

"You learn more from failure than from success. Don't let it stop you. Failure builds character." – Unknown

August 2019

The SILVER RIDGE Report

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

5 Tips to Improving Your Sleep

A good night's sleep can make for the perfect start to the next day. Sleeping can help the physical and mental well-being of aging adults, enabling them to live a happier and healthier life. According to familydoctor.org, aging adults need at least 7 to 8 hours of sleep per night. Here are some ways to improve your sleep habits.

Develop a routine: Make sure you go to bed at the same time each night, including weekends. This helps your body develop a pattern, which will make it easier to go to sleep at night.

Sleep in a quiet and dark place: It can be difficult to sleep in a noisy or bright room. Make sure all of the lights and the TV are off before your bedtime so your mind can turn off easier and faster.

Eat a healthy snack before going to sleep: Eating healthy is always important. But eating healthy before bed can help you sleep better, especially if you're hungry. Avoid sugary foods because they can keep you awake for long periods of time. Opt for a fruit or vegetable instead.

Avoid caffeine before you sleep: Caffeine is often used as a way to stay alert throughout the day. Drinking it before bed can make it very hard to sleep. Choose water instead if you're thirsty before bed.

Avoid napping in the evenings: Napping can make for a great way to get through the day if you're tired. But napping in the evening can make it very hard to sleep at night. Take naps in the late mornings or early afternoons to make it easier to fall asleep at night.

Say goodbye to restless nights! With the help of these tips, you can improve your sleeping pattern and be a happier, healthier you.



AUGUST BIRTHDAYS

Aug. 3: Doris Anderson	Aug. 17: Virginia Stewart
Aug. 8: Lesa Winters	Aug. 18: Lori Meugnoit
Aug. 11: Molly Rightmyer	Aug. 20: Bob Fahey
Aug. 14: Mary Fleissner	Aug. 23: Agnes Stigge
Aug. 16: Kurt Pfeifer	Aug. 27: Toni Cooper
Aug. 17: Orville Miller	Aug. 28: Arline Mussman

WELCOME NEW RESIDENTS!

Mary Ruff

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, (402) 332-4280

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, (402) 332-4280

ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, (402) 332-4280

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, (402) 332-4280

DIRECTOR OF CULINARY:

Roy Franco, (402) 332-4280

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, (402) 332-4280

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

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!



AUGUST HIGHLIGHTS

Aug. 2: Visit from Fontenelle Forest, Party Room
Aug. 6: Papillion Singers, Main Dining Room
Aug. 12: Trip to Heldt Produce Watermelon Farm, Memory Support Cottages
Aug. 14: Summer Music Show with Len Eby, Memory Support Cottages
Aug. 22: Hot Fudge Sundaes, Memory Support Cottages
Aug. 30: Tailgate Party, Main Dining Room

WORSHIP SERVICES

-Daily Catholic Communion, Memory Support Cottages, 10 a.m., 10:45 a.m.
-Sundays: St. Patrick's Rosary/Communion, 9 a.m. Morning Bible Study, Memory Support Cottages
-Thursdays: St. Patrick's Catholic Church, 9:30 a.m.
August Services:
Aug. 1: Resurrection Lutheran Church, 9:30 a.m.
Aug. 8: Gretna Baptist Church, 9:30 a.m.
Aug. 15: Good Shepherd Lutheran Church, 9:30 a.m.
Aug. 22: Standing Stone Bible Church, 9:30 a.m.
Aug. 29: Gretna United Methodist Church, 9:30 a.m.

FEATURED EVENT

Tailgate Party August 30, 2 p.m., Main Dining Room

Get out your pom poms — it's time for the Husker Tailgate Party! Headliner Johnny Ray Gomez will get us excited for the upcoming football season.

Sarah's Column



Wow, it's hard to believe that we are already in August. Where did summer go? August will bring exciting happenings to Silver Ridge!

The Roberts Academy, Nebraska's only secondary Montessori school (grades 7-12), will re-open for the Fall 2019 school year right here at Silver

Ridge. The Roberts Academy will bring older students to our campus who will be able to effectively interact with our residents as a community. This collaboration will provide significant intergenerational lifelong learning opportunities for the students and the Silver Ridge residents up to five days a week. Hillcrest deeply supports the principles of Montessori teaching and is delighted to bring this evidence-based approach to enhancing residents' lives.

The school is co-founded by Alice Roberts, who serves as lead Montessori instructor. Though currently teaching grades 7 through 12, Roberts is certified to teach Montessori to students from pre-school through secondary. Eight years ago, Hillcrest entered into a partnership with The Roberts Academy to host students at Hillcrest's Mable Rose assisted living campus, and their collaboration has been essential to the consistent use of purpose driven activities to engage with residents. Students then moved on to working with residents at Hillcrest Country Estates Grand Lodge during the last two school years. And now, the Roberts Academy will be at Silver Ridge as their home location.

It should be an exciting school year to see how Silver Ridge and The Roberts Academy can enhance each others' lives!

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Residents started the month with a wine and cheese social event to celebrate National Cheese Day. We celebrated fathers in June with a hearty steak luncheon. Next, we had a beautiful day for our sack lunch in the courtyard to celebrate National Picnic Day. We continued our festive

courtyard parties with an official welcome summer party. Residents enjoyed fruity cocktails and a cool treat on a hot day. We were serenaded with music by Pam, the original summer blonde. Summer is finally here!

–**Paige Giittinger, Assisted Living Recreation Director**



Evelyn, Marian, Lesa and Bessie enjoy arts and crafts.



Jerri and Mary are ready for the beach.



Marian, Pam, Ruth and Orville enjoy a cocktail.



Pam, Barb, Jeanette and Virginia show patriotic spirit.

COTTAGES HAPPENINGS

A happy hello from Stacy! Can you believe that it's August already? Where has the summer gone? We have been having fun in the cottages with all of the summer activities. We honored the veterans around Independence Day, we had patriotic word spelling bees and American history trivia quizzes. It's such a blessing that we all enjoy each others' company and can have fun each and every day.

On the first of the month, we are planning a fun trip to a watermelon farm. Everyone is looking forward to an afternoon with hot fudge sundaes on August 22. As the temperature rises, so will the fun. Remember: whether we are inside the cottage or out in the courtyard, drink plenty of water. It's especially important this time of year.

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



Mary and Janet enjoy arts and crafts.



The VFW honors Joe for his service to our country.



Mary and Jeanette enjoy the music show.



Doris and Coleen make butterflies at craft time.