



**RIVER'S EDGE**  
REHABILITATION AND HEALTHCARE CENTER

**Paramount  
October Newsletter:  
Positive Reviews, Tea  
and more at River's Edge**

# WHAT'S HAPPENING AROUND RIVER'S EDGE

**Dear  
River's Edge Community,**

I hope this message finds you all in great spirits as we embrace the breathtaking autumn season. October has been a month of unity, reflection, and shared experiences at River's Edge, and I am thrilled to share the highlights and important acknowledgments that have made it truly exceptional.



Throughout October, we collectively celebrated the beauty of fall, finding joy in the vibrant foliage, crisp air, and the simple pleasures that this season brings. It's heartwarming to witness our community coming together and strengthening the bonds that make River's Edge a truly exceptional place.

Our Halloween celebrations showcased the creativity and inclusivity that define River's Edge. Residents and staff alike joined in the fun, creating an atmosphere filled with laughter and joy, reminding us all that age is no barrier to celebrating life's wonders.

In addition to our fall festivities, we proudly participated in Breast Cancer Awareness Month, standing in solidarity with the global effort to raise awareness and support those affected by breast cancer. Through our collective support and awareness-raising initiatives, we made a meaningful contribution to this vital cause.

While the specific activities and events of October were important, it is the spirit of unity and togetherness that truly defines River's Edge. Your active participation, enthusiasm, and commitment to our shared values continue to inspire us all.

As we enter November, let's carry the spirit of unity and compassion that defined October into the upcoming holiday season. Your ideas and suggestions are always welcomed as we continue to shape the River's Edge experience together.

Thank you for being an integral part of our River's Edge family. Here's to a November filled with warmth, gratitude, and the continued celebration of our wonderful community.

**Ranetta Johnson**  
Activities Director, River's Edge



# WHAT'S HAPPENING AROUND RIVER'S EDGE



## Costume Contest

**Spooky spirits and creative costumes recently took center stage at River's Edge, transforming our space into a thrilling ensemble of the Halloween spirit.**

The corridors were a cascade of colors and creativity as residents and staff showcased their inventive and sometimes eerie disguises in our annual Halloween Costume Contest. It was indeed a hauntingly delightful spectacle, filled with laughter and good-natured competition that brought our community closer.



Each participant, adorned in their unique outfits, brought stories and characters to life—from whimsical witches to gallant superheroes, and even the most adorable creatures of the night. The air buzzed with excitement as judges, faced with the tough decision of crowning the winners, deliberated among the impressive array of costumes.

The event wasn't just about who had the best costume, but about the laughter, the camaraderie, and the memories created. It's moments like these that remind us of the vibrant community spirit that thrives at River's Edge, where every event is an opportunity to connect and celebrate the diversity and creativity of our residents and staff.

# WHAT'S HAPPENING AROUND RIVER'S EDGE

## Breast Cancer Awareness Month

**Breast Cancer Awareness Month at River's Edge is more than a campaign; it's a call to action that echoes through our community. It serves as a poignant reminder of the importance of health, vigilance, and the support we owe to each other in times of need. This month, we place a spotlight on the significance of regular screenings and early detection, which can make all the difference.**

We gather not only to spread awareness but also to share stories of strength and survival that inspire hope. Each story, each struggle, and each victory against breast cancer reinforces the message that no one walks this path alone. We extend our support to the incredible healthcare professionals, researchers, and organizations dedicated to finding a cure.



Education plays a pivotal role during this month as we organize sessions and workshops that empower our residents and staff with knowledge about breast cancer. We believe that informed choices lead to better prevention, and that's a cornerstone of our commitment to wellbeing.

As we don the symbolic pink ribbon, we're reminded of the countless individuals who have been touched by breast cancer. We honor the fighters, cherish the survivors, and remember those we have lost. At River's Edge, we stand united in the belief that every gesture of support counts, from a comforting word to participation in community fundraisers.

# WHAT'S HAPPENING AROUND RIVER'S EDGE

## Pet Therapy

Chewy, Jupiter, and Rayray, our beloved canine companions, recently graced the halls of River's Edge, bringing with them an air of excitement and comfort. Their pet therapy visits are a highlight for many of our residents, who look forward to the unconditional love and joy that only pets can provide. Each dog, with their own distinct personality, connects with our residents, eliciting smiles and memories of beloved pets from years gone by.

These furry friends have an innate ability to lift spirits, providing a sense of companionship that is both soothing and therapeutic. As they move from room to room, the atmosphere lightens, and conversations turn to stories of childhood pets, outdoor adventures, and the simple pleasures of life. The presence of these four-legged therapists is a reminder of the powerful, healing connection between humans and animals.

With every wagging tail and gentle nuzzle, worries seem to diminish. Residents are encouraged to engage in gentle play or offer a treat, activities



that help to stir both physical and cognitive engagement. These moments of interaction are precious, often becoming the most talked-about experiences of the day.

During these visits, the bond between nature and nurture is beautifully visible. It's in the way a silent room becomes filled with laughter, or how a quiet resident becomes animated, sharing tales of their own furry friends from a time long passed.

Here at River's Edge, we're deeply grateful for the teams who train and bring these compassionate animals to our doorstep. We recognize the immense value of pet therapy, not just as a novel experience, but as an integral part of our residents' wellbeing.



# WHAT'S HAPPENING AROUND RIVER'S EDGE

## Fall Wreath Craft

Embracing the spirit of fall has become a cherished tradition at River's Edge, and this season our residents have truly outdone themselves. The common rooms and hallways have been adorned with beautiful handmade wreaths, each a testament to the creativity and care that went into its creation. It's a visual celebration of the season that has brought an added warmth to our community.

As the air turns crisp and the days grow shorter, these wreaths serve as a daily reminder of the beauty of change and the cyclical nature of life. They are a display of what can be achieved with time, patience, and a little inspiration drawn from the changing world outside our windows.



The wreath-making process has been a therapeutic exercise, promoting fine motor skills and igniting the sensory joys that only the tactile experience of crafting can bring.

At River's Edge, we look forward to this time of year, not just for the shift in weather, but for the opportunity it provides us to engage with our residents in meaningful and enriching activities. Witnessing the pride in their eyes as their handiwork is displayed for all to see is truly heart-warming. It's moments like these that remind us all of the vibrancy and talent that resides within our walls.

# WHAT'S HAPPENING AROUND RIVER'S EDGE



## Pumpkin Painting

As the leaves begin to turn and the air becomes crisp with the essence of autumn, our residents at River's Edge are channeling the season's spirit into a canvas of pumpkins. In a festive pumpkin painting session, brushes sweep across the orange surfaces, turning them into vibrant expressions of this magical time of year. The room is alive with creativity, as each resident brings their vision of fall to life on their pumpkin, a symbol of the harvest and change.

The activity is as much about camaraderie as it is about artistry. Laughter and stories are shared across the tables, residents reminiscing about autumns past and creating new memories. This collective creativity fosters a sense of community and togetherness, as the act of painting side by side bridges the gap between new acquaintances and forges them into friends.







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