

GOOD Life News

at Riverside Health & Rehabilitation

JANUARY 2019

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Executive Director

The beginning of the New Year brings each of us an opportunity to make a new start. Generally, the new start comes in the form of a New Year Resolution.

The University Of Scranton Journal Of Clinical Psychology conducted a

study on making and keeping New Year Resolutions. The study found that 45 percent of Americans make one or more New Year Resolutions. 49 percent of those who make resolutions don't succeed, and sadly, only 8 percent of people actually achieve their resolution.

I am one of the 49 percent. Each year, I make a large list of things I want to improve on; eat healthier, start running again, volunteer more and attend worship services regularly. My list goes on and on.

After some research of my own, I realized my list was way too long and I had no goals or plans in place to achieve any of my resolutions. I also realized I need some accountability, someone to share my goals with, and lastly, I need to have the will power and belief I can accomplish my goals.

It is exciting to think about a fresh start, so I challenge each of you to be part of the 8 percent. Let's start 2015 with small attainable goals we can set throughout the year. Share your goals with friends and family, then truly believe you can achieve your New Year Resolutions!

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." —*Carl Bard*

I hope 2019 will be a joyful one for you and your loved ones!

Virginia B. Villemez

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**Our Talk.
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**Platinum Service®
Standard #6**

"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

Resident Spotlight

We would like to thank everyone for a wonderful holiday season. We had many visitors from the community, which makes it all the better. We hope you enjoyed the Holiday dinner as well. Best wishes in 2019.



Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.

Maintenance and Housekeeping

Please join me in welcoming the newest member of the Housekeeping team. Brandee started with Riverside on Nov. 29, 2018, and is a very hard worker and a valuable asset to our team. In her spare time, Brandee likes to read, watch movies and do outside activities such as fishing. Please welcome Brandee the next time you see her. I am proud to be part of such an exceptional team here at Riverside Health and Rehabilitation.

Have a safe and Happy New Year.

Rick Nelson



A Note from Social Services

Happy New Year, everyone!

Where is the time going? It seems as though we just had Thanksgiving, and here we are well into 2019! I am pleased to announce Social Services now has a Social Services assistant. Her name is Megan, and she will work with me two days a week, as well as in Life Enrichment two days a week. I am very excited to welcome her to the Social Services side, and she is already acquainted with many of your loved ones. Be sure to watch for her miniature bio in next month's newsletter.

Happy New Year, everyone, and stay warm!

Mandi

What's Going on at Riverside?

It's finally here! Our Virtual Reality system is here, and all of the Goodman Group facilities in Missoula and Hamilton will be sharing it. We will have it for approximately one week a month, with our week being Jan. 14-18. This system includes the ability to swim with dolphins, jump from airplanes and visit distant National Parks in real time, as well as look up addresses on Google Maps and be able to look around 360 degrees to see up and down block of that specific area. Please stop in if you are not familiar with it, and we will let you try it.

Another new program we would like to start is called FaceTime with Family. We currently have iPads with the ability to FaceTime with whomever wherever they may be. If you are interested in doing this with a family member, please give us a call so we can gather your information. What a great way to stay connected!



Resident Birthdays

| | |
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| Karin M., 5th | Louise C., 28th |
| Dorothy M., 23rd | Patricia D., 28th |
| Patricia M., 24th | |

Silent Auction

Riverside would like to announce our next auction. If you are unfamiliar with our auctions, let me tell you about them. Staff and families donate auction items to the Life Enrichment Department. We put them out for anyone to bid on them. The auction ends Friday at 2 p.m., and the highest bidder wins! The money raised is then donated to our Resident Council fund. It's a lot of fun, and you can win items very inexpensively. Please stop by if you have any questions. The auction is scheduled for Jan. 14-18.

New Residents

Riverside Health and Rehabilitation would like to welcome the following people to our community. It is a pleasure to serve you, and we hope you enjoy your stay. If there is anything you need, please ask any of the management team, and we would be happy to help you.

- Larry R.
- Donna B.
- Michael B.
- Nancy A.
- Jane L.
- Richard M.



Food and Beverage/ Dining Services

Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:



Be upfront with special requests: If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact: Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server's name: Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Keep the table clear: Placing your bag, wallet, phone and other personal belongings on the table takes up valuable space needed for plates and beverages.

Remember the golden rule: Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Tip with respect: A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.



RIVERSIDE

Health & Rehabilitation

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A Healthy Way to Start the Year

Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut: Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

Scottish: Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned: Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

Quick: These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant: Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated

