

A Message from the Executive Director

August 7, 2020

Dear Residents & Family Members,

We have tried to be as exhaustive as possible in our updates for you since the beginning of the pandemic. In addition to critical and timely communications about community operations or testing, we've also committed to appropriate messages that include a roundup of happenings, important reminders and stories that lift up and share some of the great things happening at our community.



Over the course of the past few months, we have heard plenty of feedback from associates, residents and family members about our approach to communication. We've made changes and enhancements along the way, and today I'm happy to share that we have two new ways to keep you informed about RiverWoods through email and via our community website. These are two updates I'm really excited about!

- **Updates via email:** This communication is in a new platform called TailoredMail, which allows us to send more reader-friendly emails to you, with cleaner formatting and that give us the ability to add in new features over time. I hope you'll enjoy the revised format. TailoredMail is also mobile-friendly, so you can read our communications on any device -- computer, tablet or smartphone.
- **Updates via website:** We've launched a dedicated section on our website that is updated regularly with community information. You can access this page directly at [RiverWoods.org/friends-family](https://www.RiverWoods.org/friends-family). This section includes information on topics such as
 - Campus visitation
 - Community services & amenities

- Reopening plans & strategy
- Important phone numbers and who to contact

Your feedback will be important in letting us know how this is working. If you have any thoughts or ideas about what you'd like to see in the e-newsletter, please let [Allison Kauffman](#) or [Rachel Mitchley](#) know!

General Community Information

Click/tap here to view info on our community operations

Nea's News - Community Updates & Reminders



I share all sorts of updates in Nea's News, which is my regular community update. Residents get this publication each week in hard copy format, and today I'm linking to it here as well so you can view it as a PDF. Moving forward we will find opportunities to bring this communication into our revamped email with TailoredMail. [View Nea's News by clicking here.](#)

Please note that many of these updates and reminders are also included on our community operations site, RiverWoods.org/friends-family, in addition to other community info. The latest information is included here:

- Due to the limitations on sizes of groups, we made the unfortunate decision to cancel the 2020 RiverWoods Car Show. Next year's show is tentatively scheduled for September 18, 2021. Please save the date.
- **Testing Update:** COVID-19 testing took place on July 14 and 15. A total of 296 Nursing Care residents and staff were tested. I am very pleased to inform you that all were negative! It truly proves the importance of the extensive preventative measures we have put in place. Testing in Personal Care is tentatively scheduled for August 12. The use of face masks, physical distancing and proper hand washing goes a long way in preventing infection.
- **The RidgeCrest Salon is now open!** Residents may call the salon directly at 570-522-6203 to schedule an appointment.
- We continue to work on re-opening plans for other services such as Massage Therapy, Fitness, Wood Shop and Dining, etc., and will notify residents of specific dates and procedures once finalized.
- Albright Care Services is currently planning to proceed with the annual [Golf Challenge](#) to support Benevolent Care. Residents wishing to sponsor staff golfers should call the Receptionist at 570-522-6234 and a form will be placed in your mailbox.

In-Person Independent Living Tours to Resume

The Marketing and Sales team will begin offering socially distanced in-person tours for Independent Living prospects beginning Monday, August 10th. Tours will be by appointment and limited to two people per visit. These visitors will be required to follow the same screening process and visitation protocols that all Independent Living visitors must go through.

If you know someone who is interested in a tour, or simply has questions about the Independent Living options at RiverWoods, please contact Allison Kauffman, Residential Sales Counselor at 570-522-3848 or Allison.Kauffman@AlbrightCare.org.

Free Class from Bucknell LifeLong Learning Institute

The Electoral College and Presidential Politics: Past, Present, and Future



Presented by Scott R. Meinke, Ph.D., Bucknell University Professor of Political Science
12 noon, Thursday, August 13, 2020 (online via Zoom)

Controversies about the Electoral College are as old as the republic, but they are of particular relevance after 2016 and as we approach the 2020 election. Why do we use this process? What effects does it have on campaigns and results? And what are the arguments and prospects for change?



Scott Meinke is a professor of political science whose interest and research includes the U.S. Congress and legislative politics, judicial politics, and the American presidency.

BILL membership is not required to attend the Special Presentations, so feel free to invite friends and family who might be interested. We hope you will also consider joining us for online courses this fall; more to come about that in a separate email.

This program is FREE and open to the public. A link to the Zoom program and instructions will be emailed to you, but each participant MUST register no later than Monday, August 10, in one of three ways:

1. Click the highlighted link to register online at <https://forms.gle/dn2tz38voDd7W3fG7> (preferred method.)
2. Call the BILL Office at 577-522-0105 and leave your name and email address.
3. Email Heather LeBlanc at lifelonglearning@bucknell.edu with your name and email address.

Stay Active and Healthy at RiverWoods!



Our Wellness Team has continued to offer a variety of classes for Independent Living residents at RiverWoods. Current Wellness Classes* include:

Ageless Classes: These classes are 30-45 minutes and each have a specific focus.

- **Mobile Body:** A mix of seated or standing exercises for flexibility, mobility, balance, agility, and strength over the entire body. Class is located on the pool patio.
- **Trail Workout:** A mix of walking and exercises on the LifeTrail. Exercise bouts are made to target multiple muscle groups and modalities. Class will meet at station 1.
- **Ageless Athlete:** An interval training class programmed to your own specific pace, mixing timed exercise and rest periods. Class is located on the pool patio.
- **Advanced Ageless Athlete (A³):** Need something with a little more pep for your step? A3 is a mix of strength, agility, cardio, and core to make our most advanced class yet. Class will meet in the grass near the pool patio.
- **Ageless Athlete Active Recovery (A³R):** A mobility class for active individuals including dynamic, active and static stretching movements.

Active Mobility Mini-Classes: These 15-20 minute classes will restore active ranges of motion to keep you feeling agile and relieve pain and tightness. Great for joint replacements, arthritis, musculoskeletal pains or tightness.

- Active Mobility Upper Body: A gentle, all seated class that includes joint mobility for the neck, shoulder, elbow, wrists, hands, and fingers. Class is located on the pool patio.
- Active Mobility Lower Body: A mix of seated or standing exercises including joint mobility for the hips, knees, ankles, feet, and toes. Class is located on the pool patio
- Tai Chi: a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Class is located on the pool patio.
- Wellness Social: A 30-60 minute open forum to discuss, learn and integrate wellness related topics. Nutrition, stress, fitness, acute and chronic disease etc. Class is located on the pool patio.

To enroll in any class, call Dave or Duane at 1-570-522-6176.

**Classes are subject to change.*

Messages of appreciation

Nearly 200 messages of thanks from family members and residents have come in for employees in recent weeks. We are so appreciative of those messages. Here's an excerpt from a message from a resident:

"Thank you seems like a small gesture to express what I am feeling for the wonderful job the staff here at Riverwoods is doing to keep all of the residents safe and comfortable. Everyone is very kind and professional and willing to help in any way. With deep appreciation and love."

If you'd like to share a note of thanks, [please click here to launch a form](#) where you can type in your note of appreciation. We will take your submissions and find creative ways to share with associates. Thank you!

We are all in this together. Thank you for your continued understanding and cooperation. We are #RiverWoodsStrong!

Sincerely,

Lennea Brown, NHA

Executive Director

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