

RIVERMONT ASSISTED LIVING AND MEMORY CARE COMMUNITY EVENTS



Understanding Alzheimer's Disease JUN. 22, 2023 11:00 AM

Are you or a loved one at risk for Alzheimer's disease? Join us at Rivermont as we shed light on this most common form of dementia. We will discuss the warning signs, potential causes and risk factors, stages and progression, benefits of early detection, and more. RSVP to save a spot and bring your questions! Guest Speaker: Morgan Hamilton, Alzheimer's Association. Refreshments Served



It's Getting Hot Outside: How To Stay Hydrated For Better Health JUL. 20, 2023 2:00 PM

Dehydration is the quiet health risk since older adults can become dehydrated for several reasons, including losing their sense of thirst. Finding simple ways to increase your water intake – either through liquids or even some fruits – can help you avoid the complications of dehydration including fatigue and confusion. Join the experts in senior living at Rivermont as we share tips and strategies on staying hydrated. Complimentary refreshments provided.



Innovative Methods to Protect Your Memory & Mental Sharpness AUG. 17, 2023 2:00 PM

The brain is involved in everything you do and, like other important parts of the body, it needs to be cared for too! Join Rivermont to learn exercises that will help your memory and focus stay sharp or even give it a boost! People of all ages will benefit from incorporating just a few simple brain exercises into their daily life, which we'll explore together! RSVP to claim your spot.



Reliving Your Childhood: The Music Revolution of the Era AUG. 22, 2023 2:00 PM

Music is the key to unlocking some of our favorite memories. The right tunes can transport us to our first kiss, driving around with our friends, or rocking our baby to sleep. Join us at Rivermont as Gathan

Graham plays beautiful music. Feel free to sing along and let the music take you back in time.



VA Aid & Attendance Benefits SEP. 28, 2023 2:00 PM

Are you aware of the Aid & Attendance benefit, which can significantly offset the costs of senior living or home care for veterans? Do you know enough about this hidden benefit for yourself or your loved one? We've invited a local VA expert to talk more about eligibility, application, and what the benefits actually entail. All are welcome to attend, so invite your spouse and family members as well. RSVP and we will save your seat. Guest Speaker: Shellie Neal, Patriot Angels.



Memory Loss: New Tips and Techniques For Communicating With Your Aging Loved One OCT. 19, 2023 2:00 PM

Verbal and non-verbal communication is essential for any relationship. Even with those who have early stage memory loss there is a higher chance to misinterpret or misunderstand. The good news is that there are ways to manage communication while improving the life of those with Alzheimer's disease, dementia, or other memory issues. Join your friends at Rivermont to learn new communication strategies and how they can yield positive results for both you and your aging loved one. Guest Experts: The Alzheimer's Association.



New Strategies To Prevent Heart Disease MAR. 05, 2024 2:00 PM

Knowing the most updated information about medical procedures and technology can empower you to make your best decisions. Join us as we walk through heart health information, advancements in medical management of cardiovascular disease, and the procedures that are now improving quality of life. Meet The Expert: Joe Parsons, TenderCare Hospice



The Right Way to Rightsize APR. 30, 2024 2:00 PM

So long, downsizing! Today's adults are choosing to rightsize instead, picking a home that is just right for their needs and adjusting their possessions to fit perfectly. Rightsizing means clearing out some of the clutter in order to enjoy a breath of fresh air, less housekeeping

tasks, and a lot more energy. Ready to rightsize? We're talking about it at Rivermont and giving you realistic ways to do it without feeling overwhelmed with boxes and donations.



Identifying Dementia And Knowing When To Seek Help

MAY. 14, 2024 2:00 PM

Join us for an educational session on dementia and Alzheimer's. Learn about the signs and symptoms and early recognition. The Rivermont team is here to explain the disease from the basics and beyond. RSVP to save your seat for this important conversation. Meet The Expert: Matthew Coop, Program Coordinator, Oklahoma Alzheimer's Association



Gardening To Grow Better Health JUN. 18, 2024 10:00 AM

When you're out in the garden, hands in the soil, you're doing more than nurturing your plants. You're also nurturing your health! Whether you're a beginner or have a green thumb, join us at Rivermont as we get our hands dirty, plant succulents, and discuss the physical and mental benefits of gardening. We'll also cover ways to start gardening, whether it's in the backyard or in a small pot in the kitchen window. It all makes a positive difference! Grow with us! Guest Expert: Bailee Adams, Operating Director: Cornerstone Caregiving



Savor & Share: Create a Classic Charcuterie JUL. 25, 2024 10:30 AM

A beautiful charcuterie board is the perfect centerpiece to any party, gathering, or meal. The secret to a successful charcuterie? It's not as hard as it looks! Join us at Rivermont to learn how to create a stunning charcuterie board with a few seasonal ingredients and pantry staples. Leave with your creation and a new party trick to add to your hosting talents. RSVP to save a seat at this demonstration, as well as your ingredients for your own board.