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## In This Month's Newsletter ...

We have plenty to share in this month's community newsletter. Here's what we've got: An important update from Interim Executive Director John McDonough about changes coming to our community screening form, some wellness team facts and ... find out what our vaccination percentages are here at RiverWoods. Happy reading!

## A Message from the Interim Executive Director

April 2, 2021

Dear Residents, Family Members & Associates,

We've built a legacy of keeping residents and associates safe and secure, no matter the challenge. The pandemic has tested us on many fronts and has required us to be at times both proactive and reactive. Today, I'm sharing with you that we will soon be updating our community screening form to reflect the latest science and guidance by the Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS). The screening process is a critical line of defense for our community, serving us well since its implementation many months ago.

The goal of the screening remains the same: to ensure that anyone entering our community is safe to do so. Once the revised screening form launches for those required to use it, it also may look different than the last time you used it, as the

questions will now load one question at a time for a better user experience.

**While we announce the upcoming screening form change now, it only applies as appropriate to those who live and work here and for guests who can visit based on our current visitation status (*which may vary by Residential Living, Personal Care and the Nursing Care Center*). [Please click here](#) to view the latest on our visitation status and other community operations.**

Just as we have said before and will no doubt continue to say often, we approach all that we do first through the lens of our top priority, which is the health, safety and wellbeing of those who live and work here.

We will be in touch when the new screening form is live. Thank you for adhering to our process and for your continued partnership. We are #AsburyStrong.

Sincerely,

**John McDonough, NHA**

Interim Executive Director

RiverWoods

Main: (570) 522-6234

[John.McDonough@albrightcare.org](mailto:John.McDonough@albrightcare.org)

[AlbrightCare.org](http://AlbrightCare.org)

**78% of Residents Vaccinated!**



## RiverWoods Updates & Reminders

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

- **Major community improvement alert!** The cooling tower atop the Ridgecrest Court Apartments will soon be replaced, and it will be quite the spectacle! A huge crane will be on site to lift off the old cooling tower and put a new one on. We're planning for a festive day to watch this event unfold. Stay tuned for details about this community improvement that will benefit those we serve.
- **If you need physical, occupational, or speech therapy services, RiverWoods Therapy Services is open!** To schedule an appointment with our in-house team of experts, please call Andrea Mertz at 570-522-6181. We will determine if services can be provided at your home or in our rehabilitation gym.

- **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!
- **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!](#)
- **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.

## Fitness Focus: Residents Complete Mind-Body Agility Drills

# Fitness Focus



### Mind-Body Agility Drills



Resident Joanne Schweinsberg stays active by participating in several mind-body agility drills. In the photos above, Joanne works on what's called "SAQ" (Speed, Agility, Quickness) to solve math problems during a drill that uses our concentration wall and number pads. Keep working hard, Joanne!

**Speaking of Wellness, did you know that  $1 + 1 = \text{Balance}$ ? Well, that's the math the RiverWoods Wellness team uses! They say:**

*Balance is simple -- yet very complex. Balance requires attention, decision-making and control along with strength and stability. We have recently added brain health training into our wellness functions including small group sessions. We can use body weight, grids, flash pods or numbered agility pads to work with specific regions of the brain through physical tasks. We can adapt this training to meet your ability level.*

***Want to practice on your own?*** Write down a grocery list of 3-5 items. Complete 30 seconds of marching (seated or standing) and then recite your grocery list without looking at the list. How many do you remember? If you remember all of the items progress by adding more items to your list or more time marching. Have fun with it! Pick different items or exercises to meet your needs.

Also, did you know that our Wellness team currently offers 15-20 classes either in-person or virtually every week? This team is part of a big fitness focus across

the entire organization! If you would like to learn more about wellness opportunities, please contact David Shoffler or Duane Schmader at 570-522-6176.

## 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>

## Announcing ThriveWell Tech!



We have exciting news to share! Asbury Group Integrated Technologies has a new name: ThriveWell Tech! As many of you know, Asbury IT has more than 20 years of experience providing technology and consulting services, and earlier this

month the organization launched not only its new name but also a new strategic refocus that reflects a forward-looking vision and mission to support the emerging needs of modern seniors. ThriveWell Tech will continue to serve all Asbury communities and locations. [Click here to read more in the original announcement.](#)