



# The River View GAZETTE

A PUBLICATION FOR  
PATIENTS, RESIDENTS,  
AND FAMILIES

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## River View's Community Day

### Hello All!!!

I hope that you are enjoying this last month of summer! I know we are here... we plan to soak it all up! Please take a moment and look at our calendar on Facebook and other happenings we have going on at River View on the Appomattox. You can find useful information on our Facebook Page and our Website 24/7.

On July 25<sup>th</sup> River View held a Community Day for our family, friends, and residents. We had music, food and fun!



## **Grocery Shopping at Home**

By Cindy Frey, RD

So your loved one did great in therapy and they are ready to go home. One of the biggest questions we receive when our residents go home is what should they eat now? This can be a challenge depending on the type of activities your loved one can begin once they are home. The following guidelines are helpful whether your loved one is shopping independently or family is assisting with their grocery shopping once they are home.

Keep in mind that healthy food guidelines are good for all of us. Being sure your loved one is making healthy food choices after their discharge to help prevent readmissions to the hospital especially if they have underlying health issues such as diabetes and heart disease.

- If you have a choice of where to get your groceries, pick a store that is clean and well supplied. A busy grocery store assures you the stock is more likely to turn over quickly. Be sure to check all expiration dates before purchasing any food product.
- Stick with fresh or frozen fruits and vegetables. Canned items tend to be higher in sodium. Always choose lower fat dairy items, whole grain breads and cereals and lower fat meats such as chicken, fish, extra lean ground beef and pork tenderloin.
- Be sure to shop at a time where you or your loved one is well rested. Many stores have motorized carts which you can use.
- Look into using a CSA (Community Supported Agriculture Group). CSAs are membership or subscription groups that allow you to buy in-season fruits and vegetables directly from farmers. You can check online to see if there are any CSA's in your area. A good website to try is [www.localharvest.org/csa/](http://www.localharvest.org/csa/)
- If you can find a farmer's market or vegetable stand nearby during growing season you may find their produce to be cheaper than your local grocery store. You may also be able to get help from the Federal Government to help pay for fruits and veggies from the farmer's market through the Senior Farmer's Market Program. They provide coupons you can use at farmer's market and roadside stands. Google Senior Farmer's Market Programs for local contact information.

Eating well is vital for everyone no matter your age. Your daily food choices make an important difference in your overall health and well-being. If you or your loved one has questions about your diet post discharge feel free to contact our Registered Dietitian via email at [Cfrey@riverview-rehab.com](mailto:Cfrey@riverview-rehab.com).



## **This Month's Birthdays**

**Joan Salunek, August 2**

**Iris Smith, August 4**

**George Maclin, August 4**

**Eugene Ward, August 8**

**Ravanna Jenkins-Bey, August 8**

**Alice Bell, August 8**

**Dorothy Gill, August 9**

**James Williams, August 12**

**Ellen Garvin, August 20**

**John Long, August 23**

**Gerard Taylor, August 23**

**Gloria Wilson, August 26**

**Ruth Rest, August 28**



## Stars of the Month



Quantisha Conner, Housekeeping



Bryan Rice, Maintenance Assistant

We love our therapy staff! Here is a snapshot of the fun they had during the Fourth of July!



## Upcoming Events

- August 19: Fun with Fort Lee Soldiers
- August 25: HealthTalks-Immunization education by Hopewell Health Dept.

## In Memory of those we have lost last month:

*Dorothy Sutton*

*Shannon Huffman*

*Mary Miller*

*Fred Parsons*

*Robert Seay*

*Edward Courtney*

*Curtis Butterworth....Bible study teacher for 3 years with River View.*

**The Activity department will be making shadow boxes for our residents. We are asking that the families please provide any special pictures, sayings, etc. that we can place in the boxes for our residents. This will be a treasure that they can look at each day and remember with joy.**

### **Change of our Activities Assistant**

We will be changing our activity assistance this month. Stacey is moving out of state to begin a new chapter in her life, and we will here great success. Stacey will be missed, as she was a valuable member of our activity department. However, we will be bringing on board Beth Wildermuth. She is a graduate from Longwood University with a degree in Therapeutic Recreation. We look forward to having her join our team here at River View. She brings experience and knowledge with her that will be implemented in our activity department. Please stop by in September and meet Beth, she

## Friendly Food Reminders

*As a reminder from our housekeeping and dietary departments, when you bring in snacks for your loved ones, please place in an air tight container. This will help elevate any unwanted guests! Also, please check with nurse when bringing in snacks; make sure that they can have what is brought. We also want to remind you that food and drinks cannot be given to other residents without first checking with their nurse. Some residents may tell you they can have certain things, but their doctor orders may say they cannot. We also want to avoid any allergic reactions.*

### **Please Welcome our New Hires:**

Tamarah "Tammy" Stout	Business Office
Sara Dickens	Business office
Beth Wildermuth	Activity Assistant

### ***August is National Friendship month.***

Here are some interesting facts and sayings about friendship:

- The word friend is from German origin.
- One source of Friendship Day was created by Hallmark in 1919, but most sources say that in 1935, the U.S. congress voted on a formal proclamation to dedicate a day to honor friends.
- In 1997, the United Nations named Winnie the Pooh, as the world's Ambassador of Friendship.

### **Friendship Quotes and Proverbs:**

A friend in need is a friend in deed. English Proverb

Live is blind; friendship closes it yes. French Proverb

A real friend is one who walks in when the rest of the world walks out.

No amount of wealth can offer the security of a trusted friend-Juan Louis Vives.



## River View Health & Rehab Center

201 Eppes St., Hopewell, Virginia 23860  
504-541-1445 phone

### Administration

Administrator, Lauren Noonkester  
Human Resources Manager, Jonnitra Peeples

### Business Office

Business Office Manager, Brenda Paige  
Business Office Assistants, Sharon Parker and  
Teri Taylor

### Facilities

Housekeeping Director, Troy Oxendine  
Maintenance Director, Mike Burnett

### Nursing

Director of Nursing, Rochelle Oliver  
Assistant Director of Nursing, Brenda Williams-  
Whitehead  
River View Lane Manager, Shellie Mason (interim)  
Outlook Pointe Manager, Tracey McWilliams  
Evening Nurse Supervisor, Dolly James  
Night Nurse Supervisors, Don Agett  
Weekend Nurse Supervisor, Cynthia Williamson  
Wound Care Nurse, Erical Tyler

### Admissions

Director of Admissions, Beverly Stocks  
Admissions Assistant, Pam Joyner

### Dining Services

Dietitian, Cindy Morrison-Frey  
Director of Dietary Services, Bill Lessig

### Medical Services

Medical Director, Dr. Amjad Mughal  
Physician, Drs. Mujeebuddin and Farooq

### Social Services

Director of Social Services, Anne Drewery

### Recreation, Activities & Volunteers

Director of Activities, Diane Suyes  
Activities Assistants, Stacey Sadler

### Therapy

Director of Rehab, Monica Bregman