

# 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

### Wild World: Capybara

You've heard of the groundhog, but what about a water hog? That's one of the nicknames of the capybara, the biggest rodent in the world. Resembling a guinea pig that's the size of a large dog, these animals live in Central and South America, where they spend much of their time by riverbanks, ponds and marshes. Like a hippo, a capybara's eyes, ears and nostrils are near the top of their head so they can hide most of their body underwater. Their webbed feet and quick-drying, stiff fur also suit them to a lifestyle of swimming. Most of their diet consists of grass and aquatic plants, and they're known by a particular Amazon tribe as "master of the grasses," eating 6 to 8 pounds of vegetation every day with their long front teeth that never stop growing.

### August 2022

#### 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.

#### Memorable Melody: 'Wipe Out'

When the Surfari's composed this song in 1963 as a B-side to their planned single "Surfer Joe," they had no idea how big of a splash it would make on the music charts—and in pop culture. Drummer Ron Wilson based his frenzied solos, sprinkled throughout the song, on his high school marching band's drum cadence, and the rhythm has become one of the most famous drum breaks in history. Also instantly recognizable is the repetitive guitar riff, often learned by aspiring musicians as a classic crowd-pleaser to add to their catalog of tunes. Referring to a gnarly fall from a surfboard when riding a wave, "Wipe Out" has landed on the soundtracks of several films, TV shows and other media.

#### Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

## 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.

## Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.

## 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.

## Sandwich Celebration

A Florida favorite is celebrated on Aug. 23, National Cuban Sandwich Day. Brought to the Sunshine State by Cuban immigrants in the 1860s, the hearty sandwich is made from ham, roasted pork, Swiss cheese and pickles, stacked on herbed bread and dressed with mustard. It's a source of cultural pride in Cuban communities.



## 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.

## Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to recall something once you've written it on paper.

## Sky Show

If last month's Independence Day holiday left you wanting more fireworks, you may be able to get your fix from the annual Perseid meteor shower, which will peak Aug. 11–13. With as many as 100 meteors per hour at its most active, it's one of the most popular celestial shows.

Meteors, also called shooting or falling stars, are part of the debris comets shed during their orbits. They blaze through the atmosphere at tens of thousands of miles per hour, 30 to 80 miles above the ground.

At certain times during the year, more meteors are created than usual, resulting in a meteor

## Feliz Cumpleaños, Cantinflas

The beloved Mexican entertainer Cantinflas, born Mario Mareno, is remembered by fans on his birthday, Aug. 12. With clownish yet graceful physical comedy and witty wordplay best understood in Spanish, he was well established as an international comedic star before being introduced to American audiences in "Around the World in 80 Days." He earned a Golden Globe for his role in that film as the hero's charming valet, and his 50-plus films earned him a star on the Hollywood Walk of Fame.

shower. The Perseids, debris created by the comet Swift-Tuttle, look like they fall from the constellation Perseus.

The Perseid meteors are best viewed in the wee morning hours before dawn. Plenty of colorful streaks of light, including super-bright meteors called fireballs, will be visible to the naked eye, no binoculars or telescopes needed.



## Wit & Wisdom

"There wouldn't be a sky full of stars if we were all meant to wish on the same one."

—Frances Clark

"Looking up at the stars only proves you admire them, but shining your light proves you are like them."

—Matshona Dhliwayo

"Happiness is always there. You just have to choose to see it. There's no point dwelling in the dark and ignoring the light of the stars."

—Carrie Hope Fletcher

"As, in truth, stargazing will prove to all who undertake it, not as a mere watching of twinkling pinpoints, but as a means of gaining a clearer understanding of the world wherein we live."

—H. Addington Bruce

"When you reach for the stars, you are reaching for the farthest thing out there. When you reach deep into yourself, it is the same thing, but in the opposite direction. If you reach in both directions, you will have spanned the universe."

—Vera Nazarian

"Life is just a collection of memories. And memories are like starlight: They go on forever."

—C.W. McCall



## Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

Year	Milestone
1922	Air conditioning debuts at movie theaters.
1933	In New Jersey, the first drive-in theater opens.
1952	A movie craze emerges with 3D films.
1962	The first multiplex cinema is built in Missouri.
1970	Imax film technology debuts in Japan.
1981	Cup holders are added to movie seats.
2000	Customers get the option to buy tickets online.
2014	Large reclining seats become a feature at many theaters.

# “This Month In History”

## AUGUST

**1907:** UPS is founded as a messenger service by two teenagers in Seattle. It’s now one of the world’s largest package delivery companies.

**1913:** Stainless steel is invented by Harry Brearley of England.

**1946:** The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

**1959:** President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

**1969:** Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

**1990:** MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

**2005:** Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

**2020:** The music video of the hit song “Dynamite,” by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.