



A Message from Executive Director Lennea Brown

January 29, 2021

Dear Residents, Family Members & Associates,

I'm pleased to share this month's community newsletter with you. We have updates on many topics, including vaccinations, community operations, news you need to know (*including a little personal info about me!*), a new way to show off RiverWoods gear (*yes, new apparel!*) and more.

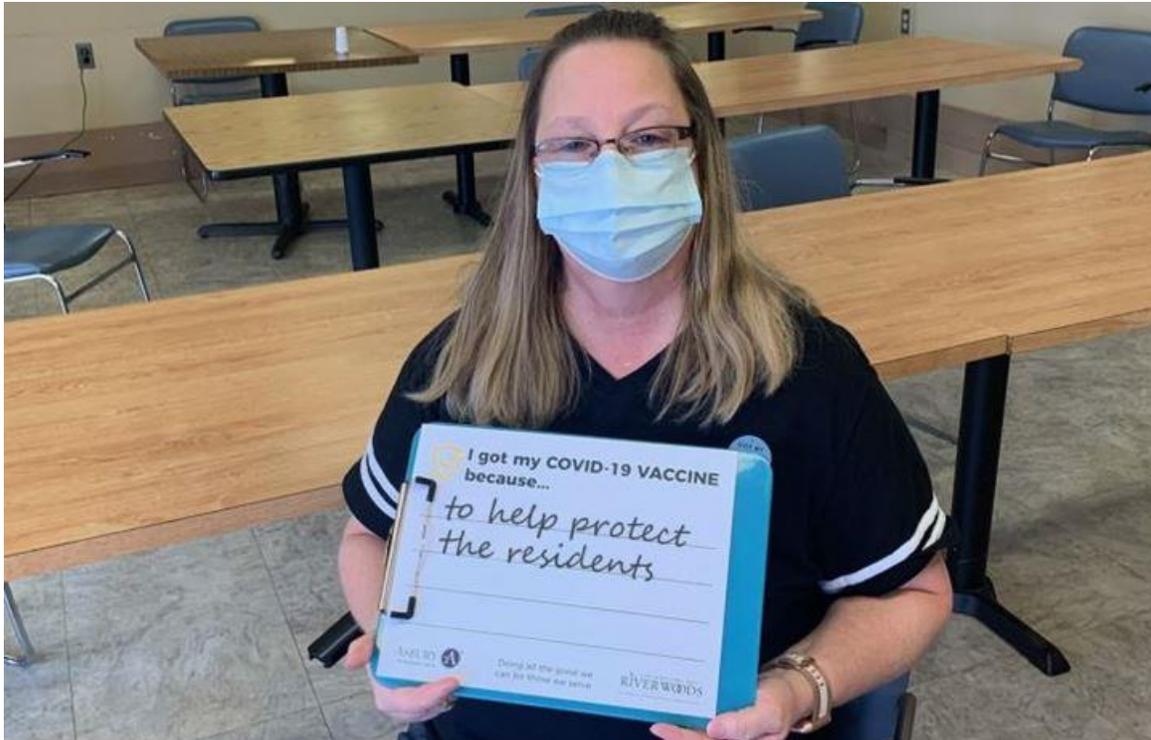


I am proud of the way our community continues to bond together in our now two-pronged approach to defeating COVID-19: the vaccine roll out and our continued vigilance around all the transmission-based precautions we have in place at RiverWoods. We also continue to post vaccine-related info on our dedicated COVID-19 hub on our website – [check it out here](#).

Over the past 11 months, we've been through a lot and we've been challenged time and time again. But the new year brings new hope to get to the other side of the pandemic. As a community of 530 residents and associates, we have shown our strength, but we're not stopping now – we continue to work together, and as a result, our muscles only get stronger.

Thank you for your commitment, camaraderie and energy – it's inspiring and I'm so very proud!

First COVID-19 Vaccinations Mark a New Chapter at RiverWoods



Earlier this month, Housekeeper Tina Keister became the first RiverWoods associate to receive the COVID-19 vaccine! (Yes, she's smiling under her mask in the photo above!) Tina is now among dozens and dozens of associates who have received the vaccine here. (Want more photos? [Check out dozens of Asbury associates](#) displaying their "I got my COVID-19 vaccine because ..." signs.)

When we host vaccine events, I love seeing the energy and eagerness in associates and residents. One comment I have heard multiple times that always makes me smile is, "just give the shot to me, I want the shot!"

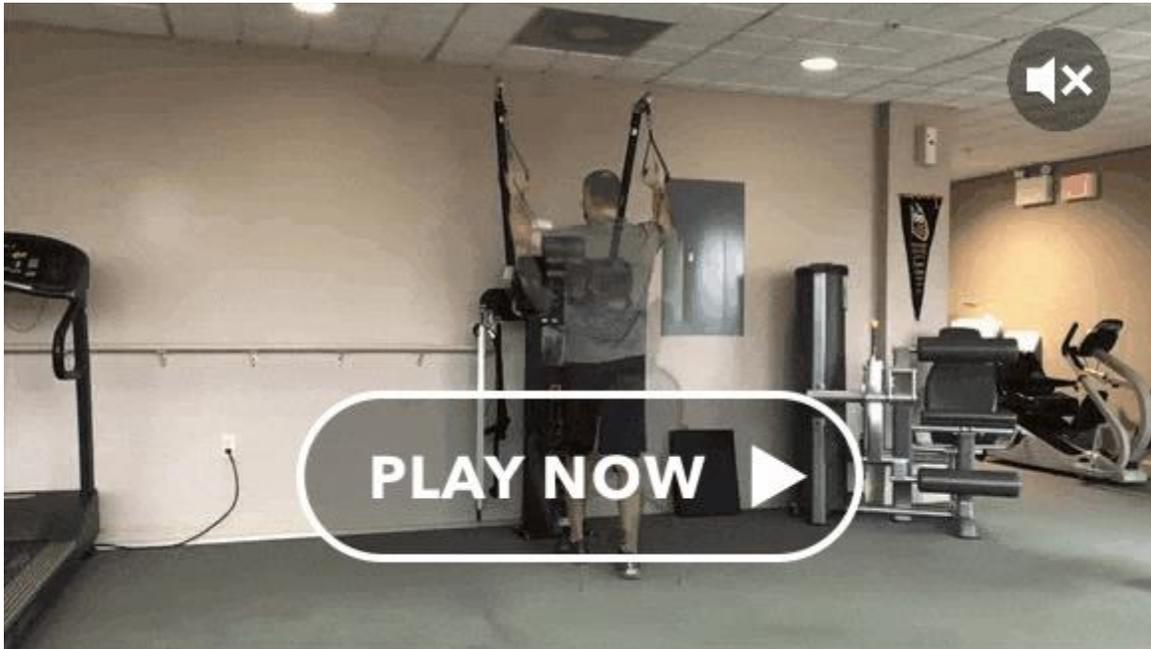
More vaccine events are planned in the coming weeks and we will communicate directly with those eligible for these events.

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:

- Our journey through the unprecedented challenge the pandemic presents is continually evolving. The Asbury System Operations Team continues to work collaboratively with our community leadership team, including our highly experienced clinicians from acute, post-acute, and senior living backgrounds, and operational experts. While we will continue to communicate timely and important changes to you via email, we want to remind you that our website remains the go-to source for our community operations, including visitation updates, who to contact, and more. [Please visit our community page here.](#)
- **We are so appreciative of the messages of thanks we receive.** 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 them with associates. Thank you!
- **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.

Wellness @ RiverWoods



We've been running a wellness series on Facebook recently called Wellness Wednesday. Here's our most recent video where our fitness team shows off the new Keiser Functional Trainer in the Fitness Center. The Keiser Functional Trainer is used for maximizing individual range of motion, strength, endurance and power. This equipment enables residents to move without limitations or undo stress on their joints.

Update Your Wardrobe with RiverWoods Apparel



Looking to update your wardrobe? Here's a way you can show off your community -- with RiverWoods gear! Check out the Asbury Apparel online store!

You can purchase anything from shirts to pullovers to backpacks and more. The apparel store is run by a third-party organization, Artistic Imprints, and you can access the website directly [here](#).

Asbury Foundation + REACT Neuro = Brain Health Innovation Pilot at Sister Community



At Asbury, we stay true to our core values of quality and innovation. Earlier this month, we put this value on full display as the Asbury Foundation hosted a livestream event showcasing a unique brain health pilot launching at our sister community, Asbury Methodist Village in Gaithersburg, Md. REACT Neuro, made possible through the power of philanthropy, is a key component of the community's Rosborough Wellness and Brain Health Center for Excellence, and uses a virtual reality headset to provide a general neurocognitive assessment by tracking changes in eye movement, voice and balance.

"This is where the value of strategically aligning philanthropy with organizational goals comes into play," Foundation President **J.D. Shuman** said.

J.D. and Asbury Communities President & CEO **Doug Leidig** were thrilled to host this event about REACT Neuro on Jan. 14 for special Foundation donors. REACT Neuro is the work of celebrated brain experts from Harvard Medical School and the Massachusetts General Hospital McCance Center for Brain Health. [Please click here](#) to learn more and watch a highlight video of the event above.

Know Someone Who Isn't Receiving our Emails? Here's How They Can Sign Up!

Thanks for opting to receive emails from RiverWoods! Do you know of anyone else -- residents or other family members -- who may benefit from receiving our communications? If so, please share the links below so they can sign up for the right list.

RiverWoods Residents can sign up using these forms:

- Skilled Nursing Care: <https://bit.ly/RWHCresidents>
- Personal Care: <https://bit.ly/RWPCresidents>
- Independent Living: <https://bit.ly/RWRLresidents>

RiverWoods Families can sign up using these forms:

- Independent Living <http://bit.ly/RWRLfamilies>
- Personal Care <http://bit.ly/RWPCfamilies>
- Skilled Care <http://bit.ly/RWHCfamilies>

Recognition



Lennea Brown

Congratulations to RiverWoods Executive Director **Lennea Brown** for being named Vice-Chair to the Central PA Chamber of Commerce Board of Directors.

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

Sincerely,

Lennea Brown, NHA
Executive Director

RiverWoods Senior Living Community
270 RidgeCrest Circle
Lewisburg, PA 17837

Main: (570) 522-6234

Direct: (570) 522-6232

Fax: (570) 524-2744

Lennea.Brown@albrightcare.org

RiverWoods.org