

Sunshine Place at Riverside

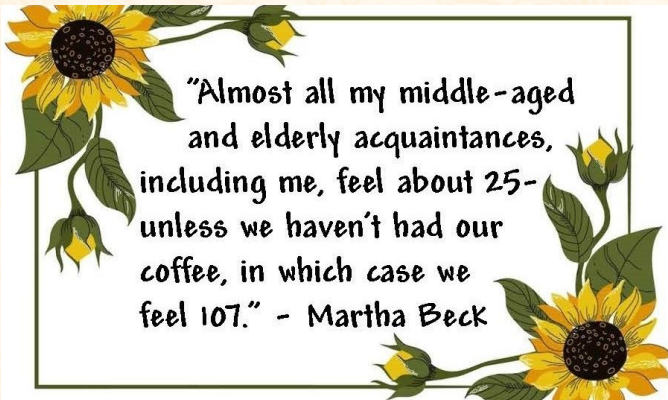
Nursing and Rehabilitation Center, LLC

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

Our Leadership Team

Jennifer Jennings	Executive Director
Denise Thomas	Director of Nursing
Jennifer Mallonee	Asst. Director of Nursing
Nikki Anderson	Sunshine Coordinator
Layonda Reed	Admissions Coordinator
Tammy McCleary	Social Service Director
Deanna Duncan	Social Service Director
Tonya Mayes	Dietary Manager

**Accepting Medicaid, Medicaid
Pending, Long-Term Care Insurance
and Private Pay**



What I Would Like You to Know ...

- See what I can do, not what I cannot do.
- Respect me, I am an adult.
- Know me, I am unique.
- Meet me at eye level.
- Do with me, not for me.
- Give me a choice.
- Move slowly so I am not afraid.
- Laugh with me.
- Don't argue & scold me.
- Thank you for taking care of me. I know it is a hard job.

September 2023



Open House & Dedication

We are so pleased to unveil Sunshine Place, our dedicated All Female Memory Care Neighborhood. "Memory Care is in such need & we are so pleased to be able to offer this service to the public," stated Jennifer Jennings, Executive Director of Riverside Nursing & Rehab. "Sunshine Place is a safe & secure environment for those suffering from Alzheimer's & other forms of dementia."

We created our neighborhood to enhance the quality of life for individuals progressing through each phase of Alzheimer's Disease, dementia and other cognitive deficits.

Our programs will focus on the skills & abilities a person still has, not what they have lost. "Sunshine Place will offer around-the-clock care, personalized approaches to care, specially designed programs, socialization, trained caregivers, & improved diet & wellness allowing families to enjoy the simplicity of just being family again," said Jennifer.



Our Dining Room will feature family-style dining. We will encourage the ladies to continue with normal routine tasks, such as assisting with setting the table for meals and clearing of the dishes. Activities such as these allow the residents to feel needed and productive.



Our Family Room, where group activities will be held in addition to offering a variety of independent and stage appropriate "busy tasks" that will keep the residents engaged and promote socialization.



You've Got Mail

Handwritten notes come with many mental health benefits, such as improving symptoms of depression and anxiety, decreasing stress, creating cherished memories and so much more. Handwritten notes can also positively impact your attention span and long-term memory.

When admitting a loved one to Sunshine Place, the family will be provided with 3-5 note cards and asked to write short, simple messages to their family member. Our staff will use them when the resident becomes anxious, sad, feels lost or is experiencing symptoms of dementia that result in negative feelings. We will stroll with them to check the mailbox for any incoming mail. Your card will be inside! A feeling of joy is the result while your loving words distract and calm. Interventions such as this program minimizes the use of medications and has a much more positive effect.



Benefits of Color Therapy

Color therapy can be beneficial for those with memory loss. It is recommended to use different colors to provide contrast in spaces and to help distinguish different objects. For example, painting a door a color that contrasts with the wall makes the door easier to find. You will notice our doors are painted in this manner, too. We have also grouped door colors together to give the impression of neighborhoods.

The color red promotes participation and stimulates appetite. We have chosen red dinnerware and will be serving meals family-style. Of course, this is what our residents will be most familiar with, but further advantages include: increased choice, improved socialization, improved or maintained motor and muscle skills and an improved quality of life.



What Is the Gemstone Journey?

The Gemstone Journey is our approach to caring for your loved one utilizing Teepa Snow's GEMS Dementia State Model. This model is used by dementia caregivers to inform & guide the type and level of support provided to those living with Alzheimer's disease and dementia. By being able to recognize a person's GEMS stage, thereby noticing the skills

& abilities a person still has, our caregivers are able to provide the right support & care to help the person shine.

Why we believe in the Gemstone Journey ... Since dementia progresses in different ways and causes a variety of symptoms & behaviors that are unique to every person, the approach to dementia care must be equally dynamic.

Our program will focus on the gems Sapphires, Emeralds and Rubies. We will have educational material for families and friends to assist them with understanding the obstacles their loved one is facing which will also offer ideas for enhancing their visits.



Our Nursery

It is a common behavior of females with dementia to carry baby dolls. The practice of offering baby dolls at healthcare

facilities is known as doll therapy.

The idea behind doll therapy is that providing baby dolls can help to reduce agitation and anxiety. In addition, the behavior of caring for a baby doll is related to the need for nurturing and companionship. It is also a way for them to connect with their past. For many people, having children and caring for them is a significant part of their life story. It may help to bring back memories & feelings of parenthood, and may provide a sense of familiarity and comfort.

**NOT ALL WHO WANDER
ARE LOST**



Introducing ...

We are pleased to have Jennifer Mallonee, Asst. Director of Nursing, and Nikki Anderson, Sunshine Coordinator, as the leadership team on the Memory Care Neighborhood. Both bring knowledge and a passion for working with seniors. They enjoy the stories, experiences and humor of the residents they care for. This is exactly why they were chosen for the roles to serve and coordinate the care of those residing at Sunshine Place.



The Nursery

**2023 Walk to End
Alzheimer's - Northland
Oct 14th**

Team Sunshine



2023 WALK TO END ALZHEIMER'S

Northland, Liberty, Mo

Oct 14th



TEAM GOAL \$2,000



SEPTEMBER 21

WORLD ALZHEIMER'S DAY

Show
YOUR
Support

