

December 2011

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



Assisted Living Community
River Rock Management Team

Executive Director
David Goubeaux

Life Enrichment Coordinator
Liz Goubeaux

Sales Director
Andrew Heffron

Maintenance Director
Ross Baker

Health Care Coordinator
Susan Olson-Miller

Dining Service Director
Steve Fralin

**New Leadership.
New Vision.**

Husband and wife team David and Liz Goubeaux agree: Jackson is beautiful; River Rock Assisted Living is warm and welcoming. And as they begin their work as Executive Director and Life Enrichment Coordinator, respectively, they bring a shared vision for expanding individualized attention and care, with David focusing on world-class service and Liz already busy formulating individual wellness plans.

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This Month's Positive Thought

Those interested in perpetuating present conditions are always in tears about the marvelous past that is about to disappear, without having so much as a smile for the young future. —Simone de Beauvoir



A Meaningful Message

'Tis better to give than to receive.

Not All Feathered Friends Fly South

One of the best ways to connect to nature in these cold months is bird-watching. Many gorgeous birds are out in winter, waiting to be observed. You could even start a club and find other enthusiasts.

Shoot Some Hoops

Basketball was created on Dec. 1, 1891.



St. John's Institute for Cognitive Health

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

Memory Loss and Care Partners meetings, Wednesday, Nov. 16, from 10:30 to 11:30 a.m.

Caring From a Distance meeting, Thursday, Nov. 17, from 12 to 1 p.m.

Down the Drain

National Hand Washing Awareness Week is Dec. 4-10, so be sure to keep those palms pristine! Remember, when washing your hands, it's a good idea to mentally sing through the ABCs to make sure you're lathering long enough to scrub the germs away.



Trivia Whiz

New Year's Eve Traditions

Americans have a few shared New Year's Eve customs, some of which date back more than one hundred years.

"Auld Lang Syne." Some call it "the most famous song no one knows the words to," but most people can belt out a line or two. The tradition of singing this song started with Guy Lombardo when he performed it in 1929.

Ball drop. The ball drop in New York City, which started in 1907, draws throngs of viewers to Times Square. Millions more around the world watch the event live on TV.

Foods. Some people consider collard greens and black-eyed peas lucky New Year's Eve choices, because they resemble paper money and coins.



David, a veteran in strategic business management, is experiencing "residents very quickly becoming extended family" and plans to bring "that one extra thing" to all services, large or small.. "Whether it's doing the 'one extra' in housekeeping, like leaving a mint on

the pillow, or it's singing with the group by the fireplace in winter, it is important to me that River Rock have the very best standard of service, all focusing on exceeding the needs of the individual." In addition to world-class service objectives at River Rock, David emphasizes inspiring and empowering our dedicated staff with all the tools necessary to allow them to create joy, happiness and vitality in the lives of each of our residents. He continues, "While we take our service delivery very seriously, our number one priority is loving and caring for our residents in ways that honor their pasts and enrich their futures. Hopefully our residents' families will recognize our emphasis on the living history of our resident family and want to join in experiencing that—as do the children in the community who are often visitors and participants in our activities. Put simply, River Rock is family—and our home, like individual homes, is a place where service and love flow from the extras we provide each other in the name of respect, warmth and care."



As Life Enrichment Coordinator, Liz also sees opportunities to expand individual attention.

"The community is small enough to allow me to develop unique programs for each of our residents. While we will expand our fitness activities to include core and muscle strength training, I'll be able to evaluate each individual and develop personal programs. We'll also be expanding such things as 'brain games' that assist with mental acuity—all with, as David noted, the goal of exceeding the needs of the individual."

David and Liz are living onsite at River Rock and see this as a distinct benefit to the residents and staff. David commented, "We'll have the complete experience of the residence by living here and being part of the family of staff and residents. We simply could not be more excited to join this community as we all work together toward increased attention to detail in personalized service."

Feel free to contact David or Liz and welcome them to the River Rock family!

Friendship Advice

"The most I can do for my friend is simply be his friend." —Henry David Thoreau



How much fun we had with birthdays this past month! The community was buzzing with excitement celebrating with Moosie and 35 of her closest friends on her birthday. The party was great fun, lots of the staff and other residents stopped by to give their warm birthday wishes to Moosie. We also enjoyed the cake our Chef Steve made for her and the Moose Track ice cream served with it!



Red Ribbons

Dec. 1 is World AIDS Day.



We also helped our newest resident Merle ring in her birthday with a delicious Tiramisu cake! Celebrating with her son, daughter and a few close friends, who just so happen to be residents too.



We honored our veterans last month. A group of veteran residents joined a luncheon at JHCHS to share their military experiences with younger generations. Following dinner in the community we had a celebration acknowledging those residents who had served, including their branch and position held. We also took time to honor the military spouses and families. We ended the evening with the Pledge of Allegiance and patriotic sing along!



Wit & Wisdom

"A lot of people like snow. I find it to be an unnecessary freezing of water."
—Carl Reiner

"Snow and adolescence are the only problems that disappear if you ignore them long enough."
—Earl Wilson

"We build statues out of snow, and weep to see them melt."
—Sir Walter Scott

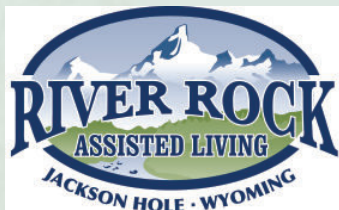
"Cats are smarter than dogs. You can't get eight cats to pull a sled through snow."
—Jeff Valdez

"The Eskimos had 52 names for snow because it was important to them; there ought to be as many for love."
—Margaret Atwood

"I grew up thinking of snow as a luxury you visit."
—John Landis

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Season's Greetings</p>			1	2	3 International Day of Persons With Disabilities
4 International Space Station Launch (1998) National Dice Day	5	6 Saint Nicholas Day	7 National Pearl Harbor Remembrance Day	8 	9 Redd Foxx's Birth Anniversary (1922)	10 <i>Grand Ole Opry</i> Broadcast Premiere (1927) Lunar Eclipse
11	12 Frank Sinatra's Birth Anniversary (1915) Poinsettia Day	13 Dick Van Dyke's Birthday (1925)	14 South Pole Discovered (1911)	15 Bill of Rights Anniversary (1791)	16 Battle of the Bulge (1944) Boston Tea Party (1773)	17 Wright Brothers Day
18	19	20 Hanukkah Begins at Sundown <i>It's A Wonderful Life</i> Film Premiere (1946)	21 Hanukkah (Dec. 21-28)	22 Winter (Dec. 22-March 20, 2012)	23 	24 Christmas Eve
25 Merry Christmas	26 Christmas (Federal Holiday)	27 <i>Howdy Doody</i> TV Premiere (1947) Radio City Music Hall Anniversary (1932)	28 28th US President Woodrow Wilson's Birth Anniversary (1856)	29 17th US President Andrew Johnson's Birth Anniversary (1808)	30 <i>The Roy Rogers Show</i> TV Premiere (1951)	31 New Year's Eve



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