



River House
Current

February 2024

NEWSLETTER

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." – Helen Keller

STAY
IN THE
KNOW

New Recreation Activities:

- Belly Dancing started in January and has proven to be a shimmying good time.
- Our new weight class has everyone flexing their muscles.
- Languages of the World first series has been complete so be sure to ask how to say hello!
- On 1/18 River House was treated to an amazing Music performance from Greenwich Country Day School.

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125 River Road Ext.
Cos Cob, CT 06807



Dear Friends & Family,
"February, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of summer." —Shirley Jackson.

As winter rolls on, I want to thank you all for your continued support. River House cannot be successful without the success of its people. For us, that success and support comes from the staff, participants and caregivers that make up the River House family. We are grateful for all of you.

February is filled with significance and celebrations. With Chinese New Year, Black History Month, American Heart Health Month, Valentine's Day, and President's Day, it is a short but powerful month. We're excited to highlight the literature, art, and traditions February brings.

New things are brewing at River House so stay tuned!

Warm Regards,
Dee Hernandez



Employee Spotlight

Meet Aiden Brady our Recreation Specialist. Aiden has been with River House for over 6 years. In his spare time, Aiden likes to paint both stills and portraits.



The Nurse's Station Safety and Well-Being



February is Heart Health Month

Heart Disease is the leading cause of death for men and women.

Make healthy food choices: vegetables, fruits, whole grains, low fat dairy, and lean meats.

- Get at least 150 minutes of physical activity each week.
- Limit alcohol intake.

Recognize the signs of heart attack; they are different for women than for men.

Women may experience:

- Angina – dull or heavy chest discomfort or ache
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back
- Nausea
- Vomiting
- Tiredness that won't go away or feels excessive

Men may experience:

- Dizziness
- Left arm/jaw pain
- Nausea
- Sweating
- Indigestion
- Chest discomfort or pressure

Let's keep our heart healthy not only this month but always!

