

*"Blossom by blossom, ththe spring begins."  
-Algernon Charles Swinburne*

# The SILVER RIDGE Report

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

## Celebrate National Garden Month

Gather your gardening tools, and don't be afraid to get your hands dirty. April is National Garden Month! April became National Garden Month in 2003 after the National Gardening Association realized one week in April wasn't a long enough celebration. Listed below are some activities for you to enjoy for National Garden Month.

### • Plant seeds

April is the perfect time to grab your friends and some seeds and have a seed-planting party. You can plant your favorite flower or vegetable seeds in small containers and watch them grow throughout the month. When they get too big for their starter container, move them into a bigger pot or outdoor garden.

### • Sit among the flowers

If you aren't ready to dive into planting seeds or flowers, you can still enjoy gardens this month. As the weather warms up, find time to sit outside in the courtyard, on your patio or wherever you can enjoy the beauty of a blooming garden. You can also visit many gardens from around the world virtually by searching them online. Taking in a garden's natural beauty can be very relaxing and decrease stress.

### • Share your gardening knowledge

Many gardeners love to share what they know with their friends, family and the next generation. Organize a plant or seed swap with those you're close to and educate them on how you like to care for that plant. There's always more to learn when it comes to gardening.

There are many more ways to prepare gardens for summer or simply enjoy their natural beauty. How will you celebrate National Garden Month?

## APRIL BIRTHDAYS

April 5: Butch F.	April 23: Angie A.
April 21: Barb H.	April 16: Lois B.
April 16: Lois B.	April 20: Jane H.
April 16: Don H.	April 20: Roberta H.
April 10: Sally M.	April 23: Angie A.
April 10: Mable M.	April 27: Deanne L.
April 17: Darlene S.	April 24: Jim R.
April 17: Carolyn W.	April 27: DeeDee L.

## WELCOME TO SILVER RIDGE!

Anita W.	Joe C.	Dean M.
Bev D.	Mary V.	Terry D.
Gwen R.	Oksu S.	Carroll H.
Darold R.	Dennis S.	

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Matt Lucero, mlucero@hillcresthealth.com

### ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

### MEMORY SUPPORT RECREATION DIRECTOR:

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Heather Selby, hselby@hillcresthealth.com

### REGIONAL AREA DIRECTOR:

Dave Creal, dcreal@hillcresthealth.com



## APRIL HIGHLIGHTS

April 7: National Coffee Cake Day (AL)  
 April 9: Easter Sunday (AL)  
 April 11: Merrymakers Presents Woody (AL)  
 April 21: Podiatrist Workshop (AL)  
 April 26: Air and Space Museum Outing (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**  
 10 a.m. & 10:45 a.m. - Morning Bible Study (MS)  
 Sunday April 2 & 16  
 3:30 p.m. - Worship Service with Pastor Tom (AL)

## FEATURED EVENT



### Lemonade in the Courtyard

Tuesday, April 11, 2 p.m.

Residents will enjoy some fresh air while sipping on refreshing lemonade and eating cookies.

## Matt's Column



Hello, Hillcrest Silver Ridge residents and families. This month, I want to highlight a great resource for residents, Advanced Mobile Medicine. These mobile practitioners visit our community every Friday to see residents for any medical needs. They can take over

primary care for you or work in conjunction with your existing primary care physician. Therefore, you do not have to leave the community to see a physician. Please see Nurse Manager Pat or any clinical team member to schedule an appointment.

We are excited to continue growing our team here at Hillcrest Silver Ridge. We recently hired five new team members who are ready to enhance lives. We look forward to welcoming them into our community. Please encourage new and existing team members, and let us know who is doing a great job! Hillcrest recognizes outstanding team members who go above and beyond with the Hillcrest Way Star Awards Program. If you catch a team member going above and beyond the expected job tasks, please feel free to fill out a nomination form by either going to hillcresthealth.com/star or visiting our front desk.

Thank you all, and please stop in any time with questions or concerns.

-Matt Lucero, Administrator

## RESIDENTS IN ACTION

We are hopping right into spring, and I cannot believe it's already here! At Hillcrest Silver Ridge, we had a marvelous time decorating St. Patrick's Day gnomes and jumping into the holiday's festivities.

In addition, we had an awesome musical performance from Joyce Torchia! Residents really enjoyed listening to her sing! We also had a blast



Residents enjoy a show from Joyce Torchia.



Claudie decorates a St. Patrick's Day gnome.



Betty dresses up for the St. Patrick's Day party.

playing bean bag twister and received a visit from a parrot from Scatter Joy Acres.

With the beautiful weather on its way we cannot wait to participate in more outdoor activities! From everyone at Hillcrest Silver Ridge, we wish you a fantastic April.

-Brianna Erickson, Assisted Living Recreation Director



Janna holds a parrot from Scatter Joy Acres.



Residents participate in a game of bean bag twister.

## COTTAGES HAPPENINGS

This March was filled with spring and St. Patrick's Day activities. We played weekly games that tested our luck such as bean bag toss and bingo. Residents really enjoyed exercising with green pompoms and making shamrock-shaped crafts. We even received visits from Pluto the Dog!

We plan to play many more games of bingo this month, as well as enjoy spring activities and crafts. We hope the weather warms up so we can spend more time outdoors with each other. We look forward to watching flowers bloom and trees turn green.

-Rachel Branton, Memory Support Recreation Director



Norma enjoys giving Pluto a lot of attention.



Residents wave green pom poms during exercise class.



Janelle plays bean bag toss with friends.



Residents make St. Patrick's Day cards.



Carol, Ursula and Mary dance to the music from Houston Solutions.



Betty exercises with a green pom pom.



Jim gets ready to toss a bean bag.