

# GOOD Life News

*at Riverside Health Care Center*

JUNE 2017

www.riversidesenior.com

## Executive Director

Hello Everyone,

I would like to take a brief moment and talk about something that has been on my mind for some time and that is the notion of "time."

Have you ever been guilty of saying you "are so busy you don't have time?" Well, I have. I always say I will get to that someday or I will make a change eventually, but for some reason, "someday" never comes. After doing research on the essence of time, I came across an article written by Adam Singer who puts it better than I could ever explain.

Adam Singer says, "Time itself is far more valuable than money, fame, possessions, etc. — probably the most important real or abstract resource there is.

Time is so important because we only have X amount, where X equals moments in existence. You really can't stretch it much further than what our physical bodies were designed to handle (this does vary slightly based on genetics), but I would say more than a raw number, how you spend those moments (whatever you most intimately enjoy doing) make up the purpose and function of that time.

Who you surround yourself with and what you do during the X amount of moments on Earth speaks volumes for what exactly you represent, and even if you think or speak a certain way, how you spend your time will almost always reflect your true persona."

I am so grateful for the work we do here at Riverside Health Care Center, and I enjoy the "time" I spend each and every day working with such amazing people. Thank you for all that you do! Our new tagline for our company says it all, "Moments matter. Live them well."

— Jon Lorash, Executive Director

## New Residents

Riverside would like to welcome the following people into our community. It is our pleasure to have you, and we are so pleased you have chosen Riverside for your recovery. We do hope to meet your every expectation. Please let us know if there is anything we can do for you.

Patricia S.

Mary Y.

Sandra A.

Jerry C.

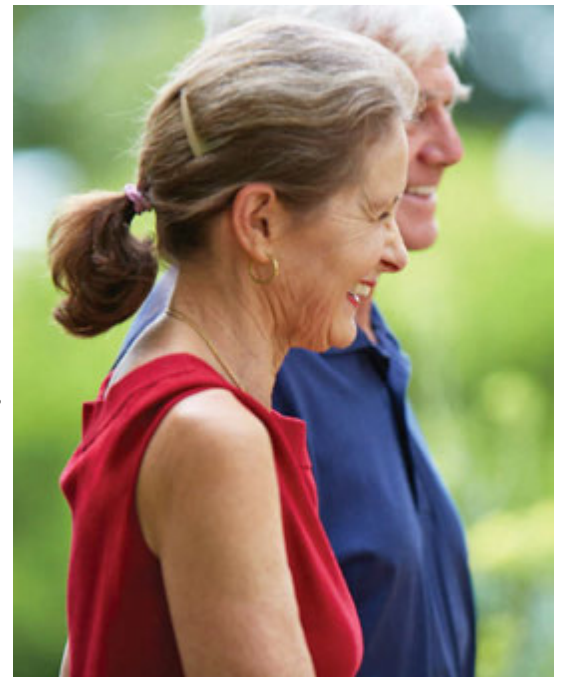
Ruth L.

Michael D.

Gordon H.

Jeanne D.

Helen W.



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

**National  
Safety Month**

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

## A Note from Rick

Every year we have mandatory fire extinguisher training. This assures me all the staff will be more ready when and if there is a fire to extinguish or help in other ways. I practice fire drills with the staff monthly to keep their skills sharpened and be able to react without hesitation. I believe we have an exceptional group that participates and are always asking questions. The pictures included are of the training with fire extinguishers.

Stay safe, and thank you from all of us here at Riverside Healthcare Center.

— Rick Nelson, Safety and Maintenance Director



## Nursing/Health Care

Clean Hands Count!

Always remember that even with the summer weather coming, it is so important to wash your hands to protect yourself and others. We have hand-wash stations throughout the building, as well as sinks. Staff are educated yearly on hand-washing, as well as upon hiring, but we want to take a moment to remind visitors to wash as well.

Have a wonderful summer!

## God's Special Gift

A nurse is special, so they say.  
When she is born, she comes that way.  
Deep down inside within her heart,  
a spark is lit right from the start.  
Compassion and love is there for all.  
They are ready and willing to answer the call.  
I know today our nurses come from all walks of life.  
Our sisters, moms, dads and brothers, husbands  
and wives.  
They felt the spark and within them it grew.  
Its warmth can be felt as they care for me and you.  
Each having families for whom they care,  
and then they enter our lives to help us here.  
Let us not forget the ones who come.  
When we reach for the light, to our rooms they run.  
They may take our vitals and check the bath.  
They remake our beds and refill our glass.  
We must acknowledge the ones behind the scenes.  
Without LPN or RN behind their names.  
They work so hard, our comfort they provide.  
It may be a whisper during the night or to sit by  
your side.  
The "CNAs" are sometimes just left behind,  
but for them the spark was also lit and they let it shine.  
They come to our side during the day  
and also during the "oh" so long night.  
Our appreciation we need to show  
so that God's light will forever glow.  
By Shirley R. Hicks a previous resident of Riverside.  
Thank you, Shirley.

## Summer Kick-off Barbeque!

The time is here Summer begins on June 21, and our Summer Kick-off BBQ is soon to follow. On June 27, at 5:30 p.m., you are invited to a BBQ in the front parking lot. We will have food, music and lots of fun. The music this year is Blue Collar, a country and classic rock band. This event includes residents, their family members and staff and their families. We always have a great time, so set the date.

We also want to wish all of the Dads a very Happy Father's Day on June 18. Thank you for all of your guidance and direction in our lives!



## Resident Spotlight

A Great Roommate Match at Riverside — Marilyn M. and Carol P.!

Marilyn moved to Riverside first and asked for a bed by the window. Shortly after that, Carol moved in with her. They have become close friends and share many good times together visiting throughout the day.

Marilyn and her twin sister, Carolyn, were born in Oklahoma. Since their mother was an English teacher, Marilyn started reading when she was four years old and has always enjoyed it. After high school, she worked at the telephone company as the office person, being the first person to meet the public. She also was the assistant credit manager at Columbus Hospital in Great Falls and did every role, or, as she put it, was the "grand gopher." Carol was born in Chicago, but both of her parents died before she was one. Fortunately, she was raised by an aunt and a wonderful uncle along with her cousins in California. Then they moved to Wyoming and lived in a sheep wagon on a ranch. She loved being outside where she could catch frogs in the lakes. She was less fond of almost stepping in a rattlesnake den, which definitely scared her mother.

She helped her dad with the cattle, but wanted to be an actress. She had a delightful childhood with her family and didn't learn that she was adopted until she was 40 years old.

With her first husband, she had two daughters, who now live in Frenchtown and California. Carol would like her family to know how much she loves and appreciates them — her children, grandchildren and great-grandchildren. She enjoys going to their baseball games and dance recitals with their families.

Carol met her second husband as a blind date through a dating service. He was from Holland. They decided to go to a movie together and were able to locate each other in the parking lot. They had 29 years together before he died.

Marilyn married a farmer when she was 20, and they farmed his father's homestead. She and her husband actually met in a most unusual way — by a mistaken phone call, which worked out very well.

They had many Italian relatives who taught Marilyn to cook, and she loved it. They had a large farm with 500 chickens and a 40 x 60 foot garden. She canned about 2,000 jars per year and enjoyed it along with helping to feed the family. They adopted three children and loved them instantly — two boys, one who now lives in Missoula and the other in Great Falls, plus a girl who lives in Colorado. Her daughter is a CNA and loves caring for elders. Her children keep in contact as much as possible.

She has a bird feeder outside of their window. Soon they will get more birdseed. They find the birds and squirrels entertaining, along with the cats that walk the top edge of the fence.

## Flying the US Flag

While many places fly the American flag, there are eight historic locations that have official proclamations to display the Stars and Stripes 24/7. Celebrate Flag Day on June 14 by learning about some of these sites:

**White House** — Photographs show the flag being flown at the White House as early as the mid-1800s. During World War I, it was customary to display flags on the east and west fronts of the building for 24 hours a day. In 1970, President Richard M. Nixon made it official for one flag to fly above the White House at all times.

**Washington Monument** — The memorial in Washington, D.C., to America's first president has 50 flags, one for each state, encircling the monument. The proclamation to display them 24/7 was made July 4, 1971.

**Lexington Battle Green** — The first conflict of the American Revolution took place in this Massachusetts town, where the 1775 battlefield has been made into a park. Since 1965, a U.S. flag flies continuously near the site's famed Minute Man statue.

**U.S. Marine Corps War Memorial** — The statue of this memorial in Arlington, Va., is based on the iconic photograph of six soldiers raising the U.S. flag at the Battle of Iwo Jima. In 1961, President John F. Kennedy proclaimed that the flag atop the 60-foot bronze flagpole be flown 24/7.



## Resident Birthdays

Mary Y., 1st  
Dale B., 2nd  
Gordon H., 5th  
Marilyn M., 12th  
Marjorie B., 19th  
Carol P., 28th



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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**

Kyle Williams

## Food and Beverage/ Dining Services

### Meaty Treat

June 12 is National Jerky Day, but you can enjoy this food all year long. Convenient and rich in protein, the dried meat snack has a flavorful history dating back hundreds of years.

Jerky most likely originated in the 1500s with indigenous tribes in North and South America, where meat from buffalo, deer, turkey, alpaca and llamas was cut and pounded into thin strips, rubbed with salt, then dried in the sun or smoked over a fire. The result was a lightweight protein source that was easy to transport and wouldn't spoil. The Quechua people of South America called the food ch'arki, meaning "dried meat," which evolved into the word jerky.

As with native populations, jerky became a staple food for Europeans exploring the New World and pioneers settling the American West. Through the years, people experimented with various meats and spices, creating many types and flavors of jerky.

Today, ready-made jerky is a popular snack worldwide. It's naturally low in carbohydrates and contains key nutrients like iron, zinc and vitamin B-12. Varieties that are low in fat, calories, sodium and preservatives are also available.