

September 2023

# River Grand Highlights

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**Holy Moly it's September!**  
**My favorite time of the YEAR! Bitter sweet as we say farewell to summer, but embrace the beautiful colors of the season changes!**

**It's time for celebration! We are excited to celebrate National Assisted Living Week (NALW)! National Assisted Living Week Begins September 10th. National Assisted Living Week was established in 1995. NALW provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care.**

**What does this mean at RG you say??? This is a time to honor and recognize YOU and the River Grand Team for developing an absolutely wonderful HOME and workplace!**  
**Be sure to check out Liz's activity calendar with a jam packed week!!! Fun events for all! Be sure to participate in the dress up days to win prizes!**

**Kona Ice will be back as well!**  
**As always, please reach out with any questions.**  
**Wishing you a wonderful fall!**

*Jessica*





# Dietary Corner

Hi there and Welcome Fall! It's crazy to think September is already here. I hope you all have had the chance to enjoy some of our summer menu and enjoy some of the fresh produce that the summer months bring with it.

## **Dates to remember**

It saddens me to say that we will be switching over to our Fall/Winter menu cycle come the **1st of September**.

Our September culinary meeting will be Monday, **September 11th**. The culinary meeting will be at 2:00 in the activities space. I value each of your opinions, your input is so important. Hope to see you there!

It's National String Cheese Day on **September 20th**! Come grab a cheesy 2:00 Snack!!

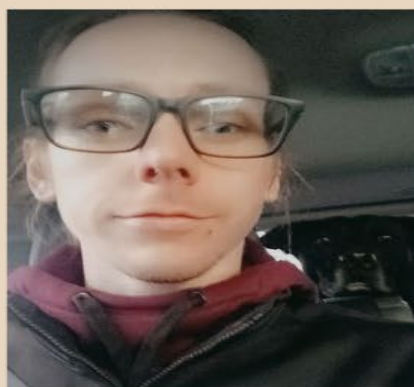
Our Tour of Italy Fine Dining experience will be on Tuesday, **September 26th**! Be sure to sign up fast, space is limited!

## **Cook's Corner September**

*Angie*

### **Patrick Fideldy**

Well you all know my name is Patrick and I've had the privilege of working at River Grand over the past two years. Working here with you guys has brought me so much joy. I really enjoy being able to serve all of you! I've enjoyed sharing my stories and jokes with you along with my LOVE for music. I also love hearing stories from you. When I'm not at work you can find me hanging out with Archie (my little guy) whom most of you have met. We love to go fishing. I enjoy the outdoors, listening to music, playing cribbage and doing puzzles. It is a great honor to be a part of the River Grand staff. All of you residents have made work feel like home, as if it is something I get the privilege to do rather than something I have been obligated to do. I love each and every one of you from the staff to you residents! Take it Easy.



**Patrick**



# How to Prevent Falls

**30%** of falls can be prevented. Here's how:

Make Your Home a Safer Place:



Install handrails  
on staircases



Pick up clothes



Clear away loose cords



Use non-slip  
mats in shower



Add more lighting



Declutter Kitchen

Stay Healthy:



Check prescription  
side effects



Get regular  
vision checks



Exercise regularly



Wear shoes with traction



Improve your diet

With the days getting cooler outside, if you need help putting your AC covers on, please let me know. I will be happy to get them on for you!

*Amy*

I just wanted to inform you that my last day at River Grand will be Friday September 1st. I have truly loved my time here and loved getting to know each and every one of you. I have accepted a new position that works better for myself and my family. It has been an honor to work with you all.

*Bree*

For our new residents and a reminder to all, River Grand offers an automatic payment option (ACH) for your monthly statement. This is a wonderful option to eliminate any missed payments or late fees.

If you would like a form or have any questions regarding this service, please make changes in the office.



The background of the page is a soft watercolor illustration. It depicts a landscape with a winding river or path that flows from the middle ground towards the background. The river is a pale, creamy color. On either side of the river, there are rolling hills and mountains in shades of light orange, yellow, and pale pink. In the foreground, there are several dark green evergreen trees of varying sizes. The sky is a mix of light yellow and orange, suggesting a warm, sunny day. The overall style is gentle and artistic.

# River Grand

## Birthdays

Dave- 9/2

Bev D.- 9/9

Dorothy E.- 9/22

George S.- 9/23

Clayton- 9/30



# Activity Notes

September is here!

As Jessica mentioned, September brings National Assisted Living Week! I have planned socials and special activities for that week! Please come check it out. Along with NALW, I have assigned dress up days. I will be looking for our best dressed residents each day to hand out prizes.

Another exciting group I added was "Fun for ALL Ages." I have teamed up with Invest Early (Early Education Program), and River Grand will be hosting a classroom of kids every Monday. Our residents are encouraged to join in the fun for some wonderful Intergenerational programming!

Keep an eye out for our Fine Dining Event sign up sheet. I will set it out at the beginning of September. Our team will be taking 12 residents on a "Tour of Italy" in our very own Great Room. Space is limited, so if the list is full, let us know if you would like to attend if a vacancy occurs. These nights are always special.

I have a new team member starting in September! Her name is Shayna! If you see her please welcome her to our River Grand Family!

*Liz*