

# River View Gazette

201 Eppes St. Hopewell, VA 23860

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Dear Resident, Family, Guest:

We hope everyone is enjoying our lovely Virginia spring weather. Our residents and patients are enjoying sitting outside on our front porch. Remember to hydrate with plenty of water in the heat and to take breaks.

We are always focused on Service Excellence. We hire, train and coach our staff to provide care based on our mission statement—"To provide peace of mind to those we care for: our patients, residents, families and staff.

We want to know how you feel about the care you are receiving— Please let us know what you need to make your experience here excellent.

We hope you enjoy our monthly newsletter. If you have any suggestions. Please let us know.

- The Leadership Team

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## **From our safety and maintenance department:**

With the warmer weather here we are asking that if you bring any food items in for your loved ones, that they be in a tightly sealed container after opening. We do not want to attract any unwanted pests into the building.

## **From the Activity Department:**

The activity department had a very busy month of May. We celebrated National Nursing Home Week. We had many events throughout the week such as Country Western Day, Baseball Day, and ended it with a 50's sock hop that Friday night. Many of our

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## **Upcoming Events**

### **June 11**

First Responders Cookout for our EMS, Police and Firefighters 11-2pm

### **June 11-17**

Certified Nursing Assistant's week: Fiesta themed events

### **June 16**

HealthTalks: Fraud Protection  
4:30pm

### **June 17**

HealthTalks: Skin Care 1pm

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## **Important Announcement**

It's National Safety Month. This month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities.

See tips on page 2.

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residents danced and won raffle prizes during this time. We have posted the pictures on the bulletin board across from our therapy department

We will be having a special singer, Rachel Parker, on June 22 in honor of Father's Day. She will be performing in our dining room, 2:30-3:30. Please come and join your loved one while enjoying some beautiful music!

We would like to put together individual memory books for your loved ones. If you have any pictures, letters, family recipes, etc. Could you please bring them in for us to make a small album for them?

The activity calendar is posted on our Facebook page and on our website: River View on the Appomattox. If you have any questions, please contact the activity department at 804-541-1445 ext. 227. If no answer, please leave a voicemail and we will return your call as soon as possible.

## Safety Month tips:

✓ Prevent musculoskeletal disorders. Tools designed to work with the body's natural movements can minimize the risk for developing musculoskeletal disorders. Consider investing in ergonomic equipment and examining work design to help reduce worker fatigue, increase productivity and avoid injuries and strains.

### Beat the Heat

Whether you're working or playing outside in the summer, anybody not accustomed to the heat is at risk for a heat-related illness. Take steps to protect yourself:

- ✓ Wear appropriate clothing, including a wide-brimmed hat
- ✓ Take frequent water breaks
- ✓ Apply sunscreen with an SPF of at least 15
- ✓ Never leave kids or pets unattended in a vehicle

### Water Safety

More than one in five drowning victims are children 14-years-old and younger, and most incidents happen when a child falls into a pool or is left alone in the bathtub. Keep your kids safe in the water:

- ✓ Enroll children over the age of three in swimming lessons
- ✓ Don't rely on lifeguards to watch over your children
- ✓ Never leave your child unattended



## Nurse's Week 2015

## In the Community

### Butts on Broadway

June 27, Barbecue tasting and competition, beer and music. Broadway Avenue, Hopewell. For information, call 804-446-4847.

### 4<sup>th</sup> of July

Ft. Lee 4th of July Celebration. Food, fireworks and family fun.