



River House
Current

April 2024

NEWSLETTER

“April showers bring May flowers, but they also bring renewal and growth.”
— Mandy Harrison

STAY
IN THE
KNOW

New Recreation Activities:

- Baking Club 4/3 & 4/24
- Melody Men 4/15
- Gardening 4/16
- Christ Church 4/10 & 4/24

Employee Spotlight

Elizabeth Minott has been with River House for 27 years! She is our Senior Health Aide. Liz enjoys exercise, running, her two cats and, of course, the Mets!



Dear Friends and Members,

Hello Spring! I don't know about all of you, but I am very excited for warmer weather, blooming flowers, and even some April showers!



Now that the long months of winter have come to an end; River House is preparing to kick off spring in style! There will be plenty of fun activities and events to welcome in the warmer weather, from the Garden Club to a visit from the Melody Men; we will be celebrating the spring equinox with music, flowers and laughter.

As the year moves forward, we are continuing to admit new participants. The need for services is so great and our mission continues to be to help as many families as we can. Therefore, we would like to ask all our amazing caregivers to take the time to help us spread the word about River House. I believe the best advertisement is word of mouth from the people that know us best.

Be sure to follow us on social media to keep up with changes to the schedule as well as pictures of our daily fun activities.

Let's Spring forward and make this a memorable one!

Sincerely,

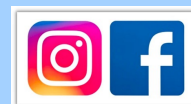
Dee Hernandez

Executive Director



125 River Road Ext.
Cos Cob, CT 06807

Follow Us



The Nurse's Station Safety and Well-Being

April is recognized as National Stress Awareness Month. Stress can have a negative impact on your body and mind. One of the best ways to combat stress is to be able to identify the causes and treatments; which means recognizing what stress looks like, taking the steps to build resilience, and when necessary, knowing where to go for help.

Here are several effective techniques to live a stress-free life:

EXERCISE: Even 20-30 minutes a day of walking is a great stress reliever and a good way to get your mind off your daily worries.

RELAXATION: Learn to incorporate some relaxation techniques into your daily life. Meditation, journaling, yoga and breathing exercises are just a few ways to help relax.

HAVE FUN: Spending quality time with family and friends, or simply watching your favorite show can often be just the distraction you need,

VISIT YOUR DOCTOR: Your family doctor is in the best place to get you started on the path to a stress-free lifestyle.

EAT WELL: The gut and brain are constantly sending signals to each other, so by keeping your gut healthy, your brain feels less stressed,

SLEEP & REST: To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime.

Chronic stress is the most harmful type of stress. If chronic stress is left untreated over a long period of time, it can significantly damage your physical health and deteriorate your mental health. It is most important to remember that professional treatment can help you develop new coping skills and find ways to lower your stress levels.