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# RIVEROAKS NEWS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF RIVEROAKS HEALTH CAMPUS

## CELEBRATING OUR NATION'S NURSES

**This month, our campus is also joining the American Nurses Association in celebrating “Nurses: Advocating, Leading, Caring,” as part of National Nurses Week, which is held annually from May 6th – 12th. In honor of the dedication, commitment, and tireless effort of our campus nurses, and all nurses nationwide, to promote and maintain the health of our residents and this nation, we are proud to recognize long-term care nurses everywhere during this particular week and every day!**

May is **Older Americans Month**, which presents a wonderful opportunity for us to show our deep appreciation for the contributions and achievements of the residents in our campus, as well as the older adults in our community. “*Never Too Old to Play*” is the theme for Older Americans Month this year, and places a spotlight on the importance of lifelong participation in social, creative, and physical activities.

Our staff of professional caregivers knows that being engaged is very different from simply “keeping busy,” which is why we offer a selection of lifelong learning opportunities and daily in-campus activities designed for all levels of physical and cognitive ability. Whether it’s arts and crafts, bowling on the Nintendo Wii, enjoying a lunch outing at a local favorite restaurant, or learning a foreign language - our activities are as varied as our residents, and reflect their personal preferences.

In addition to the benefits of social and creative engagement, research shows that regular exercise can improve our residents’ ability to perform tasks of daily living, including maintaining independence and mobility. In addition,

being active also improves mental health, as it is a deterrent to depression and anxiety. Aware of this importance, we encourage our residents to participate in indoor and outdoor exercise opportunities when able, such as walking around our campus grounds and observing the wildlife in our gardens and courtyard.

Finally, during Older Americans month and every month, it’s important to pay tribute to the role that older adults play in sharing their experience, wisdom, and understanding by providing opportunities for them to pass on that knowledge to other generations in a variety of significant ways. We welcome visits from local schools so that our residents and community children reap the benefits of interacting with and learning from each other. We also welcome young volunteers, and invite community adults to teach lifelong learning courses at our campus.

We are proud to join in the national celebration of Older Americans Month 2012 with activities and events to promote engagement and recreation for our residents.

## ACTIVITY HIGHLIGHTS

- 5/01 Family Night - Mexican Fiesta Taco Bar
- 5/02 Mexican Words Bingo
- 5/03 Make Mexican Foods
- 5/04 Viva Mexico - Mexican Theme Dinner
- 5/05 Cinco de Mayo Celebration
- 5/06 National Nurse Week - Make Treats
- 5/07 Bus Trip - Movie
- 5/08 Make Apple Smiles
- 5/09 Princeton Library Book Visits
- 5/10 Bethel Memorial Church
- 5/11 Bus Trip - Carriage Inn
- 5/12 First Pentecostal Church Oakland City
- 5/13 Mother's Day Family Social
- 5/14 Bus Trip - Bingo at Senior Center
- 5/15 Renegade Man
- 5/16 Catholic Mass
- 5/17 Older Americans Month
- 5/18 Bus Trip - Red Lobster
- 5/19 Military Day
- 5/20 River Oaks Family Brunch
- 5/21 Flute & Worship with Babs J.
- 5/22 Make Kleenex Kraft
- 5/23 Cliffs Country
- 5/24 Roger Craig Band
- 5/25 Memorial Day Cook Out
- 5/26 First Baptist Church of Elberfeld
- 5/27 Salvation Army
- 5/28 Patriotic Bingo
- 5/29 Bingo Night
- 5/30 May Birthday Celebration
- 5/31 RiverOaks Art Walk

## SENIOR EXEC. CLUB

The luncheon will be on Wed. May 23, 2012 at 1:30pm, see you then!!

## RESIDENT BIRTHDAYS

- 05/01 Ruth W.
- 05/15 Henry S.
- 05/20 Marion K.
- 05/22 Eugene N.
- 05/24 Helen C.
- 05/26 Florence R.
- 05/31 John V.

*Happy Birthday Everyone!!*

## REHAB TO HOME

- Margaret M. Veda L.
- Debra W. Dorothy C.
- Donnie B. Mary K.
- Bill C. Bonnie J.

## IN REMEMBRANCE OF:

- Maxine M.
- Frances S.
- Monzell B.

## STAFF BIRTHDAYS

- 05/01 Kellie J.
- 05/03 Georgetta D.
- 05/08 Shannon L.
- 05/09 Stacey W.
- 05/10 Jacqueline S.
- 05/10 Haley J.
- 05/16 Pamela B.
- 05/22 Belinda M.
- 05/27 Vicki W.
- 05/27 Mia W.
- 05/29 Rachel M.
- 05/30 Lois C.

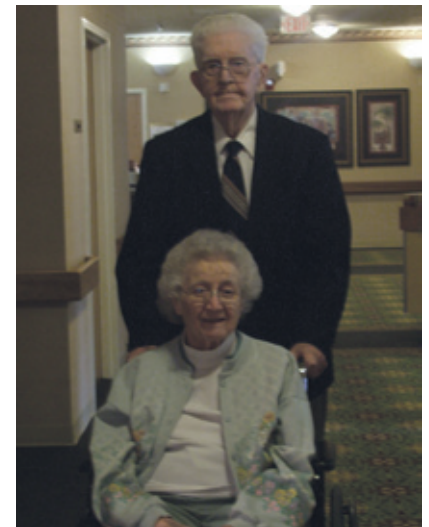
## NEW RESIDENTS

- Monzell B. Henry S.
- Agnes C. Helen C.
- Dorothy S. Ruth B.
- Wayne B. John P.
- Brenda H.

## Smiles of the Month



*Donnie B. and Shani W. celebrate National Occupational Therapy Month in April!*



*Assisted Living Fashion show models Mr. and Mrs. Frank and Gracie W.*



*Debbie & Flo listening to the band during Family Night.*

## SPECIAL NOTES

- ★ **Family meal** tickets have increased from \$4.00 to \$5.00
- ★ **Special Events** tickets are now \$5.00 each for 5 or more guests.
- ★ **Family Night** has been moved to the first Tuesday of each month.

# EXECUTIVE DIRECTOR'S CORNER

Hello Everyone:

April showers bring May flowers! Most people are familiar with this saying. The month of May is filled with the sounds of birds, the smell of fresh flowers and summer breezes from time to time. May marks the end of Spring and the beginning of Summer. There's growing anticipation of backyard barbecue get-togethers, outdoor activities and parties. School age children are anticipating the last day of school for summer vacation and parents planning for much deserved vacations after being cooped inside during the cold winter months.

Mother's Day is the most popular of the special days that occur in May. Now treasuring the moments that I am able to spend as a daughter with my Mother and as a Mother with my son ... I have realized that once you hold that precious little hand, you never let it go! "Mothers hold their children's hands for a short while, but their hearts forever." Take this opportunity to thank your Mom for all she has done and tell her how much you have enjoyed having her as your mother! We will be celebrating Mother's Day on May 13th and we look forward to seeing you! Please remember to R.S.V.P. your reservation!

Memorial Day was originally known as Decoration Day. It commemorates the U.S. Soldiers who died in military service. But over the years, it has become more

general in the fact that people would visit the burial sites of loved ones whether they served in the military or not.

Memorial Day also kicks off the summer vacation season for many. The weekend itself is one of the most active shopping weekends of the year due to the nice weather and the shift from Spring to Summer. Then the family get-togethers, swimming parties, fireworks and trips!

Cinco de Mayo is celebrations and observance of the Mexican culture. Traditions for this special day include traditional Mexican food, music and

dance. Cinco de Mayo is a historic time commemorating the victory of the Mexicans over the French during the battle of Pueblo. Cinco de Mayo has everything to do with Mexican pride, heritage, culture and history. RiverOaks will be celebrating Mexican-style with our Family Night being held on May 1st and a Viva Mexico Theme Dinner for our residents on May 4th.

Enjoy the beautiful days of May and take time to smell the roses!

***Carla Baker***

Executive Director

## River Oaks works hard towards Health and Wellness in 2012 !



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Andy Russell, *Community Service Representative*  
Cinda Ross, *Director of Environmental Services*

*We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call the Divisional Vice President or our Compliance Line.*

Jim Chambers, Divisional Vice President: 812-480-4127 or [Jim.Chambers@trilogyhs.com](mailto:Jim.Chambers@trilogyhs.com)

Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com) • *Newsletter Production by PorterOneDesign.com*



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COMPASSIONATELY  
 COMMITTED TO EXCELLENCE  
 IN CUSTOMER SERVICE!

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We invite you to join in the fun! To find out how you can volunteer, or to get more information, please contact us today!

### Never Too Old to Play

If you plan on “playing” outdoors and having some fun in the sun this May, the following tips will keep you safe all summer long:

- Plan activities that are early in the morning or later in the evening when it’s cooler.
- Use U/V skin protection.
- Avoid overexposure to heat, drink plenty of water and take regular breaks in the shade.
- Wear lightweight clothing, sunglasses and a hat.
- Check with your doctor before implementing a new exercise program, especially if you are at high risk for heart disease or diabetes; if you smoke or are obese.
- If you are not currently active, begin your exercise program or outdoor outings with light to moderate physical activity.

Information for this article was obtained from [www.seniorliving.com](http://www.seniorliving.com), [www.nursesworld.org](http://www.nursesworld.org) and [www.aoa.gov](http://www.aoa.gov).

## WORD SEARCH

ACTIVITIES	EXERCISE	OLDER	RECREATION
APPRECIATION	EXPERIENCE	PARTICIPATION	SOCIAL
BUSY	GENERATIONS	PHYSICAL	TRIBUTE
CREATIVE	LIFELONG	PLAY	WISDOM

W	S	L	P	G	E	H	D	V	K	P	W	T	X	L	W	H	H	J
X	I	N	T	W	B	U	X	L	P	L	U	G	E	H	R	G	C	U
T	R	I	B	U	T	E	G	H	E	A	D	E	S	I	L	A	D	U
W	J	G	U	Y	B	R	T	F	E	Y	A	N	Q	O	X	Y	S	M
W	I	D	E	X	P	E	R	I	E	N	C	E	L	Q	C	C	K	K
K	A	S	G	R	L	J	S	F	Q	V	T	R	R	O	P	I	J	Q
B	A	F	D	H	P	R	L	N	Y	B	I	A	V	K	C	Y	A	V
P	J	C	N	O	F	B	I	M	O	L	V	T	L	N	R	L	F	L
F	Y	O	H	R	M	V	F	W	N	D	I	I	G	C	E	G	Y	J
Z	O	L	D	E	R	S	E	L	P	T	T	O	X	S	A	O	X	U
G	K	X	O	C	X	N	L	Q	U	Q	I	N	V	H	T	K	O	P
Q	F	I	S	R	E	I	O	K	Z	E	E	S	N	O	I	O	L	Q
M	F	L	K	E	X	N	N	C	B	U	S	Y	L	A	V	K	F	I
I	W	Q	U	A	E	Y	G	L	L	U	C	W	X	I	E	W	R	B
F	W	H	V	T	R	P	P	Y	M	H	Y	Z	O	T	S	Z	K	D
P	A	R	T	I	C	I	P	A	T	I	O	N	D	C	V	U	F	Z
B	R	F	L	O	I	C	A	P	P	R	E	C	I	A	T	I	O	N
O	H	T	H	N	S	H	E	X	G	A	N	F	T	S	E	P	H	I
Q	V	A	G	P	E	J	S	M	P	H	Y	S	I	C	A	L	A	Q