Riverview Review

Volume 1, Issue 1 **February 2025**

Dates to Remember In February

01—07—Patient Recognition Week

03—Riverview Auxiliary Meeting @ 9:30am

03—07—Foodservice Week

04– Riverview Safety Team

06—Quarterly All Staff Meeting @ 2:30pm or 4:30pm

OR

07—Quarterly All Staff Meeting @ 6:15am or 1pm

07—Staff "Souper" Bowl Potluck—10am—1:30pm Multi-Purpose Room & 9pm—11pm Employee Breakroom

17—President's Day (Administrative Offices will be closed)

18—Monthly Quality Assurance Meeting @ 12:30pm

20—Quarterly Quality Assurance Meeting @ 1:30pm

21 or 23—Dietary Meeting @ 2pm or 6:30pm

28—STNA Meeting @ 6:30am or 6:30pm

EXCITING ANNOUNCEMENT

I could not be happier to announce that Rebecca Lenke, APRN,FNP-C, has been appointed Riverview's new Director of Nursing Services. Becky has been a mainstay at Riverview for many years, beginning her career in Dietary in 2005. Following her graduation from Owens Community College in 2011, with an Associates of Applied Science in Nursing, Becky began her nursing career at Riverview in 2012 as an RN Charge Nurse. Soon after Becky transitioned to Evening RN Supervisor before moving to the RN MDS Coordinator position. In 2020, shortly after completing her advanced practice degree as a Certified Nurse Practitioner, Becky left Riverview for a short time to work in the private sector as a Certified Nurse Practitioner. Becky returned to Riverview in late 2021 as the Facility's Certified Nurse Practitioner and MDS Coordinator. The opportunity to employ a Certified Nurse Practitioner on staff, has been extremely beneficial to the care delivered to our residents. Becky, for the past three years, has rounded weekly with our Medical Director, and that has only enhanced the continuity of care delivered each day.

While Becky transitions into her new role as Director of Nursing Services, Emily Macko, R.N., is serving as Riverview's Interim Director of Nursing Services.

As we make the aforementioned transition with Becky, I am happy to announce that Megan Forsythe, R.N., will be stepping into her new role as MDS Coordinator later this month. Megan has been with Riverview since 2020, serving as both a night shift RN Supervisor and day shift RN Charge Nurse. We are excited for Megan in her role as Riverview's MDS Coordinator.

I mentioned last month that we will soon be starting an Employee Retention Committee. I will keep you updated as that takes shape. I truly believe that hiring great talent, and keeping exceptional staff, is critical for continuing the delivery of exemplary care and services.

Thank you for all you do every day for our residents!

Your Partner in Caring,

Michael

NATIONAL ACTIVITIES PROFESSIONALS WEEK
JANUARY 19—25, 2025

A Happy Heart is a Healthy Heart

You've heard the phrase, "Laughter is the best medicine," right? There might be more truth to it than you think. Not only is laughter free, but research show that laughing can strengthen your immune system, boost your energy, alleviate pain and protect you from the damaging effects of stress. How, you might ask?

Laughter relaxes the whole body. A good, hearty laugh can relieve physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thereby helping to improve your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter can improve the function of blood vessels and increase blood flow which can help protect you against a heart attack and other heart issues.

Find a way to bring a little more laughter into every day. Plan a fun activity at home with your kids, play with your pet, check a funny book out of the library or watch your favorite comedy.

March Department Meetings

4th—Housekeeping/Laundry/ Maintenance @ 11am

4th—Safety Team @ 1pm

18th or 20th—Dietary @ 2pm or 6:30pm

20th—Nurses @ 6:30am or 6:30pm

25th—STNA @ 6:30am or 6:30pm

2025 All Staff Meetings:

Thursdays

2:30pm & 4:30pm

Fridays

6:15am & 1pm

February 6 & 7

May 1 & 2

August 7 & 8

November 6 & 7

February Word Search

K	E	A	C	P	R	I	F	Q	J	N	Y	A	G	J	S	F	E
V	W	K	H	X	E	Q	A	V	Y	H	F	Q	G	A	F	R	P
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- ☐ AQUARIUS
- ☐ CHOCOLATE
- ☐ FLOWER
- ☐ FRIENDS
- ☐ LOVE
- ☐ PENNY
- ☐ RELATIONSHIP
- ☐ SPRING
- ☐ VALENTINE
- ☐ WINTER

the best
VALENTINE SUGAR COOKIES

Ingredients
1 cup butter, room temperature
1 cup sugar
1 1/2 t vanilla
1 egg
1 t water
3 cups flour
1 1/2 t baking powder
1/4 t salt

Cream butter, sugar and vanilla.

Add egg and water. Beat until light and fluffy.

Combine flour, baking powder and salt. Sift together.

Blend dry mixture into creamed mixture, divide dough in half. Wrap each half in waxed paper or plastic wrap and chill for one hour.

Bake at 375 degrees for 6-8 mins. Watch them carefully, take out of oven before edges turn brown.

Icing
Start with 2 cups of powdered sugar. Add 1 teaspoon vanilla and 1 tablespoon melted butter. Stir in teasppons of milk one at a time until you reach desired consistency.

RIVERVIEW HEALTHCARE CAMPUS

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Be sure to come and browse our Adorable little GIFT SHOP!

Open Every Day from 11am - 2pm

Cash or Check Only

RIVERVIEW HEALTHCARE CAMPUS has serviced Ottawa County for 153 years as a County Owned Skilled Nursing Facility. We are also very proud that in 2020 we added Assisted Living to our list of services. In 2022 we were able to add Independent Living. Thanks for continuing the Tradition!

Our Core Values:

" We deliver to our residents a level of service that anticipates and exceeds their needs. We measure and evaluate the effectiveness of the services we provide from the viewpoint of those whom we serve. We require high standards of performance, professionalism and teamwork from our employees."

February Employee Celebrations

Birthdays

1 Isabelle Helmke
6 Pamela Ostheimer
15 Suzanne Barth
18 Hillary Craft
20 Tiffany Hagan
21 Megan Humphrey
25 Alysha Kitzler

Tina Tasker—PrepCook
Liyanna Melton—Hospitality
Lona Cox—Hospitality
Noah Clapsaddle—Food Service Worker
Brenson Gonzales—Food Service Worker

Anniversaries

Lisa Dobbelare—28 years
Kimberly Geldien—25 years
Megan Knecht—22 years
Suzanne Barth—20 years
Lisa Smith—8 years
Tricia Tallman—1 year
Miranda Palmer—1 year
Jennifer Jackson—1 year