

# The importance of quality time

## in your senior community

By Nicole Skinner  
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*The Spokesman-Review*

Staying connected with others and getting much-needed support and care are two of the top reasons that encourage today's seniors to look to senior living communities. One more major driving factor is quality time.

Just ask Ray Mohnney, 89, and Rozella Mohnney, 97, who have been residents at Riverview Retirement Community for more than 18 years. They originally moved to a home in the "Village" section of the Riverview campus.

**"My mother lived at Riverview for 12 years and my sister for six, so we knew it would be a wonderful fit for us," Rozella said.**

Riverview offered them a home with independence, yet access to many enjoyable amenities. Ray says it's been a great fit.

"One of the main reasons we moved was to alleviate the hard work," he said. "As you age, everyday things can just wear you out more."

The Mohnneys enjoyed freeing up their time from



Photo courtesy Brian Plonka  
*Rozella and Ray Mohnney are residents of Riverview Retirement Community.*

the upkeep and housework so they could spend their time doing more of what they love.

Being social and involved with friends and hobbies have also made the Mohnney's time enjoyable. Ray also finds it nice to have on-site church services. "Being around others keeps you feeling younger," he said.

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As the Mohneys continued in their retirement, they moved to an apartment in the “Terrace” on the Riverview campus.

The beauty of a continuum of care community is that residents can tailor their living accommodations to their care levels, but still remain close to friends, and maintain relationships and interests.

Being able to transition to an assisted living lifestyle has provided a sense of safety and comfort for both Ray and Rozella.

“Help is literally a touch away,” Ray said.

There’s another reason the Mohneys have loved making Riverview their home: the food.

“The dining is wonderful. Both the people and the food are great,” he said.

**They are getting the benefit of nutritious and delicious meals, without all the hassle of grocery shopping, cooking and clean-up. It leaves more quality time for them.**

Nutrition for seniors is an important but often undiscussed topic of senior living. Those who remain at home as they age, especially those that live alone, are often picking and choosing foods not based nutritional value but convenience or ease of preparation.

**Plus, even for those who have help from a caregiver, the caregiver may not understand the role of changing nutritional needs during the senior years. This can leave gaps in important nutrients that are vital for promoting overall health and wellness.**

Research from the American Academy of Family Physicians estimates there are 3.7 million malnourished seniors in the U.S. today due to a wide range of issues including medication conflicts, changing taste buds, lack of appetite, depression, chronic illness and new nutritional needs.

Eating is also a way to connect socially. Residents at most retirement communities enjoy the company of their friends during meals.

Emerging research is finding that this may also boost the eating habits and attitudes associated with meals for seniors vs. those that dine alone.

With a professional staff that plans, cooks and serves meals that are designed to be ideal for overall senior nutritional needs, and then also tailored for specific dietary needs of each resident as needed, a community can ensure residents meet their nutritional needs and enjoy fantastic meals.

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***For more information about Riverview Retirement Community visit [riverviewretirement.org](http://riverviewretirement.org) or call (509)483-6483.***

