

Riverside

Nursing and Rehabilitation Center, LLC

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Riverside Nursing & Rehabilitation Leadership Team

Jennifer Jennings Executive Director
Erin Dix Director of Nursing
Jennifer Lenox Asst. Director of Nursing
Layonda Reed Admissions Coordinator
Tammy McCleary Director of Social Services
Rebecca Duvart Director of Rehabilitation
Jeania Davis MDS
Alexis Duncan Human Resources Director
Debbie Walter Director of Medical Records
Kaelyn Routh Activities Director
Amari Bush Housekeeping/Laundry Supv.
Tonya Mayes Director of Dietary
Rosella Hagar Business Office Manager
Don Newman Maintenance Director



July 2022

July 3rd Firework Fountain Show!!

Come join us July 3rd at 7:30 pm!!!

We will have a firework fountain show for our residents. This will be a small show with a snack and drink provided. The fireworks may last 30-45 minutes. If you have any questions, please get ahold of our Activity Director, Kaelyn Routh.



Donate to Dunk!!! July 20th 1-3

Our Residents and Activities Dept. has planned to have some fun while we donate school supplies. We have chosen an organization to donate these items to; we ask for school supplies items for all/any ages!

To participate, you must bring in school supplies. Grab a local school list to help get you started. See you all there!

Any questions, please ask Kaelyn in Activities.

Happy Birthday, Riverside Residents!!

Resident Birthdays

JULY 2022

07/03 Glenna C.

07/05 Dixie H.

07/06 Ronald M.

07/18 Rebecca C.

07/24 Paul C.



Happy Birthday to Our Employees

July Birthdays.

07/02 Shaylynn S.

07/03 David M.

07/08 Alyssa G.

07/10 Jade B.

07/10 Tonya M.

07/13 Kaelyn R.

07/14 Maria A.

07/16 Ruthrude D.

07/18 Markiel B.

07/22 Jennifer L.

07/26 Berham S.

07/29 Marcus R.



Resident Inventory Reminder

Friendly reminder to all our Residents and Family members.

We'd like to share a reminder to all our Residents and Family members. We strive to keep resident belongings safe and secure. To be successful, we ask for your help. Upon admission, we ask that you help us complete an inventory of all clothing and personal items that come with or are brought in for the Resident. All items need to be labeled with the resident's name. We can assist with providing a permanent marker for labeling. Housekeeping or nursing will gladly assist you with this task. We would also like to ask that if at any time, such as change of season, birthdays, or other holidays, anything additional is gifted or items are brought in for the resident, you contact housekeeping or nursing staff to add such items to the resident's inventory sheet. The same holds true for anything taken from the facility, such as changing out seasonal clothing. Please let staff know so that the items can be removed from the inventory sheet. Thank You!

Please also note that we do not encourage any resident keep more than \$2-\$3 on them. We offer a resident trust fund where the business office can keep available cash safe but accessible for them. This is the best practice! Thank You!



Front Desk!!

Please know we still require face masks and temperature checking when you enter the building.

COVID Guidelines

As the COVID-19 pandemic continues, we are following recommendations from the Centers for Disease Control and Prevention and our national, state and county leaders. These guidelines may affect office hours as well as policies regarding face masks and temperature checks. We appreciate your patience as we adjust our practices as necessary, and we continue to ask for your cooperation to help keep our community safe. Thank you!

Face Mask Policy

When visiting our community, please wear a face mask and make sure it covers your nose and mouth. Wearing a mask reduces the risk of spreading infection and helps protect our residents and staff. Thank you for your cooperation.



Homegrown Goodness

Tending a community garden is not only a fun and earth-friendly hobby, but it may also get you into the healthy habit of eating more fruits and vegetables, say researchers. By growing your own food, you can choose your favorite produce, and caring for plants from start to finish creates feelings of pride and an eagerness to enjoy your homegrown bounty.



Resident Council

Resident Council: July 6th & 20th at 2:30 in the Resident eating lounge. Our President of Resident Council, Rodney Soptic, is always in the meetings and prepared. Please join us sometime this month; we would love to see you there!



Wit & Wisdom

"When the weather is hot,
keep a cool mind."

—Ajahn Brahm

"I find peace where the
sun-kissed leaves dance in the
melody of the cool breeze that
floats through the air."

—Saim Cheeda

"All my life I've always come
back to one thing, my need
to feel free and the need
to feel the breeze."

—Jess "Chief" Brynjulson

"If you tiptoe into cold water,
you're missing out on the rush
of plunging in headfirst."

—Simone Elkeles

"What you really want for
yourself is always trying to
break through, just as a cooling
breeze flows through an open
window on a hot day.

Your part is to open the
windows of your mind."

—Vernon Howard

"Iced tea is too pure and natural
a creation not to have been
invented as soon as tea, ice and
hot weather crossed paths."

—John Egerton

"Like a welcome summer rain,
humor may suddenly cleanse
and cool the earth,
the air, and you."

—Langston Hughes

Herbal Supplements and Safety

Health and beauty aisles are stocked with a variety of supplements that make many promises, such as boosting immunity, helping you sleep better or giving you glowing skin. While many of these products can provide benefits, it's important to proceed with caution when taking herbal remedies.

Using plants as medicine is as old as humanity itself, and many modern-day medications are derived from nature. However, prescription and over-the-counter drugs are tested and regulated for safety and effectiveness, whereas herbal

supplements are not. The Food and Drug Administration treats herbal products as food, meaning they require certain guidelines but do not endorse the products' medical benefits.

Herbal treatments can interact with other medications and health conditions, or reduce the effectiveness of another drug. Before taking any herbal medicine, read the label carefully and consult your doctor.





Fruit Salad Sing-Along

Musical artists have spent decades crooning about love, life and ... fruit? Enjoy a taste of these sweet picks.

Year	Song	Artist
1942	“Don’t Sit Under the Apple Tree (With Anyone Else but Me)”	The Andrews Sisters
1956	“Day-O (The Banana Boat Song)”	Harry Belafonte
1967	“Strawberry Fields Forever”	The Beatles
1968	“I Heard It Through the Grapevine”	Marvin Gaye
1970	“One Bad Apple”	The Osmonds
1970	“Tangerine”	Led Zeppelin
1985	“Raspberry Beret”	Prince and the Revolution
1993	“Lemon”	U2
2004	“Black Horse and the Cherry Tree”	KT Tunstall
2006	“Banana Pancakes”	Jack Johnson
2015	“Mango Tree”	Zac Brown Band

“This Month In History”

JULY

1790: The District of Columbia is established as the seat of the U.S. government.

1933: American aviator Wiley Post completes the first solo flight around the world in seven days and 18 hours.

1935: British publishing house Penguin Books releases the first paperbacks, making high-quality literature more affordable and available to the general public.

1955: “The Lawrence Welk Show” premieres on national TV. The bandleader and accordionist hosted a

variety of talented singers and dancers for nearly 30 years.

1971: Koko the gorilla is born at the San Francisco Zoo. Taught sign language at age 1, she gained a vocabulary of 1,000 signs during her lifetime.

1997: At age 16, Martina Hingis of Switzerland becomes the youngest Wimbledon singles champion in 110 years.

2008: NASA’s Phoenix Mars Lander spacecraft confirms the presence of frozen water in the soil of the red planet.

2018: Cardi B is the first female rapper to score two No. 1 hits on Billboard’s Hot 100 singles chart.

2020: NFL quarterback Patrick Mahomes of the Kansas City Chiefs signs the largest contract for an athlete in sports history. The 12-year deal totaled over \$500 million.