

Bridgewood Rivers
1901 NW Hughwood ST
Roseburg, OR 97471

Postage
Information

July 2024

Bridgewood News

Bridgewood Rivers 1901 NW Hughwood roseburg OR, 97471 541-440-1914



Countdown to Paris

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city.

Another notable aspect of Paris is its culinary scene. From croissants and baguettes to escargot and foie gras, Paris offers a gastronomic adventure for food enthusiasts. And let's not forget about the charming sidewalk cafés, perfect for people-watching and savoring a café au lait.

Parisians are known for their passion for sports, particularly soccer, rugby, and tennis. The city boasts world-class stadiums like the Stade de France and Roland Garros, where fans gather to cheer on their favorite teams and athletes. The city is focused on ensuring that these top-notch facilities are safe and secure for the massive influx of visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It's a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you're a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world's best athletes in action against the backdrop of beautiful Paris.

Executive Director-
Teresa Courtney

Resident Service
Coordinator/ Concierge-
Jennifer Carabellese

Director of Wellness
Services-
Leah McDonough, RN

Community Relations
Director
Connie Kloha

Dietary Manager-
Steve DeLaCruz

Life Enrichment Director-
Becca Taggart

Housekeeping-
Lisa Mosley

Director of
Maintenance-
Bob Slifert

Bus Driver-
Susan Kees

Birthdays & Anniversaries

Birthdays:

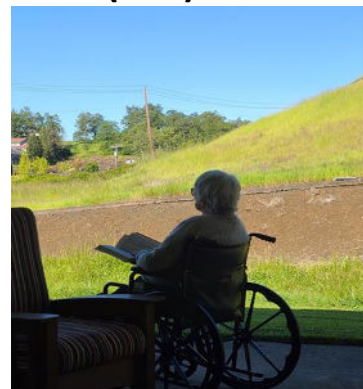
Zoela Smith, July 17th
Evelyn Johnson, July 30th

Anniversaries:

Jean Sorensen, 1 Year
Phillip Politte, 1 Year
Zoela Smith, 1 Year
Lisa Mosley, 14 Years
Alex Dean, 2 Years
Devon Gaury, 1 Year

Bridgewood Rivers Assisted Living Residence has cared for seniors in the Roseburg community since 1990.

Bridgewood Rivers was the first Assisted Living Residence to receive licensing in the state of Oregon. Our Administrator, Teresa Courtney, has been here for over 33 years. For additional information please Contact us at (541) 440-1914



Drive IN Movie Day



National Donut Day



**Summer Begins Party
w/ Darts & Axe Throwing**



Nurse's Note

Do you know what nutrient 95% of Americans don't eat enough of? It's fiber! A high-fiber diet reduces the risk of obesity, heart disease, and diabetes and you can find it in plant foods- beans, grains, fruits, vegetables, seeds, and nuts. Fiber helps keep slow the release of sugar to help keep it from spiking, which keeps your energy steady. It also helps tell your brain when you've eaten enough so you do not overeat. Fiber acts like a scrub brush in your intestines to get them clean and also feeds the good bacteria in your gut. If you aren't used to eating a lot of fiber, start slow in order to prevent digestive issues and gradually increase your consumption!

Leah McDonough, RN Wellness Director

What's Red, White, Black, and Blue?

Uncle Sam After a Boxing Match!
What's Red, White, Blue and Green?
A Patriotic Turtle!

I'm Excited for our big Picnic in Eugene this month, along with going on a few new Outings. Please Don't forget to check out our New activities sign up station.

We will be doing our food council meeting w/the cook on the 1st Monday of the month. Please join us for our resident ideas/council Meeting Tuesday, July 16th in (AR).
-Becca Taggart LED

**Men of Honor
&
"Cocopela"**



Entertainment:

Tuesday, July 2nd @2pm
"Louis the Piano Player" – (DR)
Tuesday, July 9th @2pm
"Gary the Accordion Player"
Thursday, July 11th @2pm
"Cocopela" & Graffiti Cars- Out Front
Tuesday, July 23rd @2pm
Old Time Fiddlers/Birthday Party (DR)

**Good Friends Make Good Neighbors
Program**

When a Bridgewood Rivers resident or family member refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.



Independent Shopping:

Monday, July 1st @1pm- Safeway
Monday, July 8th @1pm- Dollar Tree
Monday, July 15th @1pm- Fred Meyer
Monday, July 22nd @1pm- Big Lots
Monday, July 29th @1pm- Walmart

Out to Lunch/Dinner:

Wednesday, July 3rd @11am- Abbys Pizza
Wednesday, July 17th @4pm- Tye Landing
Friday, July 26th @11am- Red Robin
Wednesday, July 31st @11am- Si Casa Flores Mexican
Wednesday, July 10th @11 Lunch in (AR)
- Taco Bell OR Bugar King

Outing's:

Wednesday, July 3rd @1:30pm
-Scenic Drive & Trip the Lehenes Farms.
Wednesday, July 24th @10:15am
-Trip to Eugene for Picnic w/Spring Vally & Medow Creek Communities