



RIVER POINTE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# News

April 2019



## The Benefits of Volunteering

From April 7<sup>th</sup> through the 13<sup>th</sup>, we celebrate National Volunteer Week – a time for us to recognize all of those who are guided by a servant's heart. You might know them as a choir practice leader, a bingo caller, or just a friendly face that stops by to ask you about your day. But how often do you see a volunteer in yourself? How about one of your friends? You might think that volunteering is a young person's game, but this couldn't be further from the truth. Brought to you by the National Institute on Aging, here are some of the ways a senior's life can improve when they are an active member of their community.

Whether you're volunteering or participating in one of our Life Enrichment programs, being involved is great exercise for your brain. You'll be using your intellect to find new, creative ways to tackle the day, which can lower your risk for developing diseases such as dementia. Additionally, a study by the Rush Alzheimer's Disease Center found that "there is a link between higher levels of social connections and participation in social activities with better cognitive function."

Research has shown that we're happier when we believe in what we're doing. When we participate in activities that we find fulfilling,

we're less likely to feel symptoms of depression, and more likely to feel healthy. For example, when a group of seniors volunteered as tutors at their local elementary schools, their cognitive and physical health were shown to have improved. In extreme cases, volunteering has also helped those who are grieving the loss of loved one – providing them with a stronger sense of self and purpose.

At our campus, when someone offers to help you, they'll do so with a smile on their face. When you look at all the positive effects that volunteering can have on one's life, it's no surprise why. Even if you're not in a position

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# Happy Birthday!

## Residents

April 01	Elizabeth S.
April 06	Marion M.
April 09	Mildred A.
April 13	Mary M.
April 17	Mark S.
April 20	Joann W.
April 21	Bettye T.
April 25	Anita W.
April 28	Sally K.
April 29	Albert T.

## Staff

April 03	Cheryl M.
April 03	Cynthia W.
April 04	Donna P.
April 09	Michele U.
April 12	Deborah H.
April 17	Kailee D.

## Days to Remember

April 01:  
April Fool's Day

April 08:  
National Zoo Lovers Day

April 11:  
National Pet Day

April 14:  
River Pointe's Family Brunch

April 18:  
National High Five Day

April 21:  
Easter Sunday

April 22:  
Bagels & Bingo Community Event



## Executive Director Corner

Greetings from River Pointe Health Campus!

It's hard to believe that it's already April, and we can start putting away our coats and jackets in favor of shorts and t-shirts. The warmth of spring might even invigorate you to participate in a cookout or relax with your friends in our courtyard. However you choose to spend your time at River Pointe, there's always something to do and people to enjoy it with – including our volunteers.

April 7th through the 13th is National Volunteer Week, so I wanted to spend some time this month highlighting the many ways in which volunteers serve our community. We highly encourage our residents to get involved in these activities and meet our volunteers for themselves!

With our Music to My Ears program, student music

groups, community choirs, and other musical acts come to our campus to awaken, calm, and encourage with the power of song. If you want to show off some of your own talents, the volunteers of our Artisans program are always finding new creative ways for our residents to express themselves. And if you decide to join us for a friendly game of Bingo, there will be a friendly face there ready to read off your winning numbers.

Wherever you may encounter them, you'll instantly feel connected to the volunteers that serve our campus. Thank you to all of those who make the time to be a part of our family. For more information on how to become a volunteer in our community, give us a call today. We'd love to meet you!

Yours in Service,

*Adam Strickland*

Executive Director

## Staff Spotlight: Jessica D.

**My position is Medical Records.**

I've been with River Pointe for: 1.5 months.

My family includes: My husband and 3 kids!

My hobbies include: Jogging and sports with my family.

More about me: I worked for River Pointe as LPN as my first nursing job from 2011-2013.





# Taste of Town: Los Bravos

Once a month, we enjoy bringing a local restaurant's fare and atmosphere into the building in order for everyone to experience that "going out" feeling. Los Bravos is a favorite of the residents who attend facility outings so we decided to share the Los Bravos experience with everyone at the campus as well! Residents dined on the delicious entrée called "Chicken on the Beach" with grilled chicken served on a bed of rice and topped with cheese sauce. Refried beans and a lettuce/tomato/sour cream accompaniment were served on the side with churros for a sweet finish.



## Resident Spotlight: Minnie R.

**My family includes:**

**My 3 married sons, 6 grandkids,  
and 4 great-grandkids!**

**My friends say: I'm friendly.**

**The hardest lesson I've had to  
learn was: Living by myself.**

**Favorite food: Pizza**

**Words of Wisdom:**

**"Take one day at a time."**



## THEMED WEEK: NEW ORLEANS

Our first Theme Week of 2019 was a success as we "traveled" south to New Orleans for Mardi Gras! The food, the music, the fun costumes, and the company of each other made this night amazing! Throughout the week, residents took a digital tour of the French Quarter, created beaded necklaces, learned different Mardi Gras meanings and traditions, listened to accordion music, and baked bite-sized King Cakes for Happy Hour! Additionally, we cannot forget our mouthwatering New Orleans Theme Dinner that included Louisiana Style Crab Cake with Creole Remoulade Sauce, an entrée of Braised Beef with Tomato Espagnole, accompanied by Grilled Shrimp over Sausage Grit Cake with a Smoked Gouda Mornay Sauce, and Creole Corn & Veggies. Topping the night off with a Mardi Gras King Cupcake with Cinnamon Streusel Swirl & Cream Cheese Frosting, it was a meal fit for a king! Follow us on Twitter and Facebook to see what keep up with our Theme Week festivities & all of our events!







## RIVER POINTE

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*A Trilogy Senior Living Community*

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*Adam Strickland*  
Executive Director

*Carla Benson*  
Director of Health Services

*Stephanie Sellars*  
Business Office Manager

*Caty Mobley*  
Life Enrichment Director

*Elizabeth Harrison*  
Director of Resident Services

*Camelia Seger*  
Therapy Program Coordinator

*Robin Arnold*  
Community Service Representative

*Megan Kraft*  
Director of Dietary Services

*Steve Talbert*  
Director of Plant Operations

*Katie Houghland*  
Environmental Service Director

### Stay in the Loop

Keep up with latest campus news  
and happenings by following  
us on your favorite social networks!

*We strive to provide the best customer  
service and quality care for our residents.*

*Our Department Leaders are here  
to solve any concerns you may have.*

*In the event that you need further  
assistance with any unresolved concerns,  
we encourage you to call or email  
our Compliance Hotline: 800-908-8618,  
ext. 2800; or [comply@trilogysls.com](mailto:comply@trilogysls.com)*

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# 'Volunteering'

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to act as a volunteer, there  
are plenty of ways to get  
involved at our campus.  
Express yourself with our  
*Artisans* program. Go on a  
once-in-a-lifetime vacation  
with the *Trilogy Travel Club*.  
Take a cooking class hosted  
by our campus chefs, then  
share the end results with  
your family and friends.

Doing what you love at here means leading a happier and healthier lifestyle,  
and we're here to assist you every step of the way.

If you're interested in lending a helping hand, or know someone whose  
talents are well worth sharing with others, contact our Life Enrichment  
Director today!



## Word Search

T	X	S	X	X	T	B	Y	R	J	D	R	V	T	S	M	I	L	E
I	R	O	V	X	X	P	J	F	E	E	K	D	P	C	L	U	B	D
X	R	A	X	Y	R	Y	Y	D	E	X	I	L	U	A	M	I	M	N
M	V	Q	V	L	T	R	E	T	G	C	T	E	R	H	H	J	C	O
Z	A	N	T	E	W	V	N	V	V	R	A	W	P	U	J	E	S	Q
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O	N	M	V	O	U	R	S	A	Z	T	R	R	E	H	S	R	U	M
G	E	N	V	S	T	X	D	L	N	I	K	M	R	H	O	E	G	W
N	I	O	V	B	E	G	Z	D	F	V	D	Z	D	I	T	T	S	A
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D	T	V	C	A	Q	T	A	O	R	K	D	B	K	P	S	I	I	B

APRIL  
ARTISANS  
BENEFIT  
CLUB

COGNITIVE  
CREATIVE  
DONATION  
EXPRESS

FRIEND  
HELP  
INTELLECT  
INVOLVED

PURPOSE  
SMILE  
TRAVEL  
VOLUNTEER