symptoms are noticed there usually was a time interim that the infected person exposed other people to the virus prior to confirming the diagnosis. To aid in prevention, I have provided a list of the most common symptoms for influenza:

- Fever/feverish
- Chills
- Cough
- Sore throat
- Runny/stuffy nose
- Muscular/body aches
- Headache
- Fatigue
- Vomiting or nausea

Be aware. Take Precautions. Be Responsible. Wash Your Hands.

Sabrina Bauer, DON

## What's Going On at Riverside

November is a busy month here at Riverside. With the Thanksgiving holiday coming, we are looking forward to a wonderful meal with residents. If you are planning on taking your loved ones home for the holiday, please stop by the front desk and let us know so we can make arrangements for meal preparation. Also, it gives us a chance to help them get ready for their day.

When Thanksgiving ends, we quickly get ready for the Christmas holiday. We will begin our decorating on Nov. 27. We have trees and decorations placed throughout the facility for everyone to enjoy and we would love to have your help. If you are interested in helping us decorate please contact me, Tammy Block in Life Enrichment and get more details. Have a wonderful month!

## The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.

## Resident Birthdays

Helen S., 5th

Majorie D., 13th

Roger P., 25th



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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 Griffith

## New Residents

Riverside Health Care Center would like to welcome the following individuals to our facility. Thank you for choosing Riverside for your health care needs and we hope to meet your every expectation. If there is anything that we can do to help you, please let us know.

Louise M.  
Donna W.  
Joseph O.

Myrna A.  
Eva W.  
Donald L.

Fred G.  
John G.

