



Administrative Staff



Tammy Talley
Executive Director

Karen Tucker
Director of Nursing

Colleen Anderson
Admissions

Jeannette Court
Personnel

Stuart Julian
Social Services

Tammy Block
Life Enrichment
Volunteer Coordinator

Randy Seelye
Dietary Manager

Carla Dippold
Laundry/Housekeeping

Diana Haker
MDS Coordinator

From the desk of Tammy Talley

Hello all and welcome to September. Where did the summer go? Seems like it was just yesterday that we were looking forward to warm weather and here we are looking at the weather turning colder already. We have had a pretty mild summer with very few extremely hot days. The weather has been perfect though for the growing of our flowers. I have been so pleased with how the new landscaping has turned out. The roses in the front island are so pretty and very fragrant as well. I encourage you to take a walk around out front and check it out.

Now, onto more news. As you are all aware, there is a tremendous amount of paperwork that has to be done for all the residents in any skilled nursing facility. Unfortunately, the government has increased the amount and type that now needs to be done. You will most likely hear from your family members that we are asking "all kinds of questions". Starting October 1, 2010 our process for assessing residents has changed. We will now be doing 4 separate additional interviews with the resident for each assessment. Assessments are currently done within 5 days of admit, on day 11, 30, 60, and 90 days, then quarterly thereafter. These assessments/ interviews take anywhere from 5-45 minutes each and as I stated are mandatory. In preparing for this change, the management teams have been "practicing" doing these interviews. Based on the outcome so far, we are finding that while time consuming, we are learning quite a bit about our residents. We are learning more from all residents but specifically more about our dementia residents. We are finding that even though they have dementia, we are able to get specific answers from them that truly can impact how we either care for or communicate with them. It is actually really exciting and eye opening. If you have any questions about this process or hear anything about it, please let me know.

Sincerely,

Tammy Talley
Executive Director

Don't forget....

We have a computer to use for those who want to, located in the Life Enrichment Room.

We have binoculars located in the Life Enrichment office

We have CD, DVD and cassette players in the Life Enrichment Room to check out along with music, movies, etc.

Missoula Public Library visits every three weeks and will bring in requests. If you need help making a request please stop by the Life Enrichment office for assistance

Magazines and books are available at all times throughout the building

The Riverview kitchen is available throughout the day by making a reservation. Families are able to make special dishes and/or meals to share with family or just make a batch of cookies.

“Yesterday is a cancelled check;
Tomorrow is a promissory note;
Today is the only cash you have—
So spend it wisely.”
-Kay Lyons

A Day to Take Heart

World Heart Day is held every last Sunday in September, and it's a day to show your heart that you really love it. The World Heart Federation encourages everyone to eat healthy, stay active with exercise, don't smoke or drink too much, maintain a healthy weight, and stay aware of heart numbers, such as your blood pressure, cholesterol, and glucose levels.

Other holistic methods also help you stay heart healthy. Tai Chi is an ancient Chinese art that combines deep breathing and relaxation with movement and good posture. Music therapy also helps to achieve both mental and physical health, and there are over 5,000 registered music therapists in the U.S.



Good Bye...

Cosmetologist Aliyah Bayliss will serve our residents for the last time on September 3rd. We wish her well on her future endeavors.

Grandparent's Day
September 12th

Join us for pie and coffee Sunday at 2:15 p.m.



Fall Bazaar

Our Bazaar has been set this year for
Sunday September 26th.

If you are interested in displaying some of your own items we have table space. There is no fee for the table and it will be advertised for you.

We have incentives for people shopping and prizes for those going to all the facilities to shop.



Thank you to everyone who joined us for our
Annual Pig Roast.

With music by the Gravely Mountain Boys and a wonderful meal, we all had a great end of summer celebration.

We appreciate all of the family, volunteers, friends and staff who so generously give their time and talents to make Riverside such a great place to be!

Amazing Answers

On September 28, feel free to ask any question you like, because it is Ask a Stupid Question Day. As the saying goes, there really is no such thing as a stupid question. The questions below will prove that every question has a very interesting answer:

Q. Can pregnant women drive in the carpool lane? A. In 1987, a pregnant California woman was ticketed for driving by herself in the carpool lane. She sued, the jury sided with her, and she won the case.

Q. Why do we generally use No. 2 pencils? A. No. 2 pencils use medium weight graphite, the best type of graphite for everyday writing. No. 1 pencils have soft graphite that smudges easily, and No. 3 pencils are too hard.

Q. Why do batteries skip from A to C? Is there a B battery? A. Yes. Battery letters signify their size, and B-sized batteries exist, though they are very uncommon.

Bowled Over

On September 9, 1895, the American Bowling Congress was organized. For the first time, the official rules for bowling and equipment for the



ten-pin game were laid out. Dutch colonists first brought the game to America in the 1600s. It began with only nine pins, and it was played in the area of New York City still known today as "Bowling Green."

In 1841, the state of Connecticut banned the "game of ninepins," as bowling was known, because it encouraged gambling. Many other states followed Connecticut's lead and adopted similar bans, but bowling could not be stopped. Players added one more pin to create a new game that fell outside of these strict laws. Ten-pin bowling was born.

The Birds Have Flown the Coup

Both Osprey's are up and out of the nest!

It has been so fun watching them at their first attempt to fly and get back to the nest.

There is one male and one female and how sweet to watch big brother try and help his little sister fly after he learned how. He would fly just above her in the nest and try to encourage her to take flight. She finally did and they are both off and running. The University tells us they will probably only be with us one more week.

September Birthdays

If you were born from August 23-September 22, you are a Virgo, the virgin. If you were born from September 23-October 22, you are a Libra, the scales. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

Dot Johnson September 2nd

Dolly Gould September 7th

**Olga Berger September 14th
(Happy 101st Birthday Olga!)**

**The Monthly Birthday party is set for
Monday September 13th at 3:00 p.m.**

Riverside Health Care Center
1301 East Broadway
Missoula, MT 59802

Postage
Information