

# RiverMist Assisted Living



*Living Room*

In June 2011, I attended the Southeast MC5 regional meeting, which was held at RiverMist Assisted Living located in Poplar Bluff. While I was there, Administrator Kimberly Scott-Wilson showed me around. RiverMist is licensed for 42 residents but have converted all but three rooms to private rooms, so they typically stay fully occupied with approximately 24 residents.

RiverMist residents maintain many of the benefits of home, while being able to receive the assistance they need. They go to bed and get up when they choose. Grandchildren spend the night. Many residents voluntarily share in household chores, such as maintaining the activity board and photo collage quilt that includes photos of all residents and employees. There is a laundry room available for residents who choose to do their own laundry. One resident is a former school teacher who continues to do classroom volunteer work at a local elementary school.

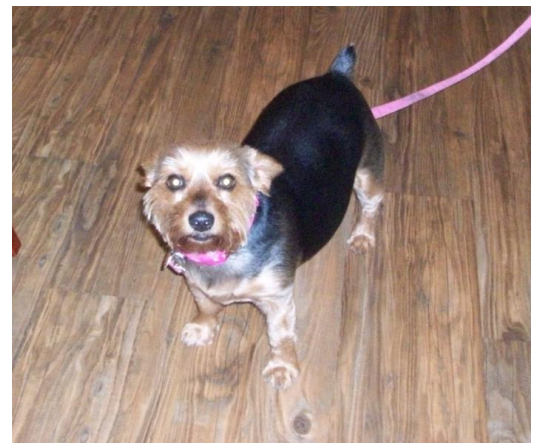


*Activity Board*



*Resident and Staff Quilt*

Residents can furnish and decorate their rooms as they wish. Each room is equipped with bathrooms with walk in showers. There is also a central bathing room for residents who need assistance. Many residents have their own refrigerators in their rooms but there is also a community refrigerator as well. They can even have their own pets if they wish.



*Resident's Dog (Honey)*



*Raised Garden*

There is a walking trail around the building. Their raised garden boxes were flourishing. The first-year garden wasn't doing quite so well yet though. They also have a small on-site library and a beauty shop.

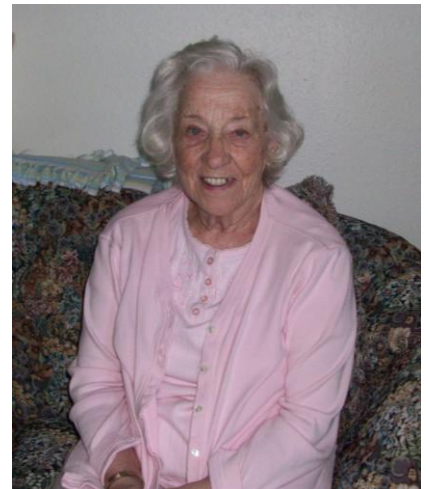
Staff members are universal workers and are all qualified to administer medications. There is no medication cart. Medications are stored and administered in resident rooms. They were in the process of instituting open dining and "May I take your order" restaurant style dining. Residents

participate in meal planning and food preparation. If someone doesn't like what is being served, they have the "Chef's Pantry", always available items and soups and salads are always available. There are also snacks available at all times at no extra cost.

During my visit I met resident Margaret Barton. Margaret is 90-years-old and told me about the big birthday celebration she recently had. After her husband passed away, she didn't feel secure living alone in her big two-story house any longer, so she moved to RiverMist and has lived there for the past two years.

Margaret was born and raised in Poplar Bluff. When she was a child, her family owned Anderson Grocery on 5<sup>th</sup> Street. Her grandfather was in the grocery business before her father. She and her husband took over the grocery business. They changed it from a grocery store to a furniture store (Ashley Furniture). She and her husband also travelled all over the world.

Her grandson now runs the business. He also owns a second store in Jackson.



*Margaret Barton*

She enjoys participating in activities, especially bingo and going on shopping trips. She also enjoys making jewelry. When I asked her about life at RiverMist, she said, "We just couldn't have it any better".



*Resident Margaret Barton's Room*