

RIVERVIEW LANDING

INSIDE THIS ISSUE

PG. 1

Greeting From the Activity Department

PG. 2

Staying Well- What You Can Do

PG. 3

-Connect With Family Through Video

-Ordering Supplies

-Activities to Your Door

PG. 4

-Implementing Activities

-Connecting on Facebook

-Chaplaincy Services



GREETINGS FROM THE ACTIVITY DEPARTMENT

We would like to thank you all for your patience as we navigate what works and what might not work as well in regards to hallway activities. We are trying to be creative, meet people's needs, and have some fun while maintaining social distancing. If you have any suggestions please let one of the team members know- we are always open to new ideas.

May you see
sunshine where
others see shadows,
and opportunities
when others see
obstacles”



Staying Well



TIME FOR CHANGE AND IMPROVED WELL-BEING

Can it be that only weeks ago we were laughing together, eating together, and shaking hands with one another multiple times a day? We were getting together in groups for entertainment, worship, education and recreation. We embraced an abundance of weekly, even daily opportunities for growth, connecting and wellness – emotional, spiritual, and physical. Nourishing for the body, soul, and mind are these interactions we have had with one another. I wonder though, at times have our lives felt cluttered with too many options? Perhaps now is the chance, be it forced upon us, to simplify, to declutter, and improve individual wellness. Now is a time to evaluate what is adding value and release things that are not. The current reality is new territory for most of us but we can find strength and renewed energy in letting go of worry and embarking on a new healthier path!

We start with what we *can* do. We create a healthier mind by making time to relieve stress and let go of worry. Next, we should consider fueling our bodies responsibly, with the necessary nutrients and cutting out excess. Third, we can continue to move at home, busying our bodies with exercise that stimulates positive feelings and sends us into a happier state of mind. Join Holly and Lori, your wellness staff, for short, simple, exercise classes right outside your door! Classes start the week of April 6.

Would you like a visit from Jeremy our Chaplain? He will come to your apartment for a visit, prayer, and comfort. Give Lori a call or tell her if you see her. We would love to help you in this unprecedented time.

Lori: 763.635.5489



IMPEMENTING ACTIVITIES

All you need is a propped door or a chair in the hallway!

Lori R from Wellness and Lori J from Activities have been hard at work trying to figure out how to implement different activities in the hallways and meet the needs of our residents here at Riverview Landing. Please bear with us as we figure out what works and what doesn't. The Lori's will be trying to stick with the times as closely as they can that are listed on the schedule.

If you are interested in any of the activities please prop your door open or put a chair in the hallway.



“In every day, there are **1,440** minutes. That means we have **1,440** daily **opportunities** to make a **positive impact.**”

— — —
Les Brown
Author

CONNECT ON FACEBOOK

Riverview Landing has its VERY OWN Facebook page that you can “like” and “follow” to see all of the fun, unique things we have going on. Most of the time you see Stacy, she is behind an iPad capturing all of the fun moments!

Many family and friends have already joined in following us and we would love for you to. If you need help finding the page on Facebook just let Stacy know!

