

"Remember, happiness doesn't depend upon who you are or what you have. It depends solely upon what you think." —Dale Carnegie

April 2020

# The SILVER RIDGE Report

A monthly newsletter for Silver Ridge assisted living and memory support residents

## The History of Arbor Day

When you think of Nebraska you probably don't think of trees. In fact, according to thestacker.com, Nebraska is rated as the second least woodsy state right after North Dakota! So it might surprise you to find out that Arbor Day was first started in Nebraska.

According to arborday.org, it was the lack of trees that inspired J. Sterling Morton to become an advocate for tree planting. As the editor for a large Nebraska newspaper in the late 1800s, Morton wrote columns and editorials about the importance of trees. He also encouraged civic organizations and community groups to do their part to plant trees. Many of the people who lived in the area were pioneers who had come from states that had more forests and they missed the shade and the agricultural benefits of from them.

Eventually, Morton became the secretary of the Nebraska Territory, and it was through that role that he was able to propose Arbor Day to the State Board of Agriculture. The first Arbor Day took place on April 10th, 1872. It is estimated that more than 1 million trees were planted that day. When Arbor Day became a federal holiday the date was changed to the last Friday of April, which means this year it's on the 24th.

Arbor Day is a great excuse to go outside and appreciate the outdoors and the trees that bring so much beauty to the world around us. So make sure to celebrate this original Nebraska holiday!

## APRIL BIRTHDAYS

April 10: Sally Meents  
April 13: Bill Bruning  
April 16: Lois Buller  
April 17: Carolyn Wagaman  
April 24: Jim Ross  
April 30: Jeanne Powell

## WELCOME, NEW RESIDENTS!

Kay Miller  
Mary Traubel

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

### DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

### ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, pgiittinger@hillcresthealth.com

### MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

### DIRECTOR OF CULINARY:

Kenny Jesus, kjesus@hillcresthealth.com

### DIRECTOR OF ENVIRONMENTAL SERVICES:

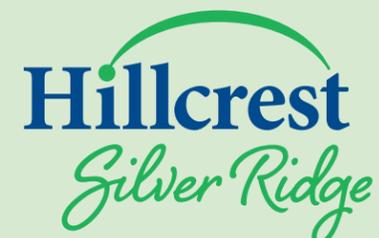
Terry Greco, tgreco@hillcresthealth.com

### REGIONAL ADMINISTRATOR:

Dave Creal, dcreal@hillcresthealth.com

## ARE YOU ON THE LIST?

We would like to start distributing the newsletter each month via email in addition to distributing printed copies in our building. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!

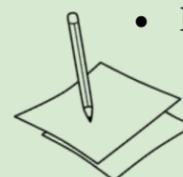


## APRIL ACTIVITIES

Though we've had to modify our regular group activities, we will be filling the month with a lot of entertaining one-on-one activities. The recreation team has been brainstorming and we've come up with a lot of different ways to fill the time. We're going to have fun, despite the necessary safety precautions!



- Room-to-room library
- Window concerts
- Easter crafts
- Personal hair appointments
- Movies
- Games
- Walker decorating
- Individual exercises
- Skype calls
- Art projects
- Crafts
- Puzzles



## WORSHIP SERVICES

Sundays: Morning Bible Study, 10 a.m., 10:45 a.m. (MS)

## Sarah's Column



Spring has sprung!  
We are looking forward to the nice weather and sunshine. Hillcrest Silver Ridge and The Roberts Academy were honored to receive a donation from Juanita Jenison. She raised money as a tribute to her mom, Dorothy Davis, who lived with dementia. Mrs.

Jenison raised money so The Roberts Academy could purchase Kindle tablets for the students to use during their weekly visits with our residents who reside in the Memory Support Cottages. We are excited to see how this addition to the Memory Support Cottages will further enhance the lives of the residents.

You may notice a new look to our logo. We have decided to rebrand to eliminate any confusion and showcase that we are a part of the Hillcrest family. You will be seeing new signs put up on our campus soon.

As always, my office is open if you have any questions, suggestions or concerns. It is a pleasure to serve you and your family. With gratitude,  
—Sarah Stoakes, Administrator



Dr. Anna Fisher, Alice Roberts and Sarah Stoakes smile as they receive a donation from Juanita Jenison.

## RESIDENTS IN ACTION

We ended February and started March with parties and dancing. We celebrated Mardi Gras with lots of sweets, including the traditional kings cake. We enjoyed dancing to music from a variety of entertainers that came out to perform for us. We are so lucky to have such great team members

that make sure our residents always have a dancing partner. Of course, we enjoyed several art projects, including making wrap bracelets, magical fairy gardens and Mod Podge coasters. We also got silly for St. Patrick's Day.

**-Paige Giittinger, Director of Recreation**



Maryetta shows off her wrap bracelet.



Claudie and Jana play Mexican Train Dominoes.



Elly loves the colors in her new wrap bracelet.



Donna poses with her new fashionable accessory.



Residents enjoy the Mardi Gras feast.



Maryetta is all dressed up for Mardi Gras.

## COTTAGES HAPPENINGS

A happy hello from Stacy. Don't hold your breath, but I think spring might be here! The birds are singing, the flowers are peeking up out of the ground and the warm weather fun has begun here at the Hillcrest Silver Ridge Memory Support Cottages. We had a lot of fun celebrating St. Pat's Day last month, and this month we are looking

forward to celebrating Easter Sunday. It will be a time of renewal and to be refreshed, both in mind and spirit. We all are excited to spend time outside in the courtyards, planting flowers and just soaking up the sun.

**-Stacy Neuhaus, Memory Support Recreation Director**



Arline is decked out in St. Patrick's Day green.



Bob participates in the St. Patrick's Day fun.



Margie and Norma stretch during their morning exercises.



Jeanne and her daughter Sondra lead the weekly hymn sing-along.



Norma and Pam show off their beautiful voices.



Edna sings with Danell.