

GOOD Life News

at Riverside Health & Rehabilitation

OCTOBER 2018

www.riversidesenior.com



Executive Director

By the time you receive this, autumn will have arrived. Fall is my favorite time of year with football games, fall leaves and sweater weather. Louis, Iris and baby L'el'e have left the nest for warmer weather, and I know everyone will be waiting anxiously for their arrival next year.

If you haven't been by lately, swing by one more time and take a look at the beautiful flowers before they start withering away in anticipation of the cooler weather. If you have never been on the back patio that overlooks the river, feel free to take a walk and enjoy the plants, shrubs, flowers and serenity of the river. It's quite beautiful.

Enjoy the cooler weather, break out those sweaters, get your pom poms shaking and let's cheer on our maroon and silver! Go Griz!

Nursing/Health Care

Greetings from the Director of Nursing,

It is such a pleasure being able to care for your loved ones. Riverside is making changes, and every day there are improvements to assist in providing the most excellent care possible. I would like to take this time

to talk about medication management in our facility. Here at Riverside, we want our residents to be safe with all their care. Any medications that are brought into the facility from the community need to be taken to the floor nurse. Examples of medications include over-the-counter meds such as Tylenol, Ibuprofen, pain patches, muscle creams, anti-itch lotions, eye/ear/nose drops or any other type of medication. The facility must clear all medications through the doctor before the meds can be administered. We care for a vulnerable population and having meds that are not secure could result in an injury to our residents. Thank you all for understanding this process and following the steps needed to keep everyone safe.



Happy Fall, Ya'll,

Jo Ellen Barton, RN, DON

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

**Health
Literacy
Month**

This annual observance month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: blog.thegoodmangroup.com.

A Note From Maintenance

Just a few reminders to family members to have furniture and other items checked before leaving your loved one. There isn't a lot of extra space in the residents' rooms. The holidays are right around the corner, and decorations must be approved by the Maintenance Director for the safety of everyone in the facility. Most all new décor is treated and/or UL rated, but the ones that are not pose a fire hazard. Extension cords cannot be used and will be disposed of when and if found. The facility supplies commercial rated plug bars for residents that need extra plugins. Anything that draws more than 6 amps cannot be plugged into any plug bar but has to be plugged directly into the outlet itself.

An example are real Christmas trees, they pose a tremendous fire risk and are not allowed in our facility. Fake trees for the most part are acceptable if UL rated and approved by Maintenance. Please check items in for approval before putting them in the rooms. I do not want to be the one taking something away from a resident that isn't safe and should not have been left in the first place. If it is approved or not approved first without the resident's knowledge, then they won't be upset if it can't be left or used.

Take care at your homes also; don't overload circuits or use damaged wires or cords, and make sure you're using the proper extension cords. If extension cords are overloaded, they will fail and possibly cause a fire. Check the amperage and whether it is an exterior/interior cord. If you are not sure, ask someone at the store to assure you are using the proper equipment and attachments.

Check your door and window seals and replace if necessary. This helps keep the bugs and drafts out as the temperatures begin to drop for fall and winter. It seems as though summer went by really fast, and now we are heading into fall. It happens to be the prettiest time of the year for me. Thank you for all your support, and be safe!

Rick Nelson

What's Happening at Riverside

September flies by as we turn to fall. We had a great month with the Seafood September meal, Professional pianist Keith Wells and a special program called Let's Dance, which works with music and Dementia components. This month brings October's Sausage and Sauerkraut, our Fondue and Brew Day and many other events throughout the month. Please let us know if you would like to join us for any of the programs.



Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

Chocolate bars — The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

M&M's — After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

Tootsie Rolls — These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

Life Savers — Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

Chewing gum — Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Beech-Nut, Dentyne and Chiclets.

Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.



Resident Birthdays

Florence H., 5th
Sandra K., 10th
Don S., 10th
Marjorie F., 18th
Jane E., 27th
Marjorie V., 28th

New Residents

We would like to welcome the following people to our facility. We are so happy you have chosen Riverside Health and Rehabilitation for your health care needs. We hope to exceed your expectations during your stay. Please let us know if there is anything we can do to make you more comfortable.

Lois J. Darlene S.
Sharon B. Gwendolyn A.
Laurie G. Patrick R.



Food and Beverage/ Dining Services

Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.



The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.



RIVERSIDE

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The Holidays are coming!!

Before we know it, the holidays will be rolling around. We always enjoy decorating for the holidays, but it can be an overwhelming task. If you are interested in helping with this event, please contact Tammy in Life Enrichment. I would be happy to share our plans with you.

