

# THE WAVE



## CEO Update

### WHAT'S TOP OF MIND

Happy New Year! While I am in some amount of disbelief that we are already welcoming 2025, I am so excited about what is in store for us. Last year we rolled out a lot of new opportunities and this year it's all about supporting RiverCare, Therapy and the replacement of the care center. I am focused on both the promise of new adventures, which is exciting and inspiring, and the commitment that Riverview has to our past. Balancing the two ends of this spectrum can be precarious and thrilling at the same time. Honoring our roots by expanding our future is what is keeping me busy.

### HOW ARE WE DOING?

Mike Schleigh and I will be presenting an update on campus planning around the third week of January (you'll find the exact date on your January calendars). We will be covering information that we received in our marketing and feasibility study and talking about tentative plans we have moving forward as well as discussing all the steps we will need to take to move our campus forward. We are both extremely excited about where Riverview is headed and that this will give us the opportunity to further our mission!

### WHAT I'M WORKING ON

Please see the previous section. I am busy assuring that we are ready to move forward slowly and cautiously with replacing the building in the center of our campus. It is so important that we have a clear path that we follow and that we look at what is best for the Riverview community in the next several years. I will consistently work on being transparent with community planning and letting our extended Riverview community know what is going on.

### WHAT I'M UP TO AT HOME

Marcus and I are fortunate enough to have a few weeks of reprieve before a new season of kids sports and rehearsals hits us. I will be heading to Florida in a few weeks to attend a conference held by the Lutheran Services of America and I'll have a chance to network with other leaders of the Lutheran nonprofit life plan communities. I'm really looking forward to it.

### WORDS OF ENCOURAGEMENT

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

— Albert Schweitzer

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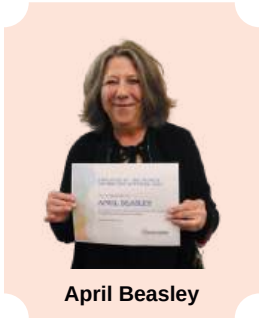
Chaplain's Corner

For questions & general information, call Riverview at 509-483-6483.



# EMPLOYEE OF THE MONTH & EMPLOYEE SPOTLIGHT

## THE VALUES OF THE MONTH ARE WILLINGNESS & GENUINE CARE.



April Beasley

April is one of the Terrace front desk receptionists. She always has a fun, lively spirit when welcoming people to Riverview. April is kind and shows genuine care to residents, staff and visitors. Congratulations April!



Malissa Davis

Malissa is a part of the Riverview nursing team. She interacts with residents on a daily basis, ensuring they receive quality care. You can see her love for her job by the genuine care she gives. Congratulations Malissa!



**“We truly appreciate the positive impact you bring to Riverview.”**

— RRC

Congratulations to Yelana!

This past November, Yelana was rewarded with a free rent promotion for her perfect attendance. For the month of November, she came into work on time and worked all her schedule shifts. Great job, Yelana. Thank you for all you do for Riverview Therapy and your hard work.

Also, Riverview Therapy completed two projects with the Occupational Therapy Leadership Program at Eastern Washington University this past semester. The students completed evidence-based research and developed a common language and educational tool to use for families and caregivers on Dementia severity levels. The leadership team will be meeting to implement this training in early 2025. The students also developed an 8-week protocol for pelvic floor strengthening to improve urinary incontinence and upright posture for improved sitting. This complements the use of the EMSELLA Chair that significantly improves pelvic floor strength. Contact April Ritter at 509-482-8358 to learn more or for a free consult!



## PLAN FOR THESE UPCOMING EVENTS



Holiday cookie decorating!

**Riverview Cookbook coming soon!** We are creating an official resident cookbook of Riverview and would love to include YOUR recipes in it! This cookbook is about celebrating food, tradition, and the stories that bring the dishes to life. Whether it's a family secret passed down through generations, a dish that reminds you of a special moment, or simply a recipe that you love to make, I would love to include the recipe in our cookbook with a short significant story to go along with it. If you have a photo of yourself or family that you would like to include, that would be a perfect addition to your personal recipe page. We plan to donate all the proceeds for the cookbook to our Home for Hospice. Donations and fundraising information will be posted at a later date. If you have a recipe and would like to share it, please contact Morgan Kelley at the RiverCare desk located across from the RiverBrew coffee shop or call him at 509-482-9500. Thank you!

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**RiverCare In-Home Care Talks starting January 2025!** Check out the monthly resident calendars to learn about topics like Home Care, Home for Hospice, Home Health, Hospice, Palliative Care, Medicare & Insurance, and Know your Benefits. Different topics will be covered each month.

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**Looking Ahead - "Is Everything In Order?"** Mark your calendar! The Village will be hosting a lunch and learn event, "Is Everything In Order?", on January 14th at 11 AM in the Community Building. The presenters will be Estate Planning Attorney Steve Wee, Development Coordinator Alan Harbine and Pastor Yvette Schock. RSVP by January 10th, 2025. To RSVP, please call Alan Harbine at 509-939-3979.

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**January Therapy Talk:** Benefits of massage and trigger point release therapy and new techniques to therapeutic massage with guest speaker, Darcy Palmer, on Monday, January 27th at 2 PM in the Terrace Rec Room!

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**Keep an eye out for more events to come in January! Please check the monthly calendar for outings, classes and other events.**

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

**"With the new day comes new strength and new thoughts."**

— Eleanor Roosevelt



# ART AT RIVERVIEW



## Terrace Art Exhibit

Gib Rossing is happy to announce the first art exhibit by a member of the Riverview staff. The artwork of Resident Experience Manager (Activities Director) Amy Brandle will be on display during January and February.

Artist Amy Brandle's Statement: *Drawing and painting have always brought me joy. Since childhood, I have been drawing cards, signs, place cards and banners of all kinds for my friends and family. My art medium is primarily fine tip pen and ink, or acrylic. I make fine detailed abstract art pieces. I have always been intrigued by creating pieces that can be interpreted in many ways. I am so happy to be sharing my art with you.*

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

Village residents are welcome to come to the Community Building on Wednesdays from 2-4 pm. Bring whatever you are working on and join others around the table. Right now, you will find drawing, painting and crocheting. Feel free to bring whatever creative process you are working on. Last fall we worked with Tommy John and the Wood Shop, painting the ornaments for the tree located in the Terrace dining room. Please take time to look at the painting done by Village residents.

“Art, undeniably,  
is conducive to  
happiness.”

— Unknown

## Nutcrackers on Display Terrace Floors 2 and 3

Village resident, Dee Morton, has collected nutcrackers for over 50 years. Her collection is outstanding, and Riverview is fortunate to be able to have them on display. Dee gave me a tour and I want to share what I saw through the eyes of an artist. I encourage you to look at the nutcracker collection. When looking at the nutcracker dolls, I first noticed their fierce facial expressions. Although they are referred to as dolls, they are not meant to be played with. Their faces are not kind. The dolls are mostly men, painted in bright bold colors with costumes of pageantry and authority. They are all made of carved wood pieces, some numbering up to 60 individual pieces. They all have working nutcrackers, now decorative rather than workable. Their creation started in German homes and moved to factories after becoming popular. Over time, what had been a kitchen tool became a symbol of protection for the home and its occupants. They continue today as valuable art and gifts to bring good fortune.

Written by Dorothy Mehl.

If you have questions, please call or email Dorothy Mehl 509-489-3868, [dorothymehl112@msn.com](mailto:dorothymehl112@msn.com)



**RiverCare's Home Care aims to support residents' age in place by helping with daily living activities, enabling them to stay comfortably in their homes for longer. Many older adults and families have concerns about safety, getting around and loneliness. RiverCare's varied services cater to diverse needs no matter if you are living in Assisted Living, Independent or Memory Care:**

- **Housekeeping:** They offer cleaning and tidying, with flexible scheduling options like weekly or bi-weekly to fit individual needs, particularly useful during hectic holiday seasons.
- **Aftercare from Procedures:** Comprehensive support for individuals recovering from medical procedures, including help with transfers and daily living activities.
- **Personal Care and Shower Standby Assistance:** This includes help with personal grooming and ensuring safety during bathroom activities, showers, transfers from bed to chair, shower standby assistance in case there is a need for assistance.
- **One-On-One Companionship:** They provide social interaction through games, puzzles, reading, visiting, and engaging in art projects, aiming to enhance emotional well-being.
- **Errands and Assistance with Projects:** Offerings include running errands and helping with gathering supplies, particularly useful for holiday preparations.
- **Exercise Programs:** Tailored exercise assistance and safety through walking partnerships, supporting physical health and mobility.
- **Safety:** Home safety features and help in case of a fall or other emergency.
- **Meals:** Shopping for food and preparing nutritious meals.

These services are designed to enhance the quality of life and promote independence. This level of support can be particularly beneficial for individuals who require a little extra help. For more details or to inquire about how we can support you, reach out to RiverCare 509-482-9500.

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### **How to tell if someone needs extra support -**

When you spend time at the person's home, you might notice possible trouble spots. Some examples include:

- Can the person prepare meals on a stove safely?
- Are they bathing regularly and have good hygiene?
- Is the home relatively clean and free of clutter?
- Do they have the medications they need, and are they taking them regularly?
- Significant weight gain or weight loss?
- Is there confusion, loneliness or social isolation?
- Have there been falls, trouble walking or getting around?

## Chaplain's Corner

BY CHAPLAIN YVETTE SCHOCK



Last month I wrote about the power of small gestures that show concern for the neighbors and strangers who cross our paths. This month I'm thinking about the impact of individual actions and gifts joined together. The offerings given by residents in our prayer services are shared with non-profit organizations that tend the needs of our neighbors in body, mind, and spirit. This year we sent more than \$8,000 to the following "Mission Partners":

- Hospice of Spokane
- Lutheran Community Services NW
- Meals on Wheels Spokane
- Ronald McDonald House
- Second Harvest
- Shriner's Hospitals for Children
- Union Gospel Mission
- Vanessa Behan Crisis Nursery
- YWCA Safe Haven Child Center

We call these organizations our Mission Partners because they help us extend our love and care out into the broader world, beyond our immediate reach. All of our individual gifts, big and small, joined together with the resources of our Mission Partners, send ripples and waves of kindness and love out into the world.

We don't always see the faithful, generous work that is happening in our community and in the world, all around us, all the time. But the effects of that hidden work ripples out. Thank you for being a part of it.

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

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### Upcoming Events -

Grief Support Group: 10:30 AM, Fridays, January 17-February 21. Please call Chaplain Yvette if you are interested.

2nd Sunday worship with Central Lutheran Church: 10:00 AM, every 2nd Sunday, Terrace Chapel.

