

"If we had no winter, the spring would not be so pleasant."

-Anne Bradstreet

April 2022

The SILVER RIDGE Report

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



The History of Earth Day

In April, we begin to see more rain and less snow. Budding flowers start coming into view, and warmer weather is just on the horizon.

We celebrate all of this amazing beauty happening in the world around us on April 22, Earth Day.

Earth Day began in 1970 in the U.S., but it wasn't until 1990 that Earth Day became a global event to raise awareness about environmental issues. The first Earth Day remains the largest single-day protest in human history. More than 20 million people showed support for the environmental issues the U.S. was facing. In 1990, one of the original coordinators of the event took this international and organized Earth Day events in 141 nations.

Today, people celebrate Earth Day by picking up litter, planting trees, recycling and much more.

Though Earth Day falls in April every year, there are many ways to preserve the beauty of the world around us throughout the entire year. These include conserving energy, limiting water usage, finding transportation alternatives like walking or biking, shopping with reusable bags and drinking from reusable water bottles.

Most importantly, we can spread the word and teach generations to come how important it is to keep our environment and world clean, healthy and happy.

APRIL BIRTHDAYS

April 5: Butch F. April 16: Lois B.
April 7: Patricia M. April 17: Carolyn W.
April 10: Sally M. April 21: Barbara H.
April 10: Mable M. April 23: Angie A.
April 13: Bill B. April 24: Jim R.
April 16: Donald H. April 27: Dee Dee L.
April 16: Darlene D.

WELCOME TO SILVER RIDGE!

Roberta H.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

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DIRECTOR OF MARKETING:

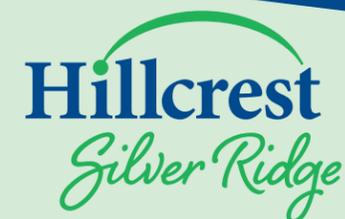
Heather Selby, hselby@hillcresthealth.com

REGIONAL AREA DIRECTOR:

Dave Creal, dcreal@hillcresthealth.com

ARE YOU ON THE LIST?

We distribute 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 HIGHLIGHTS

April 1: Stories Fact or Fiction – April Fools' Day (MS)
April 5: Entertainment with Paul Siebert (AL)
April 7: Easter Crafts (MS)
April 8: Wear Pink (AL)
April 15: Easter Egg Hunt (MS)
April 19: National Wear Your Pajamas Day (AL)
April 22: Earth Day – Courtyard Time (MS)(AL)
April 26: Merrymakers – Joe Taylor (AL)

WORSHIP SERVICES

Mondays

3:15 p.m. - Bible Study with Pastor Jerry (AL)

Wednesdays

11 a.m. - Worship Service with Pastor Jerry (AL)

Thursdays

10 a.m. - Catholic Prayer Service (AL)

Sundays

9 a.m. - Catholic Service (AL)

10 a.m. & 10:45 a.m. - Morning Bible Study (MS)

Sunday, April 3 & 17

3 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT

Baseball Hitting Contest

Friday, April 29, 1:30 p.m.
Courtyard

Join us for some fun in the sun as we hit around the baseball to bring in the season!



Sarah's Column



April is tornado awareness month, so it is a nice time to review tornado safety and preparation.

A tornado watch means that the environment is favorable for severe storms and possible tornadoes to form. During a tornado watch please listen to the radio and/or TV for updates and

know where to evacuate in case of a tornado warning.

Our evacuation areas include:

- Main Building – Hallway off of main lobby by time clock, overflow into bathrooms
- North Tower – Basement hallway
- Cottages – Resident Bath (shower room) and public restroom

During a tornado watch also find your flashlight to have it ready in case of a power outage and close your blinds and windows.

In case of a tornado warning:

- If we are alerted to a tornado warning through a siren, TV or radio, team members will start the evacuation process.
- Move away from the windows and head toward your designated shelter area. If you need assistance stay in your apartment or wait outside of your apartment door in the hallway.
- Stay calm.

Working together, we can keep everyone safe.

Hopefully, we will not have to worry about tornadoes and severe weather. We hope to just enjoy the grass and trees turning green.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Spring has sprung and we are having lots of fun here at Hillcrest Silver Ridge! In March, residents enjoyed celebrating Mardi Gras. Residents were excited to find the baby in the king cake for good luck. We had so much fun making St. Patrick's Day crafts last month. Residents shared some laughs on Funny Friday at our happy hour photo booth as well.

We are looking forward to celebrating Easter and

Earth Day this April. We also have many fun activities planned for the month including cornhole in the courtyard and a baseball hitting contest. All of our residents are excited to get outside. Keep your fingers crossed for some consistent nice weather so we can get some sun with our friends. Have a healthy and happy month!



Mardi Gras Kings & Queens

Far Left: Don and Tom enjoy the Mardi Gras party.

Left: Maryetta tastes the king cake.

Bottom Left: Peggy and Darlene show off their Mardi Gras masks.

Bottom Center: Vernelle is happy to receive the baby from the king cake.

Below: Fay gets festive with her Mardi Gras vest.



Residents have fun with entertainer Johnny Ray Gomez.



Residents dance to music by Johnny Ray Gomez.

COTTAGES HAPPENINGS

A happy hello from Stacy! The Easter Bunny isn't the only thing hopping around here – so is the fun!

There were a few days in March that we were able to have some afternoon activities outside and, boy, was that great. Now, we are all looking forward to being outside even if it's just to clean up the courtyards.

We all had fun decorating for St. Patrick's Day and enjoyed the Irish taste testing. Hats off to the Irish! They make delicious soda bread and cheeses. We would like to thank the culinary department for the tasty corned beef and cabbage.

This month, we have spring and Easter on our minds! We will be making different kinds of Easter egg decorations and crafting spring flowers for the

apartment doors. Friday, April 15 is wear your Bunny Tails and Bunny Ears Day. Residents will look great while they are hunting for eggs that afternoon. We also will be celebrating National Grilled Cheese Day with samples on April 19, and on Friday, April 22, we will be celebrating Earth Day in the courtyards. It will be the perfect time to tidy up the yard, clean the pots and get the courtyard ready for spring. Now that the weather is nice, we will be going on our weekly country drives. Everyone enjoys getting out and seeing the beautiful countryside. Stay healthy and keep a smile in your heart!

–Stacy Neuhaus, Memory Support Recreation Director



St. Patrick's Celebration

Above: Janet and Ursula party on St. Patrick's Day.

Top Center: Earl dresses for St. Patrick's Day.

Top Right: Betty shows off her St. Patrick's Day craft.

Far Right: Pam smiles with a finished St. Patrick's Day pot.

Right: Barb is proud of her St. Patrick's Day craft.

