

THE WAVE



CEO Update

WHAT'S TOP OF MIND

Projects, strategic planning, and stability. All three have been skillfully balanced in discussion and implementation lately. We know with the specific projects we are tackling this year it will require a lot of both planning and support from all of you. Our lobby in the Terrace will be remodeled and we must balance that with fantastic and responsive resident care. THAT is top of mind, keeping our residents happy and safe while we experience some positive changes.

HOW ARE WE DOING?

We are entering convention season. This year we are lucky enough to have both the WHCA and Leading Age WA conventions coming to Spokane, so we won't have to travel far. These conventions allow our leaders an opportunity to learn about topics that affect you as residents and our employees and regulations. We are looking forward to seeing some of our employees receive some great awards that will help celebrate both their great work and Riverview's. It's busy but it's the way we love it!

WHAT I'M WORKING ON

Right now, I am working on assuring that our Terrace lobby project starts without a hitch. Mike Schleigh has been instrumental in assuring that we have a great implementation plan and that we are providing something that will increase safety and service. Our whole goal is to make sure that we give you the amenities that you need and want while still being good stewards of our financial resources.

WHAT I'M UP TO AT HOME

Baseball. A LOT of baseball. Benny has chosen this to be his new passion. First base is where he's landed, and he is in heaven. Now, baseball is America's past time and with Marcus being from Ireland I am having to explain all about a top of the inning and the 7th inning stretch. He's understanding it (slowly). We have all been throwing the ball and trying to catch and hit it and find interesting facts about players.

WORDS OF ENCOURAGEMENT

"Here's something to think about: How come you never see a headline like 'PSYCHIC WINS LOTTERY'?"

—Jay Leno

This issue:

Page 1

CEO Update

Page 2

Employee of the Month & Employee Spotlight

Page 3

Upcoming Events

Page 4

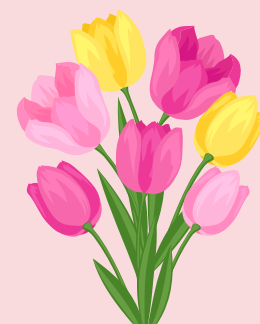
Art at Riverview

Page 5

May Activities

Page 6

Chaplain's Corner



EMPLOYEE OF THE MONTH & EMPLOYEE SPOTLIGHT

MARCH'S VALUE OF THE MONTH IS TEAMWORK.



Winter 2023
Tom Drudy

Tom is our Winter Manager of the Quarter! During his time here at Riverview, Tom has strongly upheld our value of teamwork every day. Tom is essential to Riverview as he and his maintenance/grounds team always ensures the community looks its best. Feel free to stop him and congratulate him!



March 2024
Brandy S.

Brandy demonstrates awesome teamwork when working with nurses and other staff! She is able to ensure cohesiveness within her team and has the ability to create a positive working atmosphere. Brandy's teamwork not only influences others to recognize their own strengths and skills, but also motivates everyone to work together.

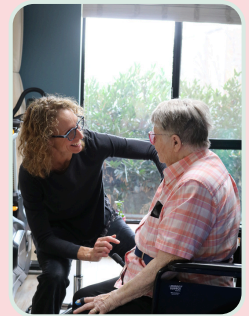


March 2024
Bruce W.

Bruce is such a team player in the kitchen! He works well with all the cooks and waiters at Riverview. Bruce's work ethic is not only beneficial to him but also strongly influences others to work better together.

"Alone we can do so little. Together we can do so much."

— Helen Keller



GO



KAT!



EMPLOYEE SPOTLIGHT!

Kat was recently awarded the Washington Health Care Association (WHCA) Red Carpet Quality Excellence in Service Award 2024! CONGRATULATIONS!

Katrina, our own personal indoor "Kat," is a physical therapist who has worked for Riverview Retirement Community of Spokane for the last 5 years. She has worked in long term care/SNF and rehabilitation for the past 22 years. Kat's dedication, compassion, and tireless efforts have significantly contributed to enhancing the quality of life for residents and fostering a positive work environment for staff within the assisted living community. Kat's commitment to excellence in service is unparalleled. She consistently goes above and beyond her responsibilities to ensure that residents receive the highest standard of care and support. Her genuine empathy and warmth create a welcoming atmosphere where residents and their families feel valued, respected, and cherished. Through her compassionate approach, Katrina has forged deep connections with residents, providing not only physical assistance but also emotional support and companionship. Thank you, Kat!

PLAN FOR THESE UPCOMING EVENTS



CarFit!

"If everyone is moving forward together, then success takes care of itself."

— Henry Ford



Unveil the Trail!



Therapy Talk with April Ritter! On Friday May 17th at 2:00 PM in the Terrace Rec Room, our Director of Therapy and Occupational Therapist, April Ritter, will be hosting a Mental Health Awareness event. *What is Multidimensional Self-Care?* In honor of Mental Health Awareness Month, come learn more about the practice of taking care of your physical, mental, emotional, and spiritual aspects of your life to promote health and wellness. Come learn how to make green smoothies and protein snacks with samples. Contact April Ritter at 509-828-1344 for more information.

National Senior Health and Fitness Day! Please save the date for our upcoming event on Wednesday, May 29th at 1:30 PM in the Terrace Rec room. We are excited to celebrate National Senior Health and Fitness Day with you! This event will take a holistic approach to fitness. We will have interactive booths set up for physical, mental, spiritual, social and emotional health fitness. You can look forward to having fun while eating healthy snacks and finding creative ways to incorporate healthy activities into your daily life. We hope you will join us and take advantage of this opportunity to improve your wellbeing. See you there!

***"A mother is your first friend, your best friend, your forever friend."* —Unknown**
Mother's Day is coming up! In honor of Mother's Day, Riverview is celebrating all the mothers with a buffet on Sunday, May 12th with a wide range of delicious food, like slow roasted baron of beef, salmon, and an array of sweet treats. Plus, MOM-osas (mimosas) will be served. The buffet is \$30 per person. **Please RSVP on or before May 10th.**

Rev your engines for a cause at the Corbin Senior Activity Center's 56th Annual Auction: Route 66 Revival Rally & Auction on May 19th! Join us at DAA Northwest for an unforgettable evening of support and excitement as we come together to empower the lives of seniors in our community. Your \$75 ticket is your passport to an evening of joy and generosity. Fuel your soul with the satisfaction of supporting Corbin's mission to engage, enrich, and empower seniors. Get ready to marvel at classic cars gleaming under the stars, indulge in a delectable dinner by Inland Northwest Catering, and bid on incredible treasures in our electrifying silent and live auctions. But wait, there's more! Prepare to laugh till it hurts with a side-splitting comedy performance by the hilarious Phil Kopczynski. It's an evening bursting with laughter, camaraderie, and the warm glow of giving back. Purchase tickets online at <https://givebutter.com/DNLzuU> for \$75 or call 509-327-1584 to reserve tickets.

***This is not a Riverview event nor a Riverview outdoor event. No bus is provided.**

Terrace Lobby Sponsors

As for those who do not know, our Terrace Lobby is planning to undergo a remodel in the near future. Over the past couple months, Riverview has reached out to the neighboring communities and Spokane to seek sponsors for our Terrace Lobby remodel. Recently, we have received three lobby sponsors from local businesses, Cline's, Vertical Options and the Hearn Bros. Printing. Riverview wants to give a huge shoutout to these three businesses, especially to the Hearn Bros. Printing because they are one of our main partners for all professional printing services at Riverview. Again, we appreciate you all!

ART AT RIVERVIEW

Terrace Art Exhibit

In May, Dorothy Mehl will exhibit her art on the Terrace Art Exhibit Wall outside the downstairs chapel. Dorothy has lived in the East Village since 2015. She fell in love with painting when she was 50 years old, and it has continued to be her passion. She enjoys involving others with art projects and in art classes. She paints mostly in acrylics in an impressionist style verging on fauvism. The exhibit will include older paintings as well as some recently completed.



Painting on Wednesdays! - Come and Paint With Us!

Village residents are welcome to come to the Community Building for painting from 2-4 pm Wednesdays. We may be painting from a tutorial shown on the big screen. Or we may be working on a project together. We love painting rocks for gardens and for the dog park exhibit. We will be painting wooden tree ornaments made by the Wood Shop for the Christmas tree. Experienced painters as well as new students are welcome. Acrylic paint and brushes are provided. Come and paint with us.



“May we find solace in art.”

— Esmé Weijun Wang

Bird Wall Mural

We will be adding a few more birds to the mural this spring. If you want to paint a bird or two, please come to the Community Building on a Wednesday between 2-4 PM and learn all about it.

Watercolor

Alva Kiesbuy teaches watercolor painting. Please call her at 509-202-3005 if you are interested in watercolor painting.

Little Free Library


Painting to repair sun damage on the West Village little library is complete and soon it will be reinstalled. This was a project completed by 3 members of the art group. Rayna Lee Walker painted the marmot, Dorothy Mehl painted the sunflower and Donna Utter painted the butterfly and the ladybug. We hope you all enjoy it as much as we enjoyed painting it. There are 5 Little Free Libraries on the Riverview campus. They were built by the Wood Shop and painted by Riverview resident artists. Ralph Granner keeps them filled with interesting books for you to freely take and read.

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



Upcoming May 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.

Friday, 5/3, 1:30 PM, Rec Room – Cinco de Mayo Happy Hour Social! 

Monday, 5/6, 1:30 PM, Chapel – Come enjoy a program of Baroque Trio Sonatas performed by the Tapestry Quartet featuring harpsichord, cello, oboe, and flute.

Tuesday, 5/14, 2:00 PM, Chapel – Riverview Presents: Wagner & Kong. Featuring cello and piano, this touring duet will be playing Debussy, Bruch, Sollima & Rachmaninoff.

Thursday, 5/16, 2:00 PM, Rec Room – Women’s Tea & Hat Party. Invite your mothers, daughters, granddaughters, nieces, or gal pals, don a hat, and enjoy an afternoon with small treats, tea, and sounds of the harp from Janna Engell. Please call 509-482-8181 to sign up.

Sunday, 5/19, 1 PM, Corbin Senior Activity Center – Auction, Rally & Classic Old Car Show. Hosted at DAA Northwest. Purchase tickets online at <https://givebutter.com/DNLzuU> for \$75 or call 509-327-1584 to reserve tickets.

***This is not a Riverview event nor a Riverview outdoor event. No bus is provided.**

Thursday, 5/23, 2:00 PM, Chapel – Riverview Presents: Project Joy Senior Serenaders.

Monday, 5/27, Herman Legacy Garden – Memorial Day BBQ! 

Tuesday, 5/28, 1:30 PM, Chapel – Celtic Aires concert, featuring four-part harmony and a variety of instruments.

Wednesday, 5/29, 1:30 PM, Rec Room – National Senior Health & Fitness Day event! Immerse yourself in wellness at this special event. Call Kelli Barnes with questions: 509-482-8589.

As always, check your calendar for more movies, exercise & wellness classes, outings, and a variety of other activities! Call 509-482-8181 with any questions.



“May is the month of promise and the sweet beginnings of summer.”

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



Chaplain's Corner

BY CHAPLAIN YVETTE SCHOCK



I want to tell you about several good things coming this month, so I'll keep this brief and get right to the facts, ma'am:

Introduction to Mindfulness and Meditation

Wednesday, May 1, 2:30 PM, Terrace Chapel

Come learn more about mindfulness and meditation from guest speaker Jim Dawson. Jim has been practicing meditation and mindfulness as a Buddhist for almost 30 years and is an experienced teacher. (He's also my neighbor!)

Grief Support Group

Fridays, May 3-June 6, 10:30 AM

Join us for learning and support as you grieve. Please call me at 509-482-8127 to sign up or learn more.

Community Art Project, Footsteps of our Journey

Anytime!

There's still time to participate in our latest community art project. I have instructions and supplies for anyone who would like to make a footprint at home. Please let me know if you're interested, and plan to finish and return your footprint by May 10.

I hope you're enjoying the trees blossoming and temperatures swinging wildly from chilly nights to lovely spring warmth by afternoon. Please let me know if you have questions about any of the above, or if you just want to chat!

Peace be with you,
Chaplain Yvette
509-482-8127



In Loving Memory

April 2024

Lucille Gump

Linda Schultz

