

THE WAVE

CEO Update

WHAT'S TOP OF MIND

As we enter into Spring, I was hoping to report that my mind would be filled with all of the fun OUTDOOR activities we would be attending but in truth, I am consumed with thoughts of keeping all of us safe from the flu, RSV, COVID... you get the idea. This year, Spokane county has been hit hard with many illnesses. Our primary concern is that all of us stay healthy. Please remember to wash your hands frequently. It only takes a short amount of time, and it can prevent additionally spreading illnesses. Let's stay out of the hospital and right here at the Riverview home, we all love!

HOW ARE WE DOING?

We have been enjoying a lot of predevelopment work that comes with adding a new building to the Riverview campus. That being said, we sent out a sheet of paper soliciting feedback on what we should call this new building. The clear winner was... (drum roll...) Riverview Heights! So, our new building has a name! How exciting! It is just taking us one step closer to allowing us an opportunity to care for additional seniors in the greater Spokane area. Mike and I will continue to host informational development meetings as soon as we have new information to report.

WHAT I'M WORKING ON

Lately it has felt more like "what am I NOT working on??" I am continuing to place focus on Riverview Heights but my main focus this year, as I have shared with you before, is that we need to focus on fun. We have an amazing employee appreciation committee, and I am incredibly supportive of all the work they put into assuring that our employees are feeling the love... Our Activities team is busy focusing on fun things for our residents too!

WHAT I'M UP TO AT HOME

We are busy planning our next family trip and it looks like this year we will be heading back to Dublin Ireland so we can spend time with my husband's wonderful family! I am looking forward to seeing our children explore their heritage and bond with their Grandparents, uncles, and this year - a new aunt! Some of my favorite moments are made up of watching them explore new things with wonder and I am all too aware that my time on that is running out and they will all be grown up before I know it!

WORDS OF ENCOURAGEMENT

"I don't have to chase extraordinary moments to find happiness—it's right in front of me if I'm paying attention and practicing gratitude."

— Brené Brown



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



EMPLOYEE OF THE MONTH & EMPLOYEE SPOTLIGHT

THE VALUE OF THE MONTH IS INTENTIONS.



Alma Connor

Alma is a valued and essential member of our kitchen team, consistently contributing a contagious and uplifting energy to the workplace each day. In recognition of her unwavering positive intentions and her steadfast dedication to making a meaningful impact, Alma's thoughtful actions exemplify a profound commitment to supporting both her colleagues and our residents. Congratulations, Alma!



Corey Dea

Cory, our Lead Security Officer, plays a crucial role in ensuring the safety and well-being of our residents, employees, and campus. In recognition of his positive intentions and his consistent approach to working with a genuine desire to make a difference, Cory's thoughtful actions reflect a deep commitment to supporting both his colleagues and our residents. Congratulations, Cory!

A New Face at Riverview!

We are pleased to introduce Amber as our new Marketing Coordinator. In this role, Amber will be responsible for managing the social media channels and overseeing all bulletins and communications for Riverview. We are excited to have Amber join our team and look forward to the contributions she will make to enhance our marketing efforts and communication strategies. Please join us in welcoming her to the team! She will be starting in March!

Please provide Amber with any information for Friday Papers, photography for events and activities, website updates and newsletter items. She can be reached at 509-482-8317 or awise@riverviewretirement.org.



“Let the beauty of what you love be what you do.”

— Rumi

Congratulations Tony for winning a month of free rent!



PLAN FOR THESE UPCOMING EVENTS

A Message from RiverCare's administrator, Chandra:

RiverCare has had a busy and meaningful month! We were honored to host our first guest in the Home for Hospice, providing essential support to both the guest and their family during this important time. As we await feedback on our Certificate of Need application from the state, we are hopeful about moving forward with our plans to open Home Health services. In the meantime, our dedicated team continues to offer one-on-one assistance to many individuals in the Riverview Community.

We are excited to announce that our RiverCare recipe book will be completed by April 5th, in time for the Craft Fair. The cookbooks will be available for purchase at the reception desks for \$25, with all proceeds going towards supporting individuals in our Home for Hospice who cannot afford their stay.

Additionally, we are in the process of gathering POLST (Physician Orders for Life-Sustaining Treatment) forms from all Riverview residents. A POLST outlines your specific wishes for end-of-life care during medical emergencies, ensuring that your preferences are honored. Without this form, emergency personnel may not know your treatment wishes, leading to potentially unwanted interventions. If you have a POLST form, please make a copy and drop it off at the RiverCare front desk or email pictures to Rivercare@riverviewretirement.org.

Thank you for your continued support and engagement with RiverCare!

Direct Your Thrivent Choice Dollars to Riverview Retirement Community Before March 31st!

Thrivent members, don't miss out on the opportunity to support Riverview Retirement Community with your Thrivent Choice Dollars before the deadline on March 31! By directing your Choice Dollars, you can help enhance the quality of life for your friends and neighbors at Riverview.

1. Log in to Your Thrivent Account at thrivent.com.
2. Go to the "Thrivent Choice" section on your dashboard.
3. Search for "Riverview Retirement Community" in the list of organizations.
4. Choose Riverview and direct your available Choice Dollars.
5. Confirm and submit your donation.

Deadline: March 31! Don't wait—direct your dollars today. Thanks!

-Alan Harbine, *Development Coordinator*

Riverview's Transportation Service

Whether you are new to Riverview, have new transportation challenges, or just want to offer your busy transportation helpers a break, we wanted to make sure you are aware of our Transportation Services. As a resident of Riverview, you are eligible for door-to-door service to and from medical appointments (and most non-medical destinations) 7:30 AM - 4 PM Monday-Thursday (meaning appointments starting no earlier than 8:00 AM, and no later than 2:30 PM) anywhere within Spokane County. All rides, whether one-way or round-trip, are just a flat rate of \$30.00 charged directly to your monthly statement at the end of each month. No mileage added...no tips accepted. If a resident requires help during the appointment (i.e., moving, or relaying information to or from medical professionals), we encourage family members to go with or meet residents at appointments. Scott Rounds, our Transportation Coordinator and Med Van driver, is a one-man operation and can, in most cases, get you from our lobby or your front door to the check-in point... but not stay with resident. A card is provided for residents or receptionists to call for the return trip. Though a van trip may end up with two residents and destinations, either direction, many rides are direct, and all rides are on time for appointments. We can accommodate one resident (in a standard sized wheelchair or with a 4 wheel walker) and one spouse or family member per ride fee (subject to space on that trip). For more information on how to use this service, please call or text Scott at 509-217-3351 or email at srounds@riverviewretirement.org.



**"From the end
spring new
beginnings."**

— Pliny the
Elder



ART AT RIVERVIEW

Gardening Art at Riverview

There is still time to sign up to help the Landscaping Department design and plant the common area flower beds. Call Sue Kurtz at 509 468 1216, or come to the March Garden Club meeting, Saturday March 8 at 10 am in the MPR. Garden designer, Gertrude Jekyll, approached her designs like painting a canvas. She created “pictures” starting by stepping back and looking at the whole scene, imagining colors and shapes. Check on your planting area at different times of the day to determine how much sun it receives. When you have a “picture” in your mind, chose the plants which will produce the scene. Annuals that bloom all season long are the best choices. Consider geranium, marigold, petunia, dianthus, coleus, sweet potato vine, zinnia, lobelia, impatiens and/or begonia. Consider their shape and foliage. Decide on a color plan, single color harmony or bright bold complimentary colors along with the green foliage. Next month we will learn about different flower bed designs.



“Where flowers bloom so does hope.”

— Lady Bird Johnson



Terrace Art Exhibit

The artwork of Village Resident Penny Higgins will be on display during March and April. You can view her art on the art wall near the Terrace dining room. Artist Statement: My name is Penny Higgins. My husband, Jerry and I moved to Riverview in the fall of 2023. I brought with me a collection of paintings and drawings that I have completed over the years. Since I retired, I have discovered that sketching and painting make me happy, so I continue to look for subject matter that would be challenging to paint or draw. The collection covers a variety of subjects and will be on display in the terrace dining room during the months of March and April. I hope you will take a look when you have an opportunity.

Creating Art on Wednesdays

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 and painting, pencil, watercolor and acrylic. Feel free to bring whatever creative process on which you are working.

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



Upcoming March 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 MARCH:

Sundays, 1:00 PM, Chapel: New activity! Hosted by Village resident, and published author Joann Bender, come to "Telling Stories with Joann." Check out her two books in the Riverview Library!

Monday, 3/10, 3:00 PM, Terrace Dining Room: Meet the Artist! Come meet Penny Higgins, who will have her artwork displayed throughout March & April.

Tuesday, 3/11, 2:00 PM, Chapel: Concert by the Treble Makers. Come enjoy 3-part harmonies!

Thursday, 3/13, 1:00 PM, Chapel: Join us for a piano concert with Ben True. After the concert, come to the Rec Room from 2-3 PM for our ST. PATRICK'S DAY HAPPY HOUR!

Friday, 3/14, 2:00 PM, Chapel: Riverview Presents Stephen Friel on saxophone. After the concert, come to the reception in the Rec Room.

Monday, 3/17, 2:00 PM, Rec Room: Come to a special St. Patrick's Day performance by the Heart Beat Cloggers!

Tuesday, 3/18, 3:00 PM, Chapel: Defining Democracy welcomes guests from Braver Angels. Braver Angels is a nonprofit with the Mission to "Bring Americans together to bridge the partisan divide and strengthen our democratic republic."

Thursday 3/20, 2:00 PM, Rec Room: March Birthday and Spring Equinox Party! Join us as we celebrate our March birthdays and the arrival of Spring.

Friday, 3/21, 2:00 PM, Rec Room: Cooking with Tony & Tim!

Tuesday, 3/25, 2:00 PM, Rec Room: RiverCare Talk with Chandra Dunker.

Friday 3/28, 1:00 PM, Chapel: RIVERSONG Concert! Come see a concert by the Riverview choir.

Monday, 3/31, 2:00 PM, Rec Room: Therapy Talk with April Ritter.

SPANISH CLASS! Are you interested in learning or speaking Spanish in an informal class? Please contact Activities at 509-482-8181.

St. Luke Lutheran Church Lenten Services: Riverview will be providing a bus with 12 seats available to services at St. Luke starting on Wednesday, March 5. Please call to sign up for the bus at 509-482-8181.

- March 5 – 6:15 PM pickup, 7:00pm service
- March 12, 19, 26 – 5:15 PM pickup, 6:00 PM soup dinner, 7:00 PM service

"Spring is nature's way of saying, 'Let's party!'"

— Robin Williams



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

Chaplain's Corner

BY CHAPLAIN YVETTE SCHOCK



"Uuuugh. Mud." This is the deep thought I had as I slogged and splashed and grumped my way through our neighborhood while walking the dog last week. I stopped at an intersection and heard the sound of water running into the storm drain there. Suddenly I noticed all around me the sounds of snow melting—dripping from eaves, rushing in small streams beside the curb, waterfalling into the drain—and my perception shifted. Instead of seeing just a mess to navigate, I saw in the slush and mud hopeful signs of spring on its way.

When I think of spring, my mind usually goes right to the first bright burst of crocuses and grape hyacinths, then tulips and daffodils. But usually, spring brings a whole lot of mud and muck before it brings flowers. And mud—a good snowmelt + rich soil—is a necessity for the seeds and bulbs of all those spring flowers to grow.

Lent, the season of repentance and preparation that comes before Easter, is like spring. It starts with a lot of mud. The practices of Lent call us to honestly name the muck and mud in our lives—the ways our hurt, fear, and jealousy, our weakness and sin, shape how we live and move in our daily lives. But Lent doesn't leave us stuck in the mud. Our honesty and search is met with grace. The seeds for new life, for deeper, stronger compassion, trust, and courage grow out of that mud.

So, here's to spring—all the flowers, but all the mud, too.

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

Reminders for March:

Ash Wednesday service: Wednesday, March 5, 10:30 AM, Terrace Chapel

Braver Angels presentation: Tuesday, March 18, 3:00 PM, Terrace Chapel

Alzheimer's Caregiver Support Group: March 14 and March 28, 10:30 AM, Conference Room (near RiverBrew)



In Loving Memory

February 2025

Alan McFarland
Lynn Wells
Sally Ringo-Rice
Shibli Bayyuk

