



*A Publication for
Patients, Residents,
and Families
JANUARY 2015*

RIVER VIEW GAZETTE

From the Administrator's Desk

River View Families and Residents,

We have said goodbye to 2014 and welcomed 2015 with open arms. We are excited about what we have planned for this year. We are focused on Service Excellence more than ever and I hope you take notice. Our new mission statement is "To provide peace of mind to those we care for: our patients, residents, families and staff". As we work hard towards meeting this goal daily please let us know how we can make your experience better. With our Service Excellence calendar coming together for 2015 please check out our Service Excellence board across from the rehab gym. We will be celebrating different departments and posting staff and resident appreciation days.

In 2014, we transitioned our Medical Director to Dr. Mughal. We have had great success with him in the last 7 months since he's been on board. He is here several times a week and has had opportunities to meet with families and residents to discuss needs. If you have questions about your attending physician options, please contact myself or Anne Drewery, Social Work. We have also hired several new department managers with many years of experience in skilled nursing-please see our administrative team list located in this newsletter. I am anticipating our best year yet at River View with our focus on care and the patient experience.

On a personal note, I will be going out on maternity leave for 12 weeks at the end of February. My husband and I are expecting our first child-a girl! In my absence, I will have an interim administrator covering for me. If you ever have any suggestions, please don't hesitate to let us know. You can reach me directly at 804.541.1445 ext. 203 or email me at lnoonkester@riverview-rehab.com. Please let me know what I can do for you!

Warmly,

Lauren Noonkester, MBA, LNHA
Administrator

Clearing out your clutter? We may want it-

If by chance you have an old iPod or mp3 player that you are no longer using, please consider donating it to our residents. It is so thrilling to watch someone who rarely speaks just perk up and smile and even sing along to their favorite song! Other items that can spark memories and bring joy are scented items and pictures. Also, folding towels and baby clothes can be very therapeutic, so if you have any old items that you no longer are using or need, please consider donating them to our residents. We will certainly put them to good use!

New Activity Assistant

We have a new activity assistant with us, her name is Stacey Sadler. She comes with lots of ideas and a wonderful ability to get our residents engaged in different activities.

The activity calendar is now posted on our Facebook page and our website. Please check us out as we have added many new programs. As always, please come join us at any time for our activities!

We are looking for volunteers!!

There is so much happiness that a volunteer can bring to a resident. The benefits are not only for the residents but also for the volunteer. Students in need of service hours, retirees who like to stay active, boy scouts, girl scouts, youth groups are all encouraged to volunteer.

Also, if you have a talent such as piano playing, storytelling, singing, theater skills, crafts, painting, reading to others, we can use your help! We also have bingo, cooking, visiting programs that we would like to have you assist with. We also have games days with checkers, cards, chess, dominos and other games that you could play with them either in a group or with those that do not come out of their room often. As little as an hour a week can make such a difference.

Please stop by our reception desk or email me at dsuyes@riverview-rehab.com for volunteer application and information. You can also call 804-541-1445 ext. 227 for information. We look forward to hearing from you.

Want to win a 32" Vizio Flat Screen TV?

Please complete the survey that RPs will receive from My Innerview-a third party company managing our satisfaction surveys. Bring by your completed sealed envelope to our reception window and you'll receive a drawing ticket to be entered into the drawing. Your feedback is important to us for ongoing improvements in the center.

MONTHLY HAPPENINGS!!

Monthly outings	Board games	Manicures	Women's groups
Cooking programs	Card games	Birthday parties	Yesteryear music with Florence
Bible studies and church	Coffee socials	Bingo	Trivia

We have a monthly MS support group that is open to the public. It is held the 2nd Thursday of each month in the Dogwood room. Please contact the activity department for further information.

FAMILY NIGHT DINNER!

On Wednesday, February 11 @ 5:00 P.M. we will be having a family night dinner in honor of Valentine's Day! If you are interested in joining your loved one for dinner, please contact the Activity Department at 804-541-1445 ext. 227 by Tuesday February 3, 2015. It is very important to RSVP by the listed date due to ordering food and also having your loved ones brought into the programs to join you. Due to seating arrangements, we have to limit 2 guests per resident. Also, please only contact the Activity Department for any activity questions, as the front desk does not always have Activity information.

Menu: Baked Chicken, glazed carrots, au gratin potatoes, chocolate cake with chocolate frosting.

February Staff Birthdays:



Erica Tyler	3	Brenda Williams-Whitehead	12
Rose Waycaster	3	Jalissa Taylor	15
Beverly Stocks	7	Brenda Paige	19
Shunta Stepney	8	Alaa Elhaj Omar	21
Crystal Crowder	10		
Karen Williams	12		

Recipe of the month: Submitted by Brenda Paige, Business Office Manager

Philly Cheese Dip

INGREDIENTS

- 1½ cups GRILLED and small chopped thin cut shoulder steak
- 2 Tablespoons olive oil
- 1 cup diced onion
- 1 cup diced green pepper
- 8 oz. cream cheese, softened
- ½ cup mayo
- 4 oz. shredded or chopped provolone cheese

INSTRUCTIONS

1. Sauté onion and green pepper in olive oil over medium heat. Set aside.
2. In medium bowl, mix cream cheese, mayo, provolone, and chopped steak. Stir until well combined. Add sautéed onion and green pepper to bowl and bake at 350 degrees F for 20-25 minutes.
3. Serve with chips or toasted baguettes.

If you have a favorite recipe you would like to share, please drop off with the activity department or email it by the 15th of each month we will be glad to share.

Safety News!

Just a reminder that here at River View on the Appomattox we are a smoke free facility. This also includes our parking lot as well.

Also, please check with any staff member before allowing a resident outside. This is for their safety and wellbeing. We must know at all times where our residents are. Please be sure when you leave the building that a resident is not following behind you. If they are, notify the front desk or any staff member that you see.

Administration Team



☺ Lauren Noonkester, MBA, LNHA	Administrator
☺ Rochelle Oliver, RN	Director of Nursing
☺ Brenda Whitehead, RN	Assistant Director of Nursing
☺ Jonnitra Peeples	Senior Human Resource Generalist
☺ Tracey McWilliams, LPN	Outlook Pointe Unit Manager
☺ Miasha Gilliam-El, RN	River View Unit Manager
☺ Beverly Stocks, MBA	Director of Admissions
☺ Monica Bregman, SLP	Director of Rehabilitation
☺ Diane Suyes	Director of Activities
☺ Erical Tyler, LPN	Wound Care Nurse
☺ Anne Drewery, MSW	Director of Social Work
☺ Brenda Paige	Business Office Manager/Center Program Coordinator
☺ Troy Oxendine	Director of Environmental Services
☺ Bill Lessig	Dietary of Dining Services
☺ Cynthia Frey, RD	Registered Dietitian
☺ Ruth Smith	Medical Records
☺ Lois Jones	Scheduling and Supply Clerk
☺ Michelle Quick, LPN	MDS Coordinator
☺ Jackie Pate, RN	MDS Coordinator
☺ Mike Burnett	Director of Maintenance



Dietitian's Corner

Welcome to our first try at a portion of our newsletter dedicated to the importance of nutrition for our residents. Each month our Registered Dietitian will discuss a different nutrition topic. If you would like to request a specific topic for a future newsletter please email our Dietitian at Cfrey@riverview-rehab.com

This month's topic is Food Safety. Food Borne Illness, which is also called food poisoning, is a very serious concern in susceptible populations such as children, the elderly, pregnant women and people with compromised immune systems. With that in mind our Local, State and Federal Health Inspectors keep a watchful eye on anything that is served to our residents. They watch temperature control, sanitation and food production closely to help in preventing food borne illness in the elderly population. This article will address the internal policies we use here at Riverview to assist in preventing food borne illness within our individual resident population.

We encourage families to bring food in from home that your loved one enjoyed before coming to our Center. Keep in mind that all hot foods should be cooked to an internal temperature of 140 degrees or higher. Cold foods should be kept chilled at 40 degrees or lower. Most meats should be cooked to an internal temperature of 160 degrees or higher. Any food item left between 40 and 140 degrees for greater than 4 hours is considered a ***danger zone*** for bacteria to replicate in and on the food item which can in turn cause a food borne illness. Food items such as meat, poultry, eggs, milk and milk products as well as bakery items with cream fillings, etc. have a higher incidence of carrying the bacteria which can cause food borne illness. It is especially important to keep these foods OUT of the danger zone.

We ask that anything you bring in for your loved one is stored in the refrigerator on their respective unit. Please include your loved one's name, room number and the date you brought in the item. Once the product is opened we will date the item with an open date. All perishable items must be

discarded 3 days after opening. If you or your loved one opens the product please let the nurse know so we can be sure the item is dated with a permanent marker that will not rub off. We understand that you may store food items differently at home however keep in mind the stricter guidelines we must adhere to per our local, state and federal health inspectors. The only exceptions to this would be food items such as a carton of milk that has an expiration date pre written on the item. That being said we still enforce the 3 day cutoff for all opened products.

We receive many questions about sharing food items that you may bring your loved one with the other residents, for example a roommate. We graciously ask that you *NOT* share food items you bring from home with the other residents in our Center. Many of our residents have therapeutic diet restrictions, receive thickened liquids or may be unsafe to consume solid food and are here to work with Speech Therapy so they can eat solid food again. Please understand it is for these safety and health reasons we ask that food items not be shared with other residents. If another resident asks for food you brought in for your loved one, please consult with their respective nurse. There are occasions where a resident is their own Responsible Party and can make their own decision about foods they want to consume but this still must be approved by their nurse.

We hope this answers some of the questions we receive about bringing foods in from the outside. Do not hesitate to contact our Registered Dietitian, Cindy Frey or our Dietary Manager, Bill Lessig for any further questions you have regarding food safety.