

# 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**

## Winter Is Coming

The coldest season will begin Dec. 21.



## December 2023



**We Wish You a Glittery, Sparkly, Joyous  
Christmas! May You Feel the Warmth of  
Your Family's Love and May Peace and  
Hope Fill Your Life Throughout the Year!  
From Our Family To Yours, Merry  
Christmas and Happy New Year**







## Christmas With Your Loved One

If you are trying to figure out how to celebrate the holidays with your loved one in the nursing home we have some tips and ideas. If leaving the nursing home isn't an option, here's some ideas to do on your visits throughout December.

- Purchase a small 2-3 ft. Christmas tree for the resident's room and decorate it together.
- Help your loved one prepare and send Christmas cards. As they receive cards - put them on display in their room by taping to the wall or wardrobe.
- Bring in photo albums, old cards or photos from holidays past - anything that will bring a smile or raise a cherished memory - and go through them together.
- Watch a familiar holiday movie together.
- Liven up their room with some Christmas throw pillows.
- Shop for a few holiday themed tops or sweatshirts.

## Bring Your Loved One Some Holiday Food

- Make sure you ask permission from the nurse before doing this to ensure the food meets your loved one's dietary restrictions if any, but if possible bring some holiday food that you made at home. This can make them feel as though they still get to take part in some of the holiday traditions, such as Christmas cookies or candy.

## The Right Gift

- Knowing what to get her since she is a permanent resident can be difficult. A few great ideas may be:
- a new calendar with important family dates marked on it
- comfortable and warm clothing
- framed photos of loved ones
- magazines or photo books- Amazon has photo books for those with dementia
- searching Amazon for items for those with dementia will give a vast idea of gifts

## Bring the Family

- If there are new babies in the family or young children who the resident hasn't seen recently, bring them to visit. They love seeing babies and children.



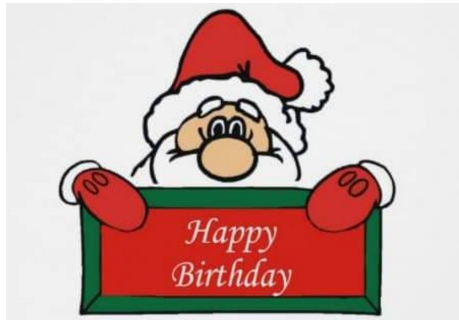
## Celebrate Cocoa

Drink to National Cocoa Day on Dec. 13 with a hot mug of chocolaty goodness. Add some whipped cream, marshmallows or peppermint sticks for a special treat.

We will set up a hot cocoa bar in the afternoon. Come join us for a cup of this delicious goodness while we listen to Christmas carols. Check our calendar for the time.







**Happy Birthday Bessie Edwards on Dec 19th. It's Always a Treat to Wish a Happy Birthday to Someone so Sweet!**



**How Long Has It Been Since You Made a Gingerbread House?**



We're going to decorate a couple this month. Be sure to check them out! We'll display

**A Year Gone By**  
"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?" — Dr. Seuss



them in our china cabinet in our dining room.

**Remember When: Divinity Candy**

Many people have sweet memories of the classic treat called divinity, so named because it tastes so divine. Snow white in color, the soft and chewy candy is similar to nougat and meringue and made by combining egg whites, sugar and corn syrup. The confection dates back to the early 1900s, when corn syrup was a new product, and companies that produced the sugar substitute provided recipes for divinity.



**Homemade for the Holidays**

Cookies baked with love: For many, these are some of the things that paint a sentimental portrait of the holidays. These traditions are good for your mental health, too. Putting time and effort into making something with your hands has been shown to relieve stress and enhance your self-esteem.

A familiar Christmas tradition for many is the baking & decorating of cookies. If you weren't a baker, we bet you still enjoyed eating these delicious treats during the holiday. We plan on reminiscing about Christmas traditions as we decorate some good ole sugar cookies. Watch the calendar for the day and time and come join us!



**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.





**\* Good \*  
Tidings  
to You This  
Holiday  
Season!**

