

# GOOD Life News

*at Riverside Health Care Center*

AUGUST 2017

www.riversidesenior.com

## Executive Director

Hello Everyone,

I wanted to take a moment and thank everyone for their involvement in the facility BBQ event on June 27, 2017. This was an awesome event. The band was great and the food was out of this world. Thank you to the activities and dietary teams for putting on such a great event. Thank you to all who participated and thank you to all of the residents for allowing me to take part in such a wonderful event.

Please continue to enjoy your summer and be safe.

— *Jon Lorash*, Executive Director

## Social Services

Happy summer to all!

Summer sure came in a hurry! I hope you are all staying cool out there. I would like to take a moment and remind everyone this is a good time to thin our residents' closets out and bring in some cooler clothing. If you do bring in summer clothing, as always, please make sure the articles are marked with their first initial and last name with a permanent marker. Also, please remember to leave light jackets and sweaters as it can get cool with the air conditioner running.

In other news, for those of you that do not know, I am resigning my position as Social Services Director. I have decided to go back out to the floor and pursue other opportunities in my life. I have thoroughly enjoyed working with all of our residents and their wonderful families. Thank you all for allowing me the opportunity to love and care for your cherished family members from a Social Services view. I have learned a lot from this position and I intend to carry those experiences with me on to my next adventure. While I will not be in this position I will still be in the building doing what I love, caring for our residents! I will keep you all posted as to when and who we hire to take over the Social Services Director position. If you have any questions, please feel free to stop by my office.

Thank you and have a safe and happy summer,

*Mandi Worley*  
Social Services Director



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

**29 Years  
Recognizing  
Senior  
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.



## A Note From Rick

It looks as though our summer is going to be a hot one. Don't forget the SPF 30 applied as directed, and plenty of water. Dehydration, heat cramps, heat exhaustion and heat stroke are all related but different stages. The extreme heat that we have had is ideal for some to fall into these emergencies. Other substances that hinder your ability to regulate are over-the-counter drugs, prescription drugs, street drugs and alcohol to name a few. These are severe diuretics that dehydrate you and can set you up for heat emergencies.

**Heat cramps** — possible symptoms: abdominal cramping, dehydration, lethargy and nausea

**Heat exhaustion** — possible symptoms: moderate to severe headache, nausea vomiting, altered mental status, sweating profusely, lethargy

**Heat stroke** — the patient will be dry, hot and red, altered mental status or unresponsiveness (life-threatening and needs immediate medical attention)

Anyone in any of these emergencies should be looked over by a doctor as soon as possible. Heat cramps and mild dehydration can be fixed without seeing a doctor but by simply removing the patient from the outdoors and passively cooling them, and getting fluids back to them slowly. If the patient claims to be nauseated, do not give them fluids, for it may cause vomiting that will further dehydrate, but they probably should be checked by a doctor. They can give an IV without causing vomiting in most cases, and it's a more effective way of hydrating. They're also under the care of a doctor who can easily fix other issues as they arise. Everyone be prepared and have a safe and fun summer.

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

— Rick Nelson  
Maintenance and Housekeeping

## Dining at Riverside

We would like to remind you that you are welcome to join your family members for a meal. Please stop by the front desk to purchase a meal ticket and make your menu selection and we will have it ready for you.

## Nursing/Health Care

Many of you may have received a phone call or two about your loved one having a fall at the facility. According to CDC, people age 75 and older who fall are 4-5 times more likely to be admitted to a long-term care facility for a year or longer due to falls. The rates of fall-related fractures among older women are twice as more likely to fracture a bone than men. Some residents forget that after 80 years of walking on their own they are all of a sudden unable to. Can you imagine waking up in the middle of the night needing to use the restroom, going to climb out of bed and falling because you forgot you couldn't walk? That is what it is like for many of our residents. Residents are assessed for their fall risk when they are admitted, and then reassessed quarterly. If they have a fall they are put on alert to watch them more closely. When there is a fall it is investigated as to why they had a fall and then precautions are put into place if necessary. Please check, next time you are in, that your loved one has good-fitting shoes or slippers with the nonskid soles.

We continue to work toward being an alarm-free facility. Although alarms can be helpful to alert staff members, they can be very annoying. By the time staff are able to respond to an alarm, the resident has already had a fall. Sleep may be interrupted or impossible when they are worried the alarm will go off if they move. Nighttime alarms can be very disturbing to people's sleep. Many who wake up in the middle of the night can't go back to sleep. Alarms create noise, fear and confusion for the person in question and people around them. Alarms can be embarrassing and can be a dignity issue. Our goal is to be alarm-free in the next few months. As much as we try to prevent falls and hope they don't happen, they do — alarm or no alarm. As a team, we try to come up with fall preventions for each individual and put it on their care plans. When there is a fall, we review the care plan and adjust accordingly. We try to protect your loved ones to the best of our ability. If your loved one has had falls and you have any ideas to help prevent further falls, please feel free to give us a call or talk to the nurse who cares for them.

Thank you,  
Karen Tucker, RN, DON

## Life Enrichment

Thank you to all who took part in our Annual Summer BBQ Kick-off. We had an evening of fun, good music and food. It is so nice to get staff and families together for events like this and share in the memories of the residents who live here.

This month brings many more events. Our first is Riverside County Fair. Yes, really a fair at Riverside. We will be having a dairy cow, goats and sheep, chickens and so much more and don't forget the cotton candy and popcorn. This will all take part in the front parking lot from 9 a.m. until 12 noon. Please join us and feel free to bring visitors.

Next ... The dog days of summer. We are inviting visitors to bring in their well-behaved dogs for a morning of fun. We would like to have a costume contest and dog tricks. We are planning our event from 10 a.m. until 11:30 a.m. The residents will be making dog biscuits for the event and prizes will be given.

Please contact Tammy Block in Life Enrichment if you are interested in volunteering for either event. We would appreciate the help!



## Resident Spotlight

We at Riverside would like to give our condolences to the family of John B. It was a pleasure to care for John and we want you to know we are thinking of you in this difficult time.



## New Residents

Riverside Health Care Center would like to welcome the following residents to our community. We are so pleased you have chosen us for your health care needs, and we hope to exceed your every expectation. Please let any of us know if we can help you feel more comfortable in any way.

Cheryl M.	Lusie W.
Lurline L.	William D.
William D.	Nadine K.
Marjorie D.	Valerie L.

## Resident Birthdays

Bonnie H., 8th  
Jean B., 20th  
William K., 26th  
Iva Rose M., 29th  
Alice S., 30th





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## Staff

**Executive Director**

Jon Lorash

**Director of Nursing**

Karen Tucker

**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

## Food and Beverage/ Dining Services

Welcome to August residents, family members and staff! What a hot summer we have had here in Missoula so far. The good news is, fresh fruit, melon and vegetables are in their prime of the season. Our dietary team serves up fresh fruit and vegetables daily, however, the selection just got a whole lot broader. We will have plenty to look forward to, including plums, peaches, nectarines, sweet juicy melons, as well as great-quality veggies, to name a few. Craving a juicy piece of fresh fruit or a nice mixed salad with your meal? Feel free to add these items to your daily meal selection of lunch or supper. Also, be sure to stop by our infused water cart near the nurses station for a light snack and a refreshing drink, available Monday through Friday!



— Jami Gorman  
Dining Services Director