

Riverside

Nursing and Rehabilitation Center, LLC

4700 NW Cliff View Drive • Riverside, MO 64150 • (816) 741-5105

Riverside Nursing & Rehabilitations 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
Justin Fricke	Director of Rehabilitation
Jeania Davis	MDS
Jennifer Trout	Human Resources Director
Debbie Walter	Director of Medical Records
Alexis Duncan	Activities Director
Kaelyn Routh	Housekeeping/Laundry Supv.
Tonya Mayes	Director of Dietary
Rosella Hagar	Business Office Manager
Don Newman	Maintenance Director

October 2022

Happy Halloween!

Our Residents and Activities Dept. have some fun things coming up to celebrate the spookiest month of the whole year! It's October and that calls for sweet treats, costumes, and good fun. This year the holiday of Halloween falls on a Monday and so be sure to rock your best costume yet! The Residents, as well as the Riverside staff, will be dressed up!

For any questions, be sure to stop by the Activities Department!

3 Things You Need To Know

Football season is underway, so make sure you're familiar with a few common terms you'll probably hear while watching a game:

1) *Fair catch*. A player in position to receive a punt signals for a fair catch by raising his arm above his head and waving it. Once a fair catch is signaled, the receiver cannot advance the ball, and the other team's players are not allowed to tackle him.

2) *Lateral*. A pass that goes sideways or backward is called a lateral. A team can lateral as many times as it likes on a play, and laterals can occur anywhere on the field.

3) *Shift*. The movement of two or more offensive players at the same time before the football is snapped is called a shift.



Happy Birthday, Riverside Residents!!

Resident Birthdays

October 2022

10/5 Carol B.

10/11 Deborah K.

10/11 Wreatha S.

10/16 Charlotte A.

10/19 Pablo R.

10/29 Maley B.

10/30 Marilyn J.

10/30 Terri U.

10/31 Richard B.

Happy Birthday to Our Employees

October Birthdays

10/19 Andy G.

10/19 Judy M.

10/22 Becky O.

10/27 Debbie W.

10/27 Esther B.



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.

Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.

Wit & Wisdom

"Melody is, and ever will be, the very flower of music."
—August Wilhelm Ambros

"Music should make you laugh, make you cry or make you think."
—Kenny Rogers

"How is it that music can, without words, evoke our laughter, our fears, our highest aspirations?"
—Jane Swan

"If music was the language of the world, imagine how beautiful a seven-billion-part harmony would be."
—Scott Hoying

"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common."
—Sarah Dessen

"The best music is essentially there to provide you something to face the world with."
—Bruce Springsteen

"There are more love songs than anything else. If songs could make you do something, we'd all love one another."
—Frank Zappa

"If everyone started off the day singing, just think how happy they'd be."
—Lauren Myracle



Bridges to the Past

Quaint and romantic, covered bridges are scattered throughout the United States, inviting visitors to step back into a simpler time.

Originating in Switzerland, covered bridges became popular in North America during the 1800s. These bridges used a load-bearing framework, or truss, which is still a common type of bridge today. Wooden coverings were built to protect both the trusses and bridges

from the elements.

Covered bridges were usually one lane only and built on railroad tracks as well as roads, crossed by wagons, vehicles and pedestrians. The cozy enclosures also provided a place for courting couples to sneak a smooch, inspiring the nickname "kissing bridges."

At one time, the country was home to more than 12,000 covered bridges. As wooden materials gave way to iron and steel, the need for a protective structure decreased.

Now, only around 700 are still standing in the U.S., but efforts to preserve them are strong. Many covered bridges are registered as historic landmarks.



"Then & Now"

'SNL' Skits on the Big Screen

Since debuting on television in 1975, the sketch comedy show "Saturday Night Live" has inspired multiple movies based on the program's skits and characters. Laugh out loud at a few of these funny flicks:

Year	Movie	'SNL' Stars
1980	"The Blues Brothers"	Dan Aykroyd; John Belushi
1992	"Wayne's World"	Mike Myers; Dana Carvey
1993	"Coneheads"	Dan Aykroyd; Jane Curtin
1998	"A Night at the Roxbury"	Will Ferrell; Chris Kattan
1999	"Superstar"	Molly Shannon
2000	"The Ladies Man"	Tim Meadows
2010	"MacGruber"	Will Forte; Kristen Wiig

"This Month In History"

OCTOBER

1901: The Executive Mansion is officially renamed the White House by President Theodore Roosevelt.

1940: Considered America's first superhighway, the Pennsylvania Turnpike opens to traffic. The 160-mile four-lane roadway was called an engineering marvel.

1956: In a match known as "game of the century," 13-year-old chess prodigy Bobby Fischer defeats international master Donald Byrne.

1962: "Dr. No," the first in the movie franchise about fictional British spy James Bond, premieres in London.

1974: Former MVP Frank Robinson is named the MLB's first Black manager when he's chosen to lead the league's Cleveland team.

1984: During a mission on the space shuttle Challenger, astronaut Kathryn Sullivan becomes the first American woman to walk in space.

2008: The popular music, podcast and video streaming service Spotify launches in its home country of Sweden.

2019: After winning five medals at the world championships in Germany, Simone Biles breaks records to become the most-decorated gymnast in the annual competition's history.