

# Riverview Reporter

**Riverview Pointe Care Center**

**Editor: Monica Bruggeman**

## Black History Month

**February 2019  
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Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

### Origins of Black History Month

The story of Black History Month begins in 1915, half a century after the Thirteenth

Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and

Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

### Black History Month 2018 Theme

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2018 theme, "African Americans in Times of War," marks the 100th anniversary of the end of World War I and honors the roles that black Americans have played in warfare, from the American Revolution to the present day.

Credit from History.com

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## Administrators Corner

Did you know that Riverview Pointe is rated Five Star in Quality Measures by the Centers for Medicare and Medicaid Services (CMS)? Quality measures

standardized tools that measure the healthcare outcomes of the residents at the facility. The goal of the system is to provide safe, efficient, and person centered care to the residents

in the facility. We are very proud of the hard work and excellent care that is provided each and every day to our residents.

Way to go, Team Riverview Pointe!



## Ground Hog Day

With the polar vortex bringing dangerous wind chills to central Pennsylvania this week, meteorologists are convinced that Phil will confirm their suspicions and predict six more weeks of winter on Groundhog Day, Feb. 2.

### According to the legend:

If Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.

That's how the Punxsutawney Groundhog Club describes the Feb. 2 tradition, marking the midway point

of winter. Is the tradition scientific? Absolutely not. Are there other furry, weather-predicting animals? Certainly. But the Punxsutawney Groundhog Club has declared Phil the authoritative groundhog in this quirky myth.

### Predictions for the 2019 in Punxsutawney

Here are expectations of the conditions in Punxsutawney, Pennsylvania, for Saturday, Groundhog Day 2019. The National Weather Service predicts it will be mostly sunny with a high near 31. AccuWeather predicts it will be

partly sunny with a high near 30. The Weather Channel predicts it will be mostly cloudy with a high near 30. Phil will have the last word, though.

Info provided by USAtoday.com



## Valentine's Day



The celebration surrounding this day actually has roots in an ancient pagan festival that started centuries before Valentine was even alive. Held in Rome each February, part of the event focused on bringing new couples together. During the festivities, it's said that boys drew the names of girls from a container. The pairs would stay together during the festival, and some would actually

get married when the festival was over. After Pope Gelasius I created St. Valentine's Day, the festival turned into a Christian celebration that focused on the saint. The Catholic Church doesn't recognize St. Valentine's Day on its calendar anymore, but people throughout the world still celebrate the day. Valentine's Day traditions have evolved a lot over the years. For example, in the Middle Ages—which lasted from the 5th to 15th centuries in Europe—people started exchanging handmade cards with love notes inside. Today billions of

dollars are spent on Valentine's Day cards and gifts each year around the world.

In a tradition that's also tied to the Middle Ages, South African women actually wear their hearts on their sleeves ... sort of. Girls pin the names of their crushes on their shirtsleeves, sometimes revealing themselves as secret admirers to their sweethearts. No matter how you celebrate Valentine's Day, one thing's for sure: This is one totally aww-some holiday.

## National Heart Month

**What is high blood pressure?** your blood pressure checked.

High blood pressure (also referred to as HBP, or hypertension) is a force of blood flowing through your blood vessels, is consistently too high. Learn more about high blood pressure.

**If you have high blood pressure, you are not alone**

- Nearly half of American adults have high blood pressure. (Many don't even know they have it.)

- The best way to know if you have high blood pressure it is to have

**Preventing and managing HBP**

- This is one time that the old adage, "An ounce of prevention is worth a pound of cure," is particularly apt. It's best to avoid high blood pressure altogether. Healthy lifestyle choices are a great place to start.
- With proper treatment and management, you can control your blood pressure to help you live a long and healthy life.

Credit to Americal Heart Association







Ashley Bert was selected as the Employee of the Year! Ashley is a full time LPN on Comfort lane who has been with Riverview for 10 years!

Pat and Christina went with some of the residents to go see the Christmas lights in December.



Monica with Dr. Robert Dohar, our Medical Director, popping popcorn for National Popcorn Day in January.

## Resident of the Month: Kathryn Becks



Kathryn worked for Sears and was a secretary for the railroad. She said she would get free train rides as a benefit. She has two sons and three daughters that she is very proud of. Kathryn is such a delight to be around. She loves to talk and reminisce about her life. She was born in upstate New York, and her family relocated to Lakewood when she was a child. Kathryn learned to play the piano in her youth, and likes to recite poems and nursery rhymes to others. Here is one you may have heard her say. "Hair was

made to frizz and curl, cheeks were made to blush, eyes were made to flirt with boys, and lips were made to OH Hush" She enjoys puzzles, cards and socializing with other residents and staff. Church is very important part of her life.



## Employee of the Month: Ang Frankina

Congratulations Angie for being selected as Employee of the Month for February! Angie is a wonderful STNA who works mainly on Comfort Lane. She has been part of our team for less than a year. When she is not working, she enjoyed camping, bomb fires, and hiking in French Creek with her dogs and boyfriend, Dave. Her dogs – Apollo, Bella, and Pooh-Pooh – are her babies and she loves them so much! She really enjoys Italian food and watching her

favorite show, Criminal Minds and SWAT. She also enjoys spending time with her family, they mean everything to her.

Angie said she became an STNA 4 years ago because she really likes helping people, and it shows! Angie is so compassionate and fun, always going above and beyond for the residents. She is a hard worker and excellent team player, always happy to help any way she can.



## Riverview Pointe

### Care Center

Olmsted Falls, OH 44138  
Phone: 440.427.8884

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



## SHOUT OUT!

*Congratulations to McKenzie Taylor for winning the Employee Appreciation basket for the month of December.*

*McKenzie has worked here a year and was a Dietary Aide who was recently promoted to Cook.*

## Upcoming Events!

**Valentine's Day - February 14<sup>th</sup>**

**Popcorn Friday! - February 22<sup>nd</sup>**

**Drive In Movie - March, TBD**

**Fat Tuesday, March 5<sup>th</sup> - Paczkis**



## What a Day!

### Staff Anniversaries

Constance V. 8 years

Zach C. 5 years

Jackie S. 5 years

Teletha B. 2 years

Roma H. 2 years

McKenzie T. 1 year



### Resident Birthdays

Marilyn T. 2/3

Wilma B. 2/4

Pat H. 5/7

Leona V. 12/13

Herta B. 2/17

Jeanette R. 2/18

Georgia T. 2/22

Ralph R. 2/26

### Staff Birthdays

Tanya 2/1

Sharonda P. 2/2

Amanda M. 2/4

Jessica J. 2/5

Emile J. 2/7

Lyndsey B. 2/9

Brittney T. 2/9

Alena W. 2/17

Adia B. 2/19

Heather M. 2/20

Monica B. 2/22

Ron S. 2/22

Patti D. 2/25

Matthew H. 2/25

Michelle H. 2/26

Latifia E. 2/27

Amy Simpson 2/28