

# GOOD Life News

at Riverside Health & Rehabilitation

JULY 2018

www.riversidesenior.com



## Executive Director

Summer is definitely upon us. Earth & Wood have been working very hard to have Riverside looking beautiful. When you have time you should take a little tour of the grounds. Our back patio is a hidden



gem here at Riverside. Feel free to bring a picnic lunch and enjoy the view. Families are welcome to use the barbeque grill and have a family gathering on the patio too. Just call ahead so we can make sure there is plenty of propane.

Another topic of conversation are the two little ones of Louis and Iris. We are hoping for a successful year for the Osprey family.

—Virginia

## Food and Beverage/ Dining Services

### Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

A 1-cup serving has 90 calories and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.

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

### Platinum Service® Standard #2

*"I build lifetime relationships with our residents by creating memorable experiences."*

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

## Resident Spotlight

Carol Viche was born in Missoula and bounced around the country several times, always returning to Missoula in the middle. She grew up in Sandpoint, ID, but returned to Missoula when she started 8th grade. Interestingly, she started high school when there was just one high school here, but was in high school when they divided up so just the freshman students were at Hellgate and the rest of the grades were at Sentinel. For a couple of years, they kept switching it around until both schools were four year high schools. She also had two younger cousins in Missoula, so all of them were able to go to school together at times.

A benefit of living in Missoula was that she was able to get a scholarship to the University of Montana and live at home while going to college. Carol got her bachelor's degree in medical microbiology although there were no jobs here. She was able to get a job with the U.S. Department of Defense in Fort Lewis, Washington, testing dairy products along with the water on the beaches to determine if it was safe to go into the water. She also worked with the Public Health Services, at the VA and with the hospitals. When her job there was cut, she was transferred to the main lab in San Francisco. Considering how liberal life was there in the early 1970s, she got quite an education! Then there was an opening in serology service for all of the military and public health service in the West. They sent her to the CDC in Atlanta for advanced training. Most of her time was spent working with syphilis, including research and development, along with working with vaccines for measles and chickenpox.

By the 1980s she was put on medical retirement due to the air quality in California. Carol did not let this hold her down. She came back to Missoula and applied to the UM School Psychology Program. Over 200 people applied to the program and she was one of only four people to be accepted. It was an excellent program and she was able to work as a research assistant for one of the professors. Carol liked being in the classroom to help kids develop their self-esteem. She worked at both Hellgate High School and Lowell Elementary, while working on her master's degree. In order to work as a school psychologist she needed additional education to get a specialist degree after her master's and then she was able to get a job in Butte which was nice as she had family nearby. The job was challenging and she enjoyed it, but they were understaffed. She was forced to retire again in 2012 due to her health.

Carol was involved with the development of a small mission church in Butte as part of the Anglican Church of North America. It was hard for her to leave her church in Butte, but she could no longer live alone. The church members and her nieces and nephew have visited her here.

Carol feels blessed to have found a place at Riverside and enjoys her roommate.

## Welcome to Summer!

Hopefully everyone is finding opportunities to enjoy the warm weather. I wanted to remind residents and families about the letters you may or may not have received from Medicare. Between April 2018 and April 2019 social security numbers will be removed from Medicare cards and each Medicare beneficiary will receive a new card in the mail. The new number will be unique to each beneficiary as well as help protect individuals from identity theft and keep information more secure.

Please watch for these cards in the mail and when they do arrive, our Receptionist Heather will be happy to take a copy for your loved ones file and for use at any upcoming appointments out in the community. Should family or residents have any questions about this, please feel free to stop by my office. There is also a laminated sign at the entrance of our building regarding this change.

Thank you for the opportunity to continue caring for your loved ones.

—Mandi, Social Services



## What's Going On at Riverside

This month brings activities and programs such as homemade ice cream, a trip to the Museum of Mountain Flying and the new park at Fort Missoula. We take suggestions from residents from Resident Council and put them into action. Keep the ideas coming!

Thank you to everyone who attended the Annual Summer Kick-off. We all had a great time and enjoyed the delicious food. Coming soon ... the Riverside County Fair!

## Meet Jo Ellen

Hello. My name is Jo Ellen Barton and I am the new Director for Nursing at Riverside. In my nursing career I have spent my time working in skilled, rehabilitation and long-term care settings as well as home health.

I started out as a Certified Nursing Assistant, then became an LVN, then received my Associates Degree in Nursing from Angelina College in Texas.

A year ago my family and I decided we wanted the Montana experience and I accepted the Director of Nursing position at Valley View Estates in Hamilton. When the DON position came open here at Riverside, I was excited as I had spent time at Riverside and it felt like family. The city of Missoula offers the quiet lifestyle my family has been looking for but also some city amenities.

I am married with children, two girls and two boys. When I am not at work I enjoy crafting and spending time with my family.

I look forward to meeting everyone and becoming a part of the team here at Riverside Health and Rehabilitation.

I hope to see y'all soon!

—Jo Ellen Barton



## A Note from Rick

The flooding in Missoula and surrounding areas has receded quite a lot. This brings me to some interesting facts about Missoula and what was called Glacial Lake Missoula. About 12,000 years ago, the valleys of western Montana lay beneath a lake nearly 2,000 feet deep. Glacial Lake Missoula formed as the Cordilleran Ice Sheet dammed the Clark Fork River just as it entered Idaho. The rising water behind the glacial dam weakened it until the water burst through in a catastrophic flood that raced across Idaho, Oregon, and Washington toward the Pacific Ocean. Thundering waves and chunks of ice tore away soils and mountainsides, deposited giant ripple marks, created the scablands of eastern Washington and carved the Columbia River Gorge. Over the course of centuries, Glacial Lake Missoula filled and emptied in repeated cycles, leaving its story embedded in the land.

- The ice jam was over 2000 ft tall
- Glacial Lake Missoula was as big as Lakes Erie and Ontario combined
- The flood waters ran with the force equal to 60 Amazon Rivers
- Car-sized boulders embedded in ice floated some 500 miles; they can still be seen today!

Have a safe and fun summer!

—Rick

## Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

**Statue of Liberty** — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

**White House** — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

**Gateway Arch** — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

**Mount Rushmore** — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

**Grand Canyon** — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

**Golden Gate Bridge** — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.

## Resident Birthdays

Louise M., 1st

Julia F., 20th

Christa H., 5th

Christine B., 27th

Julli W., 14th



# RIVERSIDE

Health & Rehabilitation

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 The Goodman Group

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**Dietary Director**  
Jami Gorman

**Maintenance Director**  
Rick Nelson

**Social Service Director**  
Mandi Worley

## Welcome to Riverside Health and Rehabilitation

Riverside would like to welcome the following people to our community. We are so pleased that you have chosen us to provide your health care needs.

- Mary H.
- Betty Jane Z.
- Tami S.
- David M.
- Laretta R.
- Ernie K.
- Cindy S.
- Sidney F.
- Dian L.
- Cleopha G.
- Ruth Mary B.

