



**Like us on
Facebook to
see our
updates and
other fun
posts!**

**If you want
to be added
to our email
list, please
contact:
Nicole in
Admissions
at 821-6837
ext. 429**

Administrator's Corner

I know many of you are very tired of hearing about Covid-19. This is a very tough time for everyone and not being able to see your loved ones compounds that. We are very mindful of the psycho-social concerns that might arise out of this isolation and are working to get ahead of this by providing additional ways to communicate. Those are- cordless phones, Movies, music, facetime, letters, one to one visits as well as other ways to keep up spirits. Again, I will encourage you to LIKE our Facebook page at Riverview Healthcare Community to stay connected. We truly appreciate your support during this time.

As of today, March 16th we are being encouraged to provide social distancing (meaning 6 ft apart) which is limiting our social dining, social spaces and events within the home. I can only encourage you to send letters and pictures as a way to support your loved ones.

We have provided pick up and drop off times for laundry however anyone can drop off items to include care packages and supplies at those times as well. We are prioritizing our teams here to provide care to the residents so immediate attention to the items is not something we can commit to. We will be delivering those items following the drop off times. There are labels, bags and pens in order to make it easy for you. Please place them on the shelving. We are unable to let you into the home at this time and we are attempting to minimize the exposure to our staff conducting the screenings as well.

For billing, Medicaid applications or document signing please call our team. We can advise you before wasting a trip here. We have installed a new mailbox in between the main lobby doors in order to drop off payments/mail to the home safely. If you require a receipt we can mail one to you.

Please stay healthy, hydrate, get rest, wash your hands and stay home.

Thank you again for your support and kind words during this time.

Gretchen Sechio,
Administrator





Dr. Benitez,
Medical Director

Medical Director's Missive

OUR BEST SHOT:
The Importance of Vaccines for Older Adults

QUICK GUIDE TO VACCINATION FOR ADULTS AGES 60+

Vaccines are an important step in protecting your health and the health of your family. They are one of our best defenses against many infectious diseases, and have saved millions of lives. This QUICK GUIDE outlines the symptoms and potential complications of some of the most common infectious diseases, lays out the recommended vaccines for adults ages 60 to 64 and ages 65+, and provides a tear-off vaccine tracker for your wallet to help you organize your vaccine history.

Bacteria / Virus	How It Spreads	Symptoms Can Include	Complications
Influenza (Flu)	Respiratory virus that spreads through droplets — from coughing, sneezing, or talking — that land on other people or objects they then touch	<ul style="list-style-type: none"> Fever/feeling feverish Cough Sore throat Runny or stuffy nose Muscle or body aches Headaches Fatigue Vomiting or diarrhea (mostly in kids) 	<ul style="list-style-type: none"> Most recover in several days to less than 2 weeks Some may develop pneumonia, bronchitis, and sinus & ear infections Can worsen existing diseases Can lead to hospitalization and even death
Tetanus	Bacteria that enters the body through a deep flesh wound	<ul style="list-style-type: none"> Spasms & stiffness of jaw, neck, and stomach muscles Difficulty swallowing Painful body spasms Fever & sweating Raised blood pressure Rapid heart rate Locking of neck & jaw muscles 	<ul style="list-style-type: none"> Bacteria produces a powerful toxin that impairs the nervous system Complications persist until toxins clear — sometimes taking several months Can interfere with ability to breathe and lead to death

Bacteria / Virus	How It Spreads	Symptoms Can Include	Complications
Varicella zoster (Shingles)	Chicken pox virus that lies dormant and can be reactivated many years later as a shingles infection	<ul style="list-style-type: none"> Pain, itching, or tingling before rash appears Rash that commonly occurs as stripe around left or right side of body, on side of face, or near eye Fever Headache Chills Upset stomach 	<ul style="list-style-type: none"> Post-herpetic neuralgia (PHN) — often severe and debilitating pain where rash occurred Loss of vision and blindness Pneumonia Hearing problems Brain inflammation Death
Pneumococcus (Pneumonia)	Bacteria or virus that is spread by breathing in germs and is more common in people who are already sick with the cold or flu	<ul style="list-style-type: none"> Fever and chills Cough Rapid breathing or difficulty breathing Chest pain Confusion or low alertness in older adults 	<ul style="list-style-type: none"> Lung infections Sinus and ear infections Blood stream infection Infection of brain and spinal cord lining (meningitis) Heart infection (pericarditis) Blockage of airway to lungs Lung collapse Abscess in lungs Hospitalization and death

⚠️ People with certain risk factors due to health, job, or lifestyle that are not listed here, may be at risk for other infectious diseases including meningococcal (meningitis), hepatitis A, hepatitis B, and Hib (haemophilus influenzae type b) vaccines. Talk to your healthcare professional to see if you need vaccines to protect against these diseases.

Bacteria / Virus	How It Spreads	Symptoms Can Include	Complications
Diphtheria	Bacteria that spreads through droplets — from coughing, sneezing, or talking — that land on other people or objects they then touch	<ul style="list-style-type: none"> Weakness Sore throat Fever Swollen glands in neck 	<ul style="list-style-type: none"> Bacteria attaches to the lining of the respiratory system and produces toxins Toxins destroy healthy tissue and form coating that builds up and makes it hard to breathe and swallow Can cause lung infections Toxins can get into blood stream and damage heart, kidneys, and nerves Can cause paralysis and death
Pertussis (Whooping cough)	Respiratory bacteria that spreads through droplets — from coughing, sneezing, talking, and even sharing breathing space	<p>EARLY:</p> <ul style="list-style-type: none"> Mild, occasional cough Low-grade fever Apnea (pause in breathing) Runny nose <p>AFTER 1 to 2 WEEKS:</p> <ul style="list-style-type: none"> Rapid coughing fits Distinct "whoop" sounding cough Vomiting & exhaustion after coughing fits <p>Older children and adults may not have symptoms but can still spread the illness</p>	<ul style="list-style-type: none"> Bacteria attaches to the lining of upper respiratory system and produces toxins Can be very serious, especially in babies Weight loss Passing out Rib fractures Convulsions Apnea Brain infection Hospitalization and death
Varicella (Chicken pox)	Virus that is spread by touching or breathing in particles spread from coughing or talking	<ul style="list-style-type: none"> Rash that turns into fluid-filled blisters, sometimes over the entire body Itching Tiredness Fever Loss of appetite Headache 	<ul style="list-style-type: none"> Can be very serious, especially in babies, adults, and people with weakened immune systems, and can lead to: Bacterial infections of skin and soft tissues Pneumonia Brain infection Bleeding problems Blood stream infections like sepsis Dehydration Hospitalization and death

RECOMMENDED IMMUNIZATIONS FOR ADULTS AGE 60-64 AND 65+

Disease	Ages 60-64	Ages 65+
Influenza (Flu)	<ul style="list-style-type: none"> 1 dose every year <p><i>For older adults there are regular and high-dose options, as well as an adjuvant option that helps increase the body's immune response</i></p>	<ul style="list-style-type: none"> 1 dose every year
Tetanus	<ul style="list-style-type: none"> 1 Td (tetanus & diphtheria combined) booster every 10 years 	<ul style="list-style-type: none"> 1 Td booster every 10 years
Diphtheria	<ul style="list-style-type: none"> 1 dose of Tdap (tetanus, diphtheria, and pertussis combined) if you haven't had one as an adult 	<ul style="list-style-type: none"> 1 dose of Tdap if you haven't had one as an adult
Pertussis (Whooping cough)	<ul style="list-style-type: none"> 1 dose of Tdap (tetanus, diphtheria, and pertussis combined) if you haven't had one as an adult 	<ul style="list-style-type: none"> 1 dose of Tdap if you haven't had one as an adult
Varicella (Chicken pox)	<ul style="list-style-type: none"> 1 or 2 doses if haven't been vaccinated yet AND haven't had a past chicken pox or shingles infection 	<ul style="list-style-type: none"> 1 or 2 doses if haven't been vaccinated yet AND haven't had a past chicken pox or shingles infection
Varicella zoster (Shingles)	<ul style="list-style-type: none"> 2 doses of recombinant* vaccine 2 - 6 months apart, starting at age 50, if haven't yet received this vaccine (previous infections or previous live vaccine are not relevant) *Newly available recombinant vaccine preferred over live vaccine 	<ul style="list-style-type: none"> 2 doses of recombinant* vaccine 2 - 6 months apart, starting at age 50, if haven't yet received this vaccine (previous infections or previous live vaccine are not relevant) *Newly available recombinant vaccine preferred over live vaccine
Pneumococcal (Pneumonia)	<ul style="list-style-type: none"> 1 dose pneumococcal conjugate for persons with risk factor 	<ul style="list-style-type: none"> 1 dose pneumococcal conjugate if haven't yet been vaccinated
Pneumococcal (Pneumonia)	<ul style="list-style-type: none"> 1 or 2 dose pneumococcal polysaccharide depending on indication — for persons with risk factor 	<ul style="list-style-type: none"> 1 dose pneumococcal polysaccharide if haven't yet been vaccinated

- RECOMMENDED FOR YOU:** This vaccine is recommended for you unless your healthcare professional tells you that you don't need it, or that you can't safely receive it.
- MAY BE RECOMMENDED FOR YOU:** This vaccine is recommended for you if you have certain risk factors because of your health, job, or lifestyle. Talk to your healthcare professional to find out if you need the vaccine.

⚠️ People with certain risk factors due to health, job, or lifestyle that are not listed here, may need additional vaccines including meningococcal (meningitis), hepatitis A, hepatitis B, and Hib (haemophilus influenzae type b) vaccines. Talk to your healthcare professional to see if you need these vaccines.

✈️ If you are traveling outside of the U.S., you may need additional vaccines. Ask your healthcare professional about which vaccines you need at least 6 weeks before you travel.

Note from Nursing



Deb Pascua, RN
Director of Nursing

Happy Spring! We want to thank you all for your continued understanding and patience with our Rhode Island Department of Health implemented restrictions to ensure our residents stay safe and healthy. COVID-19 or Coronavirus is a respiratory illness that spreads from close contact or respiratory droplets produced when an infected individual coughs or sneezes. The virus may also spread if a person touches a surface with the virus on it and then touches their mouth, nose, or eyes. The best way to prevent illness is to avoid being exposed to the virus, hand washing, and to avoid touching your face. Older adults appear to be at a higher rate for complications related to COVID-19 and it is up to all of us to keep them safe and healthy. We do realize that it is difficult to not see your loved ones as often as you would regularly. With that, the nursing staff encourages you to contact the nursing station with any questions or concerns related to your loved one. Be safe, be healthy, and wash your hands!

Environmental Services



Jack Claire,
Maintenance
Director

Our Maintenance department received excellent news last month, our annual fire inspection done by the RI Fire Marshall was citation free! We worked very hard to achieve full compliance in all standards. We have also increased sanitation and the frequency of infection control standards during this pandemic. We provide EXTRA surface cleaning and disinfecting in common areas daily. Our department is also assisting with the new changes to laundry and clothing processes during this time. Clothing is to be dropped off and picked up in our main lobby. We ask that you please make sure your loved one's clothing is labeled properly. If you have any questions feel free to give us a call.

Social Services



Lauren Frates, MSW,
1 NS & 2 NS
Social Worker

Over the past few weeks, there have been many changes and challenges in the nursing home facility that have arisen surrounding the COVID-19. We are attempting to make any changes as seamless as possible and ensure all residents and families are up to date with changes within the facility. All residents care plans have been updated with the identified risk of a potential change in their psychosocial well-being due to the state restriction on visitation and changes in resident's daily routines. Our focus is to assist all residents through this difficult time and assist residents with remaining in contact with their loved ones through telephone conversations and FaceTime calls. We continue to update our Riverview Healthcare Facebook page as often as possible. We will continue to send out emails updating families throughout this process. We understand this is a difficult time for all residents and families and would be happy to assist with any questions or concerns that may arise.

Food Services & Nutrition

Good nutrition and eating well is important at all ages especially in our aging population. Food and Nutrition Services takes great pride in our dining rooms and the nutritious meals that are provided. Social dining is a very important aspect of the nutritional well-being of our residents.

Unfortunately, with the spread of COVID-19, we have had to make some adjustments in our dining practices. These changes in our dining practices are in accordance with the recommendations from CMS to “cancel communal dining and all group activities.” The reasoning behind this is related to the concept of social distancing. It is recommended that people aren’t in close proximity to each other for periods of time and they ideally should be 6 feet apart. Please be assured that the interdisciplinary team has reviewed all residents and discussed and identified those at high risk who continue to need assistance. Ongoing individual nutritional interventions and assessments will continue.

Dining Changes

*Our main dining room is now closed for all meals.

* Room service will be provided at all meals to those residents who are determined to be capable of feeding themselves without supervision or assistance.

*The Interdisciplinary Team has identified those residents who will be assisted in their rooms or assisted in the common area as feasible during mealtime. Staff will take appropriate precautions when assisting residents who cough will eating.

*If residents need to be in the common area or in the unit dining room at meals, tables will be separated as far apart as possible(at least 6 feet if able). When feasible, residents will be arranged at tables, minimum 2 per table, to continue with their existing social relationships.

Staff members have been in-serviced about the importance of handwashing and good hygiene before, during and after meals.

If a family member typically completes a menu for a loved one, you can find the menu available on our Facebook page or at the front entrance. If you are not on Facebook you can call and a staff member can review it with you or you can complete it at home and drop it off at the front entrance during the allotted times.

Food is very important to our residents and we encourage you to drop off a snack or your loved one’s favorite food (labeled and dated) at the front entrance during the allotted times.

Food and Nutrition Services as well as Activities have been planning special food events throughout the week for the residents to enjoy. This week whoopee pies, hot appetizers and Zeppole’s were offered.

Times for food or menu drop off:

Monday and Thursday 7-9 am and 4-6pm

I am continuing to monitor the nutritional status of our residents and the appropriate interventions will be set up to optimize the nutritional needs of all the residents. I understand this is a difficult time for all involved and if you have any concerns or questions please don’t hesitate to call and ask to speak with me..

401-615-5016

Jessica Northup, RD, LDN
Dietician





NURSING PLACEMENT
HOSPICE and PALLIATIVE CARE

Enriching Lives

Helpful Tips From Nursing Placement Hospice and Palliative Care:

A Doctor's Visit After A Fall

- A surprising number of conditions, from simple to serious, can cause falls to occur in older adults.
- After a fall has happened, there are some important clues that can be useful in helping the doctor determine the cause such as was the fall a result of stumbling on an obstacle or missing a step going up or down the stairs?
- Even if there were no resulting injuries, it is wise to visit your primary care physician to review the following:
 - Medications. Many medications have the side effect of dizziness including medications for pain, anxiety, anxiety and depression.
 - Blood Pressure Variations. Some people experience a sudden drop in blood pressure when standing which could lead to dizziness or fainting.
 - Vision. Cataracts, macular degeneration and glaucoma impair vision and contribute to falls.
 - Possible Infections. In many older adults, urinary tract infections or pneumonia can go undetected resulting in falls. Diagnostic lab tests are necessary for diagnosis and treatment.
 - Physical Pain. Something as simple as painful joints or ill-fitting shoes can cause gait disturbances leading to falls and injury.
 - Other Potential Conditions. It is important to rule out things like a potential heart condition, brain and circulatory issues that can result in a fall.
 - Home Safety. Ask your doctor for a home visit by an Occupational Therapist to help identify any safety and fall hazards and make recommendations.



The Novel Coronavirus (COVID-19) outbreak spreading globally and imposing additional challenges within our healthcare systems, multiple facets of our resident's lives are interrupted, including visitation among our residents and their loved ones. It is certain that anxiety levels are mounting especially given the CDC guidelines for restricted visitation and limited group activities and communal dining. I can assure you that the fine work of the Riverview staff along with the support of the Optum team is proactively addressing this with positive and adaptive means of communication and outreach in order to fill these gaps.

OPTUM understands the feeling of isolation and despair felt as you are not able to connect, touch and be physically close to those who mean the most to you. As an OPTUM nurse Practitioner, I understand the frustration that these restrictions may bring, especially to residents with cognitive impairment who may not fully understand the reason for this interruption to their normal routine. The Nurse Practitioner's role is to partner with the Riverview team, the resident's physician and provide a holistic approach to care that includes ensuring that their psycho-social and mental stability are a focus.

Our OPTUM team provides a supportive function to our facility in taking actions to protect residents and their loved ones by providing up to date information. In collaboration with the Optum Psych team we have the capability of providing mental health support both to our members and their families and encourage family members to reach out to me by phone if they are feeling overwhelmed with emotions such as sadness, depression or anxiety during this disease outbreak.

I want to take this opportunity to remind you that COVID-19 is a serious but temporary illness and we as your OPTUM team are here to help provide the guidance and support needed during this difficult time. If you are interested in hearing more about how your loved one can become an Optum Member here at Riverview please reach out to your Social Worker.

Debbie Mclean-Roache MSN, NP-BC

RIVERVIEW ACTIVITIES



Anthony Mansour,
Director of Activities

Over the last few weeks the activities department has had to make many changes to our activity programming on an almost day to day basis. Initially the Riverview Community was impacted by the flu, then the Noro virus and most recently the three levels of coronavirus precautions, each with their own challenges. Unfortunately, we have had to cancel all upcoming entertainers as well as all religious services and bus trips as a result of the coronavirus and its resulting CDC mandates. However, I want to assure everyone that even with these challenges we will continue to provide an engaging calendar of daily events for your loved one to participate in at whatever level they choose and are able. I am very excited to be able to offer Facetime or Skype sessions, so that you will be able to see your loved one face to face! Please let me know if you would like to be on this list. I also think that this is a great time to get back to basics, so be on the lookout for a letter or update from your loved one as well. Please know that I am always available to help address any of your concerns as they may arise.



#SPREADLOVENOTGERMS

RIVERVIEW ACTIVITIES





Employees



BRITTNEY	MCELROY	4/3
LAUREN	FRATES	4/5
SAMANTHA	MAILLES	4/5
JONATHAN	FAGAN	4/7
JESSICA	NORTHUP	4/8
DEBRA A.	ST. JEAN	4/8
ASHLEY	LEITE	4/8
EMMANUEL	SANTIAGO	4/10
NILDA	CRUZ	4/10
REBECCA	CRAIG	4/10
MARLENNY	CORCINO	4/13
TERRIE	TRAVIESO	4/14
COURTNEY	BEAUDOIN	4/14
TORYANNA	MARE	4/15
LORI	PEICZARKA-BROCHU	4/16
BRETT	SILVA	4/17
KAREN	NORMAN	4/19
MORGAN	NIELSEN	4/20
AURIZA	KELLEY	4/21
YENIFER	SANCHEZ	4/21
KRISTEN	SULLIVAN	4/27
JANE M.	VIVEIROS	4/28
NERESIA	WATSON HONORE	4/30

RESIDENTS

ROSEMARY DEROSA	04/02/1935
THERESE LEVESQUE	04/03/1931
CALLIOPE ELIADES	04/08/1934
BELLA DUHAIME	04/09/1941
PAMELA LEARY	04/09/1957
CLAIRE CAMPBELL	04/14/1942
HOPE BAILEY	04/20/1923
GLADYS QUIGLEY	04/23/1927
FRANCES CHIELLO	04/24/1933
FAITH RANDALL	04/30/1940



HAPPY BIRTHDAY!



Welcome

LET'S GIVE A WARM WELCOME TO OUR NEW EMPLOYEES!

ADETOKUNBO

ADEBOYE

SARA

JONES

CRYSTAL

LEO

LEANNE

MONTEIRO

Work Anniversaries



Thank you for your hard work and dedication!

JOEL	OLIVER	04/01/2013
THERESA	SOE	04/03/2019
LUCIA	SANTOS	04/04/2018
NANCY	HICKS	04/05/2017
PAMELA	REILLY	04/06/2017
PATRICIA E.	DUBIS	04/07/2005
BRENDON	PERKINS	04/10/2019
CESAREA	GONZALEZ	04/14/2016
JACK W.	CLAIRE	04/16/2012
TORYANNA	MARE	04/16/2018
JONATHAN	FAGAN	04/19/2016
REBECCA J.	BUCCHERI	04/23/2012
JOHN	DALEY	04/24/2019
MARILYN	JEAN	04/24/2019
DANIELLE	DOWDAL	04/27/2018
RACHEL M	MALLET	04/28/2003





*"Don't cry because it's over.
Smile because it happened."
-Theodore Geisel (Dr. Seuss)*

In Loving Memory

Arthur Boucher

Manuel Vares

Constance Taylor

Monnia Fischer

Alice Losek

Josephine Lachapelle

Pauline Collins

Raymond Luz





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facebook®



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