

Sunshine Place at Riverside

Nursing and Rehabilitation Center, LLC

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

Our Leadership Team

Constance Jones	Executive Director
Barbara Wise	Asst. Executive Director
Ama Mcfee	Lead Memory Nurse
Nikki Anderson	Lead Sunshine Nurse's Aide
Megan Miller	Admissions Coordinator
Tammy McCleary	Social Service Director
Deanna Duncan	Social Service/Admissions
Tonya Mayes	Dietary Manager
Raiph Conklin	Maintenance Director

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

Music Therapy or Just Fun

Music just makes you feel good all over! Neila Gelvin and Gino have fun during Gino's entertainment. The residents always have a fun afternoon when Gino comes.

Music therapy has proven to be very beneficial for those with dementia. Singing along to a favorite tune or listening to the song you danced to at your wedding can bring joy even in difficult times. It is documented in medical studies that music therapy can help reduce agitation and improve patient behavior.



April 2024



Thank You, OTs!

April is Occupational Therapy Month, a chance to recognize the role of these important health care workers. Occupational therapists make daily life easier for everyone in their care, and our ongoing gratitude goes out to them!

Easter Craft Class

The ladies gathered and decorated some Easter egg decorations while recalling family Easter traditions.



Mary



Christy



June



Marjorie



Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

Keeps you connected. Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

Relieves pain temporarily. When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.



RESIDENT BIRTHDAYS

Patricia Allen	April 2
Delores Wartick	April 28
Betty Martin	April 30



Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before “throwing” the snacks to the birds.



Wit & Wisdom

“So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us.”

—Hal Borland

“I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you.”

—Bill Withers

“A smile is the light in your window that tells others that there is a caring, sharing person inside.”

—Denis Waitley

“Falling asleep while the rain is clashing down on the window is nature’s best lullaby.”

—Kim Pape

“Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas.”

—Iain Pears

“If a window of opportunity appears, don’t pull down the shade.”

—Tom Peters

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”

—Lynda Resnick

Remember When: Clotheslines

Before many homes had clothes dryers, laundry often dried in the breeze on backyard clotheslines. After garments were washed, they were hauled in baskets to the line and hung with wooden clothespins to dry. Fresh air and sunshine created a distinctive scent that lingered on the clothes long after they were taken down. Clotheslines were also meeting spots for neighborhood women to chat, give advice and share news.



Dance Like No One Is Watching

“We’re fools whether we dance or not, so we might as well dance.” —Japanese proverb

It's Spring!

Best wishes for a bright and happy season.

