

Riverview Reporter

Riverview Pointe Care Center

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Celebrating Senior Citizens Day!

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Though sometimes overlooked, seemingly underappreciated, and at times taken for granted, senior citizens have a lot to offer us. Their shared past experiences can help motivate us towards a certain goal or achievement or encourage us to avoid a pitfall. We all enjoy and are encouraged by a senior's nuggets of wisdom and can certainly recall valuable lessons that we learned at the hands of an elderly loved one, neighbor, or friend.

In a 1988 Presidential Proclamation (Proclamation 5847), President Ronald Reagan created a national day for senior citizens. In this proclamation President Reagan stated "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature

and grow older." August 21st is the day that was set aside to honor senior citizens. Wondering what to do to celebrate this day? Below are some ways you can help to make seniors feel special on their day.

Spend quality time with the seniors in your life. Visit with your senior relative(s), neighbors, and/or church members. You can keep it as simple as coffee and conversation at Starbucks or make it a cup of afternoon tea at home. If they don't have difficulty getting around you can take it outside by going for a morning or evening walk in the park or fishing at their favorite fishing hole. Everyone enjoys a good shared meal, so lunch or dinner at their favorite restaurant might be a nice treat. For those who may not be able to or for whom it is difficult to get out of the house, a special family dinner is a good option where we can get a great gift for our mother or brother from sites as www.top9rated.com. Make

them feel extra special by fixing their favorite dishes and/or dessert.

Some businesses offer specials and discounts to show their appreciation to seniors on their day. Check your local newspapers and the internet to find some of these deals to take part in with your senior.

If you don't have a senior citizen in your life to show appreciation to on August 21st or even if you do and you just want to spread the love, volunteering is a good way to do so. There are various opportunities to volunteer in support of the elderly. A few of these options include: delivering meals for the Meals on Wheels program, volunteering at a senior citizens center, and visiting with seniors in a nursing home or assisted living facility.

Whatever you choose to do, do something to help make their day great. They deserve it!

Info provided by
TheWrightStuff.com

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Administrators Corner

Have you noticed the Guardian Angel signs posted in your room? This program is designed to give each resident a designated department manager as a resource and companion. The staff are available to answer questions, connect them with other departments, or just to be a listening ear. You may see

your Guardian Angel stop by periodically to check in or they are available at their extension located on the Guardian Angel poster.



Funny Stuff!

Brainteasers:

1. What chair has only two legs but wields great power?
2. You commit an act of violence and run away from home. Then you make 3 quick lefts and return home, only to be confronted by two people in masks, who are they?
3. Alive, they are mostly silent; dead, they make a great noise, especially when stepped on. What are they?
4. What asks but never answers?

Funnies:

- I tried to tell the doctor that I didn't want a brain transplant, but he changed my mind
- Telling puns in an elevator is wrong on so many levels
- It took me forever to eat that clock, it was very time-consuming
- That colander movie was terrible. The plot had too many holes and I was straining to understand it.
- That guy just threw milk and butter at me. How dairy!

Spam Facts:

- Spam has often been called "mystery meat", but is mostly made up of pork shoulder, ham, and salt.
- The name "Spam" remains a mystery. Manufacturer Hormel won't say, but the name is most likely a contraction of "spiced ham".
- Today, Spam processing facilities churn out 33,000 pounds of Spam each and every hour.
- Spam was particularly useful to Russian soldiers. After the war, Russian premier Kruschev said, "Without Spam, we wouldn't have been able to feed our army."

What's New?

Please give a warm Riverview welcome to Melissa Tomsik, our new Dietitian. Melissa has worked as a Dietitian in long-term care for 7 years. She enjoys working with the senior population and getting to know the residents. She cares about the wellbeing of the residents and educating them on a healthy lifestyle.

Melissa has been married for 6 years. In her free time she likes to run. She enjoys training has ran 10 half marathons.

Melissa wants to share some diet tips that may help anyone trying to live a healthy lifestyle.

- Exercising: getting up, moving around, going for a walk, choose something you like to do.
- Watch what you eat.
- Eat things in moderation.
- Watch portion sizes.
- Stay hydrated, drink water.



Farewell to our Administrator in Training



Grant Crabbs will be finishing up his 3 month long summer internship this month. He has been working alongside Mallory, doing an Administrator in Training (AIT) internship. Grant has completed multiple projects and worn many hats throughout the summer. He has learned about the many departments it takes to run a nursing home and has had experience working with each manager. He also spent time out side of the building, marketing and working with our sister facilities. Grant plans to return to Ohio

University (OU) this Fall to finish his final year before obtaining his Bachelor's Degree. Then he will study and sit for this licensure to become a Licensed Nursing Home Administrator.

When Grant is not at Riverview, he does have a job at an Assisted Living, where his grandma lives. Grant enjoys hanging out friends and spending time at OU. He looks forward to finishing his last year at OU and returning back to the Cleveland area to start his career in the healthcare field.



Staff and Residents enjoying our morning Pancake Paradise

Jackie, Mary, & Joy with Musician: Brenda Boulton for 2019 Riverstock



David, Mary, and Bob on our outing to Olive Garden



Resident of the Month: Marie Reith



Marie worked as a secretary at the sheriff's office where she met her husband. She enjoyed bowling, her Siamese cat Rajah and cruising in her 1966 burgundy mustang convertible. Marie looks forward to outings with her friend Peggy and talking to her brother in South Carolina. She doesn't like when she misses

her favorite TV show General Hospital. Marie has been at Riverview since 2014. She enjoys getting her hair done here by Amy and participating in activities on Serenity Circle.



Employee of the Month: Celina Cupach

Celina is very compassionate and patient with her residents. You can tell she truly loves what she does when she's around them. Celina has been at Riverview since 2017, starting off at the front desk then going to activities a year later.

Her sister-in-law Gina (nurse on comfort) also works here and her Grandma Emmelene was here for seven years. She likes to hang out with her friends doing bonfires and going to restaurants. Celina is also welcoming a little one into her life the first of the year.



Riverview Pointe

Care Center

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Like Riverview Pointe Care Center on Facebook to see updates and pictures from events at the facility!



It is recommended that each resident's clothing items are labeled for proper return to their room. We understand that some families take their loved one's laundry home but we encourage that those items are also labeled. Please see your Guardian Angel if you need assistance with labeling your items.

Upcoming Events!

National Watermelon Day: Observed on Friday, 8/2

Kona Shaved Ice Truck 8/8

Creamsicle Day! 8/14

Browns Spirit Day and Cookout! 8/29

Chocolate Milkshake Day! 9/12

What a Day!

Resident Birthdays

Helen M. 8/4

Pat H. 8/13

Helen M. 8/17



Staff Anniversaries

Cindy R. 3 years

Brittany K. 3 years

Linda Z. 2 years

Chrissy B. 1 year

Patti D. 1 year

Angel S. 1 year

Brittney T. 1 year

Asia B. 1 year

Angie F. 1 year

Amber H. 1 year

Jerrod C. 1 year

Alex G. 1 year

Staff Birthdays

Jackie S. 8/6

Mallory F. 8/6

Abby S. 8/7

Brooke V. 8/12

Alisha B. 8/18

Angie F. 8/23

Andrea C. 8/26

Nalishebo W. 8/29

Answer to Brainteasers: 1. A Chairman 2. A Catcher and an Umpire 3. Leaves 4. An Owl "Who?"
