

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
Melissa Blair	Director of Nursing
Kell Lhommedieu	Asst. Director of Nursing
Nikki Anderson	Sunshine Coordinator
Layonda Reed	Admissions Coordinator
Tammy McCleary	Social Service Director
Deanna Duncan	Social Service/Admissions
Adrianna Gatson	Director of Rehab
Tonya Mayes	Dietary Manager
Kaylen Roth	Housekeeping/Laundry
Raiph Conklin	Maintenance Director

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



February 2024

Memories of Wintertime

There's something about freshly fallen snow that turns many adults into kids again. Cozy up to a discussion about winter memories.

- What were winters like where you grew up? Was snow common or rare?
- Do you remember the first time you saw snow?
- Describe how you bundled up to go outside on a winter day. What clothing and gear did you wear?
- Have you ever built a snowman?
- Did you go sledding as a kid?
- Have you ever gone ice skating? If so, was it on a pond, lake or rink?
- Did you ever have a snow day from school or work?



Send a Hug

Here's a hands-on way to send your love to a long-distance friend or relative.

Materials:

- Pen or pencil
- Card stock
- Colored markers
- Scissors
- Spool of ribbon
- Clear tape

Directions:

Use a pen or pencil to trace each of your hands on the card stock. Decorate the hands with the colored markers or other art supplies, such as watercolor paints or glitter glue. You can also choose to write a message on the hands.

When you've finished decorating the hands, cut them out. Next, measure your wingspan with the ribbon by holding the end of the ribbon in one hand and stretching your arms out, holding on to the spool in the other hand. Trim the ribbon so it's roughly the length of your wingspan.

Tape one end of the ribbon to the undecorated side of one hand. Repeat with the other end of the ribbon and the other hand. This is your "hug"! You can now send it in the mail to a loved one or give it to somebody in person.



Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

For his efforts, Woodson has been called the father of Black history.

Laugh Lines: Erma's Observations

Erma Bombeck saw the humor in everyday life and wrote about it as a newspaper columnist and bestselling author. Celebrate her birthday, Feb. 21, with a look back at some of her witty writing.

On marriage. "One never realizes how different a husband and wife can be until they begin to pack for a trip."

On motherhood.

"When a child is locked in the bathroom with water running and he says he's doing nothing but the dog is barking, call 911."

On food.

"When the going gets tough, the tough make cookies."

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are 3 billion-to-1."

On shopping. "How come anything you buy will go on sale next week?"





Baking Up Comfort

Celebrate National Banana Bread Day on Feb. 23. This warm and comforting bread is great as is, or you can personalize it for the perfect loaf. Try one of these popular add-ins: chocolate chips, dried

fruit, nuts, coconut flakes or shredded carrots.



We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February.



Heart-Smart Snacks

Give your heart some love this month by choosing healthy snacks. Dark chocolate, nuts and popcorn may seem indulgent, but they contain antioxidants and other nutrients that are good for your ticker.



Happy Valentine's Day!

We'd like to wish all of our residents a very happy Valentine's Day. May your day be extra sweet!



A Little Laugh

Q: What do you call the world's smallest Valentine's Day card?

A: A valen-tiny.



StoryCorps Memory Loss Initiative: Preserving Your Loved One's Memories

StoryCorps is a national organization whose mission is "to honor and celebrate one another's lives through listening." In 2006, it launched the Memory Loss Initiative, which focuses on individuals who suffer from Alzheimer's disease or similar dementias. As part of the initiative, family members can conduct an interview that provides a recording of the AD sufferer's memories and histories before they're lost to the disease.

StoryCorps has several permanent and semi-permanent locations. They've also incorporated the use of MobileBooths—buses equipped with professional recording equipment that travel around the country to collect oral histories. Interested individuals can also sign up to rent a StoryKit—recording equipment and instructions that arrive via mail, if the MobileBooths and permanent locations aren't convenient.

If creating an oral history with your loved one sounds interesting, you can learn more at www.StoryCorps.org.



{February}

American
Heart *month*

www.Heart.org