

Riverside

Nursing and Rehabilitation Center, LLC

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Riverside Nursing & Rehabilitation Leadership Team

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June 2022

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.

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!



Brainteaser

Question: What is special about the number 8,549,176,320?

Answer: It is the only number that lists all the single digits in alphabetical order.

Happy Birthday, Riverside Residents!!

Resident Birthdays
Happy Birthday, June!
Theresa Oser 6/6
Gerald Dwyer 6/18
Richard Pearson 6/18
Donna Tinkey 6/23



**Happy Birthday to
Our Employees**
Happy Birthday, June
Riverside Employees!!



What Is a Supermoon?

A few times a year, the night sky is a little brighter than usual with the rising of a supermoon.

The moon's orbit around the Earth is in the shape of an oval, rather than a perfect circle. Furthermore, the Earth is not exactly in the middle of that orbit, so the moon is not always the same distance away. The farthest point in the moon's orbit is called the apogee, and the closest point—about 226,000 miles from Earth—is called the perigee.

The shape of the moon appears to change throughout each month based on where it is on its orbit around the Earth, as well as where the Earth is on its orbit around the sun. When the Earth is aligned perfectly between the sun and the moon, the moon resembles a full circle.

A supermoon is when a full moon is at perigee. It looks slightly larger than usual, though astronomers say only experienced skygazers can tell the difference. However, the moon's brightness, caused by the sun illuminating the surface, is noticeably higher.

You can see a supermoon this month on June 14.

A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

"Color Him Father." A top 10 hit for R&B group the WinStons, this upbeat track from 1969 sings the praises of a kind, hardworking stepfather to a widow's seven children.

"Father and Son." When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

"Daddy's Hands." Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

"I'm Already There." This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

"Dance With My Father." Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode reached No. 1 on the R&B charts in 2003.

Cornhole Competition

Wind up your throwing arm and get ready to join us for a game of cornhole! This lawn game is easy to learn and a fun way to bond with your friends and neighbors. See calendar for location and times.



Nail Care Tips for Everyone

You use your hands every day, but how often do you think about the health of your fingernails? Whether you get pampered regularly with manicures or just want strong, clean nails, the essentials of nail care are important for everyone to know.

Washing your hands often keeps your body healthy in many ways, including your nails. Rather than using sharp tools to clean beneath them, try a nail brush with soft bristles.

Fingernails can get dry and brittle, just like hair and skin, so one of the main ways to keep them healthy is to moisturize

them often, especially after washing your hands. Gently massage the lotion or balm of your choice into your cuticles and nail beds.

Similar to regular haircuts, cutting your nails on a consistent basis can prevent splitting and breaking. Use nail scissors or clippers to trim them straight across, then round the corners with a nail file while moving the file in one direction, not back and forth.



Gardeners Wanted

Our gardening club has been hard at work tending to our beautiful flowers and vegetable plants. We always need help weeding, watering, harvesting produce, and trimming blooms, so feel free to lend a hand—or a green thumb—anytime!

Thanks to Our Maintenance Team

We call on them to fix up our community inside and out, and they help keep our facility running smoothly every day. Our maintenance staff works hard behind the scenes, but we'd like to put them front and center and tell them "Thank you for all you do!"

Wit & Wisdom

"As long as you are being true to yourself, you will always find happiness."

—Amber Riley

"Happiness isn't always the big things. Happiness is actually the little things, the little moments that make up our day."

—Sheryl Sandberg

"It is not how much we have, but how much we enjoy, that makes happiness."

—Charles Spurgeon

"Happiness is within. It has nothing to do with how much applause you get or how many people praise you. Happiness comes when you believe that you have done something truly meaningful."

—Martin Yan

"If you're grateful, you can find happiness in everything."

—Pharrell Williams

"One of the secrets of a happy life is continuous small treats."

—Iris Murdoch

"We get to determine our own happily ever after for ourselves."

—Jennifer Aniston

"Do not set aside your happiness. Do not wait to be happy in the future.

The best time to be happy is always now."

—Roy T. Bennett



Something Old, Something New ...

Wedding trends come and go, and these days the happy couple's personalities shine through more than ever. Take a sweet peek back at when some wedding day fashions and traditions began.

<u>Decade</u>	<u>Wedding Trend</u>
1920s	Pearl necklaces, gift registries
1940s	Parachute dresses, groom's wedding band
1950s	Cake toppers, sweetheart necklines
1960s	Birdcages, daisy bouquets
1970s	Outdoor weddings, dance floor DJs
1980s	Puffy dress sleeves, unity candle, videotaped ceremony
1990s	Matching bridesmaids, destination weddings
2000s	Tiaras, cupcake towers, disposable cameras at reception
2010s	Farmhouse weddings, social media hashtags

"This Month In History" JUNE

1910: The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

1928: Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

1939: The first Little League Baseball game is played in Williamsport, Pa.

1944: Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

1956: The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

1978: Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

1993: Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

2007: After recovering from near extinction, the American bald eagle is removed from the endangered species list.

2012: Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

2019: "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.