


Take 5 Stress Management Campaign Begins December 28th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	December 28 Check <i>Riverside Connection</i> for your weekly stress tip and programs.	29 Free enrollment to Riverside Health Fitness Center for employees (RMC Cafeteria)	30 Senior Leadership Rounding: ■ 10am–12pm (Hoover) Lavender Lotion Handout (Hoover) Hand Hydration 1–4pm (TBD)	31 Gift Shop “Relaxation by Epic” Sale	January 1 Gift Shop “Relaxation by Epic” Sale	2 Traveling Massage, 9am–2pm (TBD)
3 Submit your Epic Man pictures to Josh-Hugo@riversidehealthcare.net Executive Rounding with No-Whine Snack Cart All Week Does Epic have you all twizz-ted up? (Twizzlers Handouts, all locations)	4 Check <i>Riverside Connection</i> for your weekly stress tip and programs. Hand Hydration, 11am–1pm (TBD) Traveling Massage, 11am–1pm (TBD)	5 Animal Ambassadors Senior Leadership Rounding at Riverside Medical Center: ■ 6:30–8am (RMC, A Wing) ■ 9–11am (RMC, B Wing) ■ 1–3pm (RMC, C Wing) ■ 1–3pm (RMC Pavilion) ■ 5–7pm (RMC, E Wing) Look for your Twizzler Handouts this week!	6 Hand Paraffin Wax, 8–11pm (location TBD) Senior Leadership Rounding: ■ 1–3pm (Bourbonnais Plaza, Health Fitness Center) ■ 1–3pm (Hoover and Johnson Lecture Hall) Epic Survival Baskets delivered to all off sites	7 Ergonomic Checks, 2pm (RMC) Hand Paraffin Wax, Noon to 3pm (TBD) Hand Hydration, 10am to 1pm (TBD) Senior Leadership Rounding: ■ Noon to 4pm (East Court, Momenca, Pembroke) ■ 1 to 3pm (Gilman, Watseka)	8 Senior Leadership Rounding: ■ 9am–12pm (Monee, Peotone, Resolve, Manteno) ■ 12–4pm (Dwight Wilmington, Coal City)	9 Traveling Massage, 9am–2pm (TBD)
10 Submit your Epic Man pictures to Josh-Hugo@riversidehealthcare.net Executive Rounding with No-Whine Snack Cart All Week	11 Check <i>Riverside Connection</i> for your weekly stress tip and programs. Senior Leadership Rounding: ■ 1–3pm (RMC, B Wing) ■ 11am–1pm (RMC, C Wing) ■ 2–4pm (Atrium)	12 Animal Ambassadors Hot Apple Cider and Chocolate Bar, 1–3pm, 9–11pm (RMC Cafeteria) Hand Hydration, 4–7pm (TBD) Traveling Massage, 4–7pm (TBD) Senior Leadership Rounding: ■ 1–3pm (RMC Pavilion) ■ 9am–12pm (Bourbonnais Plaza)	13 Hand Paraffin Wax, 12–3pm (TBD) Traveling Massage, 3–5pm (TBD)	14 Magician, 1 to 3pm (RMC) Hand Paraffin Wax, 12–3pm (TBD) Traveling Massage, 10am–1pm (TBD) Senior Leadership Rounding: ■ 12–4pm (East Court, Momenca, Pembroke) ■ 12–4pm (Gilman, Watseka) ■ 12–4pm (Dwight, Wilmington, Coal City) ■ 1–4pm (Monee, Peotone, Manteno) ■ 2–4pm, 8 to 10pm (Senior Life)	15 Magician, 10pm–12am (RMC) Hand Hydration, 3–6pm (TBD) Traveling Massage, 3–6pm (TBD)	16 Traveling Massage, 9am–2pm (TBD)
17 Submit your Epic Man pictures to Josh-Hugo@riversidehealthcare.net Executive Rounding with No-Whine Snack Cart All Week Laughter is the best stress buster! (Laffy Taffy Handouts, all locations)	18 Take 5 Epic Man Wellness Message	19 Animal Ambassadors Magician, 1–3pm (TBD) Hand Hydration, 4–7pm (TBD) Traveling Massage, 4–7pm (RMC) Senior Leadership Rounding: ■ 1–3pm (RMC, E Wing) ■ 8–10pm (RMC, A Wing) Look for your Laffy Taffy Handouts this week!	20 Magician, 10pm–12am	21 Warm Cookie Day, 1–4 pm and 6–9 pm (Riverside Cafeteria)	22 Hand Hydration, 10am–1pm (TBD)	23 Traveling Massage, 9am–2pm (TBD)

ONSITE TAKE 5 ROOMS:

- **Room of Magic–Exercise:** Basketball Hoop, Bean Bag Toss, Stretching Sessions, 3 in 1 Table – Ping Pong, Air Hockey & Foosball
- **Lavender Room–Room A #180, Across from OR:** Reclining Chairs, Scent Diffuser, Soft Heartmath Music, Scheduled Therapies – Massage & Hand Wax Dipping, Heartmath Software
- **Cafeteria Inner Child Room–Cafeteria Room B:** Puzzles, Play Doh, Coloring Books, Markers, Crayons, Paints, Paint by Number, Display Board, bubble Wrap, Stress Balls

Riverside Medical Center Ground Floor



	Information		Elevator
	Restroom		Escalator
	Telephone		Revolving Door

Patients and Visitors –

Patient rooms should be accessed using the A Elevators.

Patient rooms prefixed with E: Access these rooms by taking the A Elevator to the 3rd floor. Follow signs to ICU or Ortho/Neuro.

Patient rooms prefixed with A: Access these rooms by taking the A Elevator to the appropriate floor and follow signs.



- ONSITE TAKE 5 ROOMS:**
- Room of Magic–Exercise, 3rd Floor Room B306
 - Lavender Room–Room A #180, Across from OR
 - Cafeteria Inner Child Room–Cafeteria Room B