

THE WAVE



CEO Update

WHAT'S TOP OF MIND

For the last few months (and I am sure for the next SEVERAL months/years) our growth and sustainability are on the top of my mind. We have so many items that are underway and I am focused on assuring that Riverview will be successful long into the future. Many of these projects you will see in the coming months (the lobby, RiverCare etc.) and some we will start to see within the next year or two. It is with excitement that the Riverview team and I are looking to the future and that we focus on our long-term health as a community.

HOW ARE WE DOING?

August proved to be a very busy month full of really engaging activities. We all needed a little summer fun, and we knocked it out of the park with the talent show, car show, fashion show... you get the idea! I continue to hear from our residents, family members and team that they are happy living and working here at Riverview. I largely gauge how we are doing based on the interactions I have with all of you and the feedback we receive. Keep it coming my way.

WHAT I'M WORKING ON

With the return of the school year, we are working on building and maintaining a great team for you. As we all know, Spokane is a bit of a college town and many of our team members are also students. The return of college means a return of many of our employees and several new ones. We have been blessed to have many of our new clinical employees participating in nursing and healthcare programs. We are working on making sure that their careers start out on the right track here at Riverview.

WHAT I'M UP TO AT HOME

SCHOOLS BACK!!! This year we have one in college at UW, one in high school, one in middle school and one in elementary school. So, while we are not looking forward to a lot of free time we are looking forward to all of the games, dances, plays, long nights of studying and tons of friends that will soon fill our lives. Marcus and I have our work cut out for us this year.

WORDS OF ENCOURAGEMENT

"You are stronger than you know. More capable than you ever dreamed. And you are loved more than you could possibly imagine."

— Unknown

This issue:

Page 1

CEO Update

Page 2

Employee of the Month
& Spokane Spotlight

Page 3

Upcoming Events

Page 4

Art at Riverview

Page 5

September Activities

Page 6

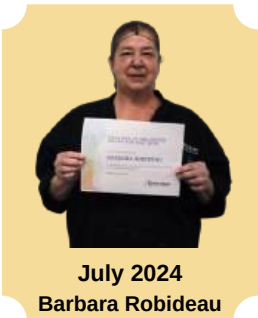
Chaplain's Corner

EMPLOYEE OF THE MONTH & SPOKANE SPOTLIGHT

JULY'S VALUE OF THE MONTH IS SAFETY & AWARENESS.



Mernalyn works so hard at Riverview! She fully commits her time as she is responsible for cleaning, disinfecting, and other facility maintenance activities at Riverview. By doing so, her hard work shows through the safe maintenance and safety she provides to the residents. Congratulations Mernalyn!



Barbara always commits her attention to the safety and awareness of our residents. When she is not cooking healthy food in the kitchen, she interacts with her coworkers and residents to ensure everyone is safe and having a good time. Congratulations Barbara!



“Let’s all be nice to September.”

— Nitya Prakash

2024 Paralympic Games begin in Paris on August 28th

During the watermelon social, Riverview was delighted to meet three of our local Spokane Paralympians that will be competing in Paris 2024. Tune in to watch the Paralympics on NBC KHQ6 and live and replays on Peacock. Lindi Marcuson competes in the long jump Sept. 5th and races in the T63 100-meter prelims on Sept. 7th. Lauren Fields races in the T34 100-meter prelims on Sept. 1 and the 800-meter race on Sept 7th. Taylor Swanson will compete in the T37 200-meter prelims on Aug. 30th and the 100-meter prelims on Sept. 4th. Come by Riverbrew Coffee shop to watch. Additional Paralympics Viewing: September 10th & 11th, Therapy Team members Kylie or Sonja will be available in the Terrace Rec Room from 12 PM-1 PM to help you to watch the replay clips of the Paralympians Lindi Marcuson, Lauren Fields, and Taylor Swanson.



PLAN FOR THESE UPCOMING EVENTS



Cornhole will continue through October! Play cornhole with family and friends out on the Terrace patio (or in the Movie Theater if the weather is poor) every Sunday from 12:30-3:30 PM.

Upcoming Village Resident Meeting Announcement! On September 11th, Chandra, RiverCare Manager, will be introducing RiverCare and discussing Home Care and Home Health services to Riverview residents.

Strong Foundations: Therapy Talk with April Ritter on September 24th from 2:00-4:00 PM in the Terrace Rec Room.

Employee family pool day on Sunday, September 15th from 11am-2pm in the Aquatic Center! Invite your family and friends for a pool day at Riverview's Aquatic Center. Residents are still welcome to use the pool!

Strollin' & Rollin' on the River! Riverview's annual Stroll-n-Roll event will be held on October 1st from 1:00-3:00 PM in the Herman Legacy Garden. This year, the event will include the Therapy Outpatient Grand Opening! Come to this community-wide stroll for residents, family, friends, and staff. Complete 3 laps and receive a Strollin' & Rollin' t-shirt. Light refreshments & outpatient therapy education to follow.

“Life starts over again when it gets crisp in the fall.”

— F. Scott Fitzgerald

Riverview is fundraising for the Walk To End Alzheimer's in October!

Check it out, we surpassed our goal!

If you'd like to contribute to Riverview's Alzheimer's Team fund for the Alzheimer's Walk, please donate! You can donate to the Riverview team two ways: (1) Donate online: <http://act.alz.org/goto/TeamRiverviewforWalktoEndAlzheimers>. (2) Visit the Terrace Front Desk, and drop off your donation to Anthony!

Checks and cash are accepted donations! Make checks payable to Riverview Retirement Community or Alzheimer's Association. Thank you.

Riverview Facebook Page update

Hi residents! We are currently in the process of creating a new Riverview Facebook page. Please visit our existing Facebook and look at the most recent post and click the link “follow our new page”. Once we get a larger following, we will be able to create chat groups.



ART AT RIVERVIEW

Terrace Art Exhibit

Jacqueline “Jackie” Volz will display her art in September and October on the Art Wall next to the Terrace dining room. Jackie was fortunate to be born into a family where both parents were enthusiastic makers and doers. Her father was a skilled amateur artist. She can’t recall a time when “making things” was not part of her life. During two years at the UW from 1957-1960, she received frequent praise from her instructors for her work, but the need to conform to their norms was stifling. She hid her talent for years out of fear of being judged as different, odd, or inadequate. Friends who’d known her from youth had no idea that she was a secret artist. Her favorites are Vermeer, Rembrandt, Caravaggio, Cassatt, Renoir, Helen Van Wyke, Van Gogh and Monet. The discovery that she had the eye to create portraits, often working from photos, happened in her late 50s. In her old age, she states, there remains only the vestige of the self-criticism that constricted her in her early years. Today Jackie thanks God for her creativity, as her painting and other creative endeavors bring her much joy. This is the first public exhibit of Jackie’s artwork.

Creating Art Every Wednesday afternoon from 2-4 PM in the Community Building

Village residents are welcome to come to the Community Building for creating art from 2-4 PM Wednesdays. We are finishing the painting of wooden tree ornaments for the Terrace Dining Room Christmas tree. Next we welcome artists to bring whatever they are working on. Acrylic paint and brushes are provided if needed. And we will try some Brain Games art projects. Come and create with us.

Little Free Library

There are two Little free Libraries in the West Village (see photos), one at the far northwest corner and another along the asphalt trail on the northeast corner. Both were built by the Wood Shop and painted by Village residents. Carol Melon, Rayna Lee Walker, Donna Utter and Dorothy Mehl were the artists. Please take the time to enjoy the art created while you choose from the free books. There are 5 Little Free Libraries on campus, all painted by Village residents. They are stocked with books by Ralph Granner, and he encourages you to freely take books and read them.

If you have questions, please call Dorothy Mehl at 509-489-3868, or email her at dorothymehl112@msn.com



“Autumn leaves shower like gold, like rainbows, as the winds of change begin to blow.”

— Dan Millman



Upcoming September Events!

Reminder: Please call ACTIVITIES with any questions & to sign up for any events or outings – 509-482-8181. The front desk will no longer be taking reservations for outings.

SPECIAL EVENTS IN SEPTEMBER:

Monday, 9/1: Labor Day BBQ in the Herman Legacy Garden! Come to the garden for a BBQ fare and time with your neighbors in celebration of Labor Day.

Thursday, 9/5, 2 PM in the Chapel: Riverview Presents Zuill Bailey. We are lucky to have Mr. Bailey perform an intimate concert for us. Widely considered one of the premier cellists in the world, Zuill is a Grammy Winning, internationally renowned soloist, recitalist, artistic director, and teacher. Reception to follow at 3:00 PM in the Terrace Rec Room.

9/8-9/14 is National Assisted Living Week. Celebrate the week by participating in spirit days! **Sunday 9/8:** Favorite Sports Team Day. **Monday 9/9:** Pajama Day. **Tuesday 9/10:** Twin Day. **Wednesday 9/11:** Wacky Wednesday. **Thursday 9/12:** Outdoor Day. **Friday 9/13:** Fairytale Friday. **Saturday 9/14:** Favorite Color Day.

Monday, 9/9, 3:00 PM, Terrace Dining Room: Meet the Artist: Terrace resident Jackie Volz. Come see September's resident art displayed on the wall of the Terrace Dining Room.

Tuesday 9/10 – Thursday 9/12: Silent Auction! The Silent Auction is located past the RiverBrew Café at the end of the hall. Proceeds benefit the Riverview Assistance Fund.

Friday, 9/13, 1:30 PM, Chapel: Piano music with Ben True! Come hear everything from classical to classic hits.

Tuesday, 9/17, 1:30-3:30 PM, Herman Legacy Garden: Second Chance Ranch Petting Zoo! See, pet, and learn about friendly farm animals that have been rescued.

Thursday, 9/19, 5:30-7 PM, Rec Room Patio: Wine & charcuterie on the patio with live music from Kekoa Lyons. One of our favorite guest performers, Kekoa, will serenade you through the evening with his guitar and smooth vocals.

Thursday, 9/26, 1:30 PM, Rec Room: September Birthday Party! All are welcome to come celebrate our residents with September birthdays.

Friday, 9/27, 2:00 PM, Rec Room: Cooking with Chef Tony & Tim. Come watch a cooking demonstration by our Riverview chefs, hear their stories, and enjoy whatever treat they make!

Upcoming: The Stroll & Roll will be Tuesday, October 1st from 1:00-3:00 PM in the Herman Legacy Garden. The event coincides with the Riverview Therapy Outpatient Grand Opening. The theme is "Strollin' & Rollin' on the River!" The Stroll & Roll is an annual Riverview event for residents, families and staff. Stroll three times around the garden and receive a commemorative t-shirt!



“Let’s all be nice to September.”

— Nitya Prakash

Please sign up for the bus and events with Activities by calling 509-482-8181.



Chaplain's Corner

BY CHAPLAIN YVETTE SCHOCK



“God’s Work. Our Hands.” Celebration on Sunday, September 8

Early in September each year, many Lutheran congregations and communities kick off the fall with a day of community service known as “God’s Work. Our Hands.” Sunday. Marking this day is way to give thanks for the love of God and to share that love with neighbors. Elders, teenagers, kids, and everyone in between work together on projects like making quilts for local shelters or a children’s hospital, packing food for food banks, cleaning up creeks, or building wheelchair ramps for neighbors.

Here at Riverview, we will celebrate “God’s Work. Our Hands.” on Sunday, September 8, together with friends from Central Lutheran Church. We’ll start with worship in the Terrace Chapel at 10 AM, including special music and leadership from members of Central Lutheran. After worship, we’ll put together personal care kits that will be distributed by Lutheran World Relief to families fleeing disaster or violence all over the world.

Come raise your hands in praise and use your hands in service to our neighbors. All are welcome!

Peace be with you,
Chaplain Yvette
yschock@riverviewretirement.org
509-482-8127 (office)
509-389-4222 (cell)

Chapel Schedule notes:

*There will be NO 6 PM Evening Prayer Service on Sept 8.

Please join us for the special worship and community service project at 10 AM!*

*Starting in September, Bible Study will move to Tuesdays at 1 PM.



In Loving Memory

August 2024

John Stuart
Carl Pearson

