



Good Life

NEWS

at Riverside Health & Rehabilitation

MAY 2021

EXECUTIVE DIRECTOR

At Riverside Health and Rehabilitation, we are gearing up for summer with many celebrations in May. We have a lot to celebrate, including the start of visitations and residents being able to leave our facility for outings! May is Older Americans Month, as well as National Nursing Home Week. We want to recognize our residents for their perseverance and good spirits during this last past year and express our gratitude to the friends and families who have supported us. For National Nursing Home Week, we plan many food activities and individual recognitions to the departments that make Riverside great. I continue to be so proud of the strong sense of teamwork and commitment to our residents our employees bring every day.



Other days we will be celebrating include Mother's Day, Cinco de Mayo, and Memorial Day.

Our visitation started off with some careful planning under the guidance of our local health department and Centers for Disease Control. We anticipate this will continue to expand as the vaccinations are completed in our Community and the beautiful springtime weather in Montana becomes warmer. Please join us on our beautiful grounds beside the river — Iris the osprey has returned and is hoping to see you!

Best Wishes,
Annie

REMEMBER, HONOR, CELEBRATE

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at [StoryCorps.org](https://www.storycorps.org).

Tune in to a TV tradition — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Post a tribute — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter — Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



WHAT'S GOING ON AT RIVERSIDE?

Riverside had its “Welcome Back World” party on April 2. Residents decided on a nacho bar and were treated with Crumbl Cookies for lunch celebrating the loosening of restrictions concerning family visits. Residents enjoyed each others’ company while enjoying a big plate of nachos.

It has been so encouraging to see families and their loved ones get together for the first time in over a year. Smiles and tears of joy are refreshing to all of us. We do have a visiting app that we are using to help schedule your visits with loved ones that makes it easy for both of us. It is called SignUpGenius.

When you go to the app, select:

- Create a sign up.
- Click on the green box in the upper right.
- Click on Family/friends visits.
- You will then see slots available for visits.
- Click on the time slot that works best for you.
- Go to the bottom of page and select Submit and Sign up.

It will bring up a comment box that you will type in the initials of your loved one. (Please use only initials so they are HIPAA protected.)

Click on sign up now and it will alert Tammy, Life Enrichment Director, and will offer a reminder to you the day before you are to visit as well.

We look forward to seeing you!



RESIDENT SPOTLIGHT

The Life Enrichment Department continues to keep our residents busy and we are so pleased to have many of our social events back. Helping Hands is one of the programs that was taken away but with proper cleaning and sanitizing we are able to bring that program back. Our ladies meet after breakfast and assist the laundry department in folding washcloths and hand towels. Our group is bigger than it's been in a long time.



NURSING/HEALTH CARE

Hello, everyone!

I wanted to send a reminder about over-the-counter medications. Anything you buy over the counter needs to be brought to the nurse's attention. Regulations state that residents cannot have medications in their rooms unless they have been assessed that they can read the label, describe what it is used for correctly, how often they can take it and are capable of filling out the medication record correctly. The medications also need to be locked inside a lock box. Anything you buy at a pharmacy or drug store, including eye drops for dry eyes, for over the counter remedies needs to have an order from the doctor. Some medications may interfere with medications that the resident is currently taking. So please, refer to the nurse if you feel that your loved one needs something over the counter. If medications are found in resident rooms they will be removed. Another item that we do not allow is aerosols or any cleaning supplies. If you have any questions or need any clarification, you can speak with me or see Sara, at the Nurses' Station. I hope you are enjoying the warmer weather!



FOOD AND BEVERAGE/ DINING SERVICES

The Case for Calcium

No bones about it, calcium is an essential mineral that provides support for many of the body's functions.

About 99 percent of the calcium in the human body is in the bones and teeth. The nutrient is required to help bones grow when we're children, and it keeps bones strong as we age. Older adults, especially women, have a higher risk of osteoporosis, which is a loss of bone density, so they need to get enough calcium to help protect their bones from weakness and breaking.

Calcium also plays a major role in heart health. Muscles need calcium in order to contract, and the heart, the most important muscle, can't beat without it! Additionally, calcium helps blood vessels circulate blood throughout the body, allows blood to clot properly, and helps maintain blood pressure. Calcium also affects how nerves function and the release of certain hormones.

Because the body doesn't make calcium, we need to get it from the food we eat to keep a steady supply. Foods with high levels of calcium include dairy products such as milk, cheese and yogurt; dark, leafy greens; salmon, sardines and shellfish; tofu; white beans; almonds; and sesame seeds.

To absorb calcium, the body needs vitamin D, which comes from sunlight and some foods, including salmon, eggs and mushrooms.



EMPLOYEE OF THE MONTH

We would like to congratulate Alexis L. Alexis has been with Riverside for seven months. She works as Riverside's Covid tester and as the Receptionist on Fridays and Saturdays. With this past year of ever-changing Covid testing and restrictions, Alexis has made many changes to her schedule to accommodate us at Riverside. Family includes her mother, Jennifer A., who also works here, as the Social Services Director. Alexis enjoys reading, writing and art and her specialty "annoying my mother." When asked why she likes working at Riverside she says she enjoys getting to know the residents and states, "Watching people poking their nose is kind of funny!"

We are happy to announce Alexis as Employee of the Month. Congratulations!



RESIDENT BIRTHDAYS

Jane L., 8th
Jeanne H., 12th
Lauretta R., 13th

Christine M., 15th
Joe A., 28th

THANK YOU, NURSES!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. More than 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6—12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "Lady With the Lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90 percent of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are more than 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.





RIVERSIDE

Health & Rehabilitation

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MANAGED BY  The Goodman Group

STAFF

Executive Director

Annie Waylett

Director of Nursing

Susan Finsaas/Mellissa Bestrom

Life Enrichment Director

Tammy Block

Housekeeping Supervisor

Rick Nelson

Admissions Director

Jennifer Aucion

Business Office Director

Jeanette Court

Dietary Director

Devy Raye

Maintenance Director

Rick Nelson

Social Service Director

Jennifer Aucion

WELCOME

Riverside Health & Rehab would like to welcome the following people to our facility. We are so pleased that you have chosen Riverside for your health care needs. Please let us know if there is anything we can help you with and we will be happy to do so. Welcome!

- Nancy M.
- Milton B.
- Virginia A.
- Betty R.
- Richard B.
- Bobby W.
- Gerald N.
- Stephen P.
- Lois M.



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