

A Message from the Executive Director

September 18, 2020

Dear Residents & Family Members,

I love to experience the transition from summer to fall. We can already see some of the leaves changing colors on the trees across our campus, and early mornings have a crisp, cool feeling and now require a jacket or sweater.

While we move into a new season and may get antsy for what's coming next at our community, we must always navigate the safest approach to any phased-in reopening, and to do so in line with the appropriate local and federal guidelines and requirements. Thank you for your continued patience and support during this unprecedented time. I always work to remember that this pandemic is a marathon, not a sprint! Please read on for some of our latest updates and highlights across our community.



Nea's News - RiverWoods Updates & Reminders



Please note that many of these updates and reminders are also included on our community operations site, RiverWoods.org/friends-family:

- **Visitation:** Our campus has begun to ease visitation restrictions in line with public health and state and local guidelines, but our health care neighborhoods remain closed to in-person visits. You can read more the campus information section on our [Friends & Family page](#).
- **Screening & Safety Measures:** We all have a responsibility to support and protect each other. All persons entering our community will follow our screening procedures, which includes a temperature check and questionnaire. All residents, associates, and visitors are required to wear a mask on campus and to practice physical distancing.
- **As a reminder, all COVID-19 data is updated daily on the Asbury COVID-19 Response and Communication webpage at Asbury.org/COVID19.** You can find the daily status charts in the first blue button on the side bar.

Facilities Update

- RiverWoods is adding a security booth at the entrance to the campus in the coming weeks. Stay tuned for more details.



- **NEW SPEED LIMIT ON CAMPUS. The speed limit on campus is dropping to 10 MPH.** New signage is being placed throughout the campus. **PLEASE remember to slow down and drive safely!**

RidgeCrest Restaurant Menus

The RidgeCrest Restaurant menus for next week are full of delicious options for take-out! Residents, please remember that lunch needs to be ordered by 10 a.m. and dinner by 3 p.m. **Place your order by calling 570-524-9314.**

- [Daily Features Menu - Sept. 20-26](#)
- [Weekly Menu - Sept. 23](#)

Wellness Update

Three new LifeTrail workout classes have been added to the schedule! Sign up for our new 12 p.m. class that meets Mondays, Wednesdays and Fridays. Call David or Duane at 570-522-6176 to sign up.

RiverWoods Residents: Join Us for the

PENTATHLON

Monday September 21 through Friday, September 25

5 events through the week! No olympic athletic skill needed!

Only 5 minutes needed each day! Just come have fun for a chance to win some prizes!



The Basic Guidelines:

1. Sign up by contacting Dave or Duane (see below)
2. Arrive at your scheduled time.
3. Follow COVID Guidelines for Wellness:
 - a. Sanitize hands upon arrival and exit
 - b. Mask required
 - c. Social Distancing must be followed
4. Do your best and forget the rest!
5. Come back for the next day's event!

Prizes will be awarded in each competition!



Contact Information:

Call: Dave or Duane at 570-522-6176

Email: david.shoffler@albrightcare.org or duane.schmader@albrightcare.org

Deadline extended to Sept. 22: Have a great photo, painting or poem to share?



Above is one of many great photos we've seen this year of RiverWoods in action. It's photos and other great visuals like this that we're looking for to show off the best of RiverWoods in a possible submission for the LeadingAge PA 2021 calendar. **The submission process for 2021 begins**

soon and we need your help! This year, LeadingAge PA is celebrating health care heroes and their accomplishments. The 2021 calendar will feature the lives and experiences of staff and residents who supported one another throughout this unprecedented year. **Do you have something you'd like to share for a possible submission?** We are asking residents, family members, and associates to submit their artistic interpretations of health care heroes.

Submissions can include:

- Paintings
- Drawings
- Photographs
- Mixed media
- Poetry
- Written prose

To submit an entry or if you have questions, please contact Graphic Designer Rachel Mitchley at Rachel.Mitchley@albrightcare.org or call her at (570) 522-3859. **Submissions are due no later than Tuesday, Sept. 22.** Thank you for supporting RiverWoods' health care heroes! LeadingAge PA has been serving non-profit senior service providers as the primary source of advocacy, networking, news and education since 1963.

Health & Wellness -- Keep Your Eyes Sharp With These Foods



Be sure to incorporate eye-healthy foods -- like blueberries, apricots, and lots of dark, leafy greens like spinach or collard greens or kale -- in your diet to help protect your vision. And be sure to wear a good pair of sunglasses when outside to prevent cataracts. As we move to a more virtual world, be sure to incorporate the 20/20/20 rule. Every 20 minutes, redirect your focus to something off the screen for 20 seconds to allow your eyes to rest and refocus.

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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