

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
Jennifer Mallonee	Asst. Director of Nursing
Nikki Anderson	Sunshine Coordinator
Layonda Reed	Admissions Coordinator
Tammy McCleary	Social Service Director
Deanna Duncan	Social Service/Admissions
Tonya Mayes	Dietary Manager
Kaylen Roth	Housekeeping/Laundry
Raiph Conklin	Maintenance Director

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



A few Sunshine Team teammates

November 2023



Memory Walk 2023

On Saturday, Oct 14th our "Sunshine Team" participated in the 2023 Walk to End Alzheimer's - Northland in Liberty at Happy Park West. It was a chilly morning but our hearts and efforts were all in! We were proud to have raised \$1,091 for this worthy cause. We will be doing fundraising throughout the next year for the 2024 Walk.

Preparing for Lunch

Common tasks such as setting the table for lunch help our ladies navigate their world in a predictable way and add a sense of independence and worth. It's recall of things they have done for their family over the years and can often stimulate pleasant memories.



June Hatfield, Neila and Nikki Anderson prepare for lunch.

We Support Caregivers

November is National Family Caregivers Month, and we'd like to give a shout-out to all the family members and caregivers of our residents. Your dedication to your loved ones does not go unnoticed.

Communication Tips

Roughly 5 million Americans are afflicted with Alzheimer's disease (AD). Over time, AD patients become forgetful of words and phrases, making it difficult to express themselves.

Tips for communicating with someone who has reached the stage of dementia where words don't come as easy are:

- Maintain eye contact and watch facial expressions and gestures.
- Speak at a normal rate and use short, simple words.
- Do not interrupt.
- Reduce background noise. Turn televisions and radios down or off.
- Be patient, positive and encouraging.



Mary Weather

Once a Mother and Grandmother, Nurturing Never Leaves Your Heart or Soul



Neila Gelvin spends some time folding clothes.





We Will Celebrate Neila Galvin's Birthday With Cake and Ice Cream At 2pm In the Dining Room. Please Stop by and Have Some Cake & Give Her Birthday Wishes.



There's Nothing Like Music to Relieve the Soul and Uplift It - Mickey Hart

Stay Healthy This Season

A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick. The biggest tip to stay germ-free is to wash your hands. Use soap and warm

water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission. Most importantly, stay home if you feel ill.



Betty Martin gets some help to write a note from Tosha.

Join the Cause for Alzheimer's Awareness

November is National Alzheimer's Disease Awareness Month, a time when people are encouraged to learn more about Alzheimer's and to support those living with the disease. Alzheimer's disease afflicts about 16 million people worldwide. Among those, 4.5 million are Americans. Not only does the disease affect the patients who have it, but also the family and friends who care for them. During November, National Alzheimer's Awareness Month, you'll find a range of resources to provide information about the mystery of AD. Find additional details at www.ALZ.org.

Rise to the Occasion

Homemade Bread Day is Nov. 17.

