

3000 West Big Trail Drive • Jackson, WY 83001 • (307) 734-0500

April 2011



Assisted Living Community

River Rock Management Team

Executive Director
Tammy Coy

Life Experience Coordinator
Erin Crow

Sales Director
Andrew Heffron

Maintenance Director
Ross Baker

Health Care Coordinator
Susan Olson-Miller

Spring Is in the Air!



John and Gladys agree that although sitting by the fireplace is nice in the wintertime ... spring is in the air and they are excited about the snow melting outside!



Yippy! Oh, and did you know that hugs help your heart rate and blood pressure stay down?



Exercise Class With Resistance Bands

At River Rock, we have daily 45 minute exercise classes starting at 10 a.m. It is a fact that regular exercise builds strength and stamina, prevents loss of bone mass and improves balance, and helps reduce your risk of falling. So, join the crowd for this very important activity and make an investment in yourself!



Jackson Hole has lots of great restaurants & almost every Friday we pick a new place to go to for lunch. Above we are at *43 North!*

St. John's Institute for Cognitive Health

The following support groups are held at St. John's Hospital:

Memory Loss & Care Partners meetings, Wednesday, April 20, from 10:30 to 11:30 a.m.

Caring From a Distance meeting, Thursday, April 21, from 12 to 1 p.m.

Shriners Come to Welcome Brothers at River Rock



Carl & John were glad to meet members of the local Shriners group for lunch at River Rock!



Fishin' Stories

The fall after I graduated from college, I joined my Dad's annual gator hunt down in Lafourche, Louisiana. We baited the hooks which hung about three feet off the surface of the bayou water with rotten chicken in the evenings and went to check the lines early in the morning hours. We got a 6-foot gator on one of our first lines we checked that September weekend, and I got the honor to shoot it with a 9 mm! I didn't think I killed it with the shot I fired, but the men disagreed and tagged and threw it in the back of the boat. Then about 30 minutes later, I saw that gator arise from a stunned stupor and run out the back of the boat. So, as far as I know, there is still a gator with my name and tag on it down in the bayou! -Erin Crow, Life Enhancement Coordinator

Mardi Gras



We had a blast!

Louis Celebrates a Special Birthday!



Louis Muir MacLeod celebrated her 99th birthday in March with a group of close friends at River Rock. She has lived a very adventurous life and her family is well-known for their conservation work in Alaska and in the west. Happy birthday "Weezy"!

Staff Prepares the Pond for Fish!



Suzi and Kathy share laughs as they scrub the pond clean for the fishies!



Toastmasters



Every other Wednesday at 6 p.m., the Jackson Hole Toastmasters conduct their meetings at River Rock and the residents join in.



Andy Heffron, our Marketing Director, is a member and gave a wonderful presentation on wolverines. River Rock residents took various roles such as being the grammarian, "um" counter and general presentation judges.



Ouch!

Residents' Corner-Interesting Tidbits

"I climbed a pyramid in Egypt." - Mary P.

"My husband and I were rock hounds. We use to go out into the Wind River range by Pinedale and I once found an Agate. He made a beautiful necklace for me out of it!" -Hannah S.

"I was a cowgirl- not a girl cow!" -Gladys W.

"I was a flight attendant in the late 1940s and got to travel all around the US. I had to wait to start my new job because they told me my fingernails needed to be longer!" -Marcie Y.

"I invented the Daleboot which became the first plastic ski boot, although I began with magnesium shells." -Mel D.

"I was a Pete Seeger fanatic! I went to all his concerts in driving distance and got to talk to him once and have the picture to prove it!" -Liz. G.

"I've traveled in China and Japan and really enjoyed the people and food there!" -Dorothy R.

"I drove a million and half miles through Yellowstone and Grand Teton delivering newspapers!" -Betty P.

"I flew B24s during WWII for 3 years and was at Normandy and got out alive!" -Bob B.

"I was a Rosie Riveter for Lockheed Aircraft." -Marge K.

"I was a cowboy (and I raised a baby moose)!" -Bob V.

"I lived in 34 places all over the world and US before moving to Jackson and really enjoyed learning about Alaska when I lived in Fairbanks teaching at the University." -Betty S.

"We lived in Morocco, Africa, for three years in the '50s." -Bob & Betty M.

"I lived in the Denali back country with my husband and kids for 25 summers in a cabin with no running water." -Louise Muir MacLeod



Recipes

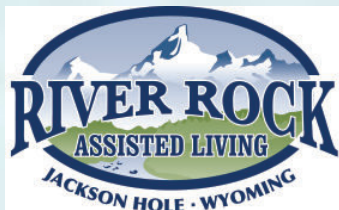
Crunchy Honey-Vanilla Granola

4 cups old-fashioned (rolled) oats; 1 cup wheat bran; 1 cup sweetened shredded coconut; 1 cup chopped almonds; 1/4 cup firmly packed light brown sugar; 1 Tbs. cinnamon; 1 tsp. salt; 1/4 cup honey; 1/2 cup canola oil; 2 Tbs. of 2% milk; 1 tsp. vanilla extract

-Preheat oven to 325F; lightly oil rimmed baking sheet.

-Stir honey, oil, milk and vanilla in small saucepan over low heat until it fizzes around the edges; combine the other ingredients in a separate bowl and then pour this heated mixture over it and stir well.

-Spread onto baking sheet; bake 25 minutes, until lightly browned, stirring often; then cool undisturbed -Sun Rasmussen, Dining Services



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