

"If I know what love is, it is because of you."

—Hermann Hesse

August 2021

The SILVER RIDGE Report

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

An Update on the Delta Variant



I wish I could say that the end of the pandemic is in sight, but sadly I can't. The Midwest is experiencing a surge in the number of new cases and hospitalizations related to the emergence of the Delta variant. Please consider this a completely new virus, as it is considerably more contagious and is causing more

serious infections. Here are some facts about the Delta variant:

- 1,000 times more viral shedding secondary to its ability to quickly replicate
- Much more serious illness secondary to the viral load and overwhelming your immune system, even in the young population
- More than twice as contagious as the original virus
- Estimated 88% protection with vaccine (however, one out of every 10 fully vaccinated individuals exposed could become infected)
 - Symptoms usually very mild with almost no risk of serious illness or hospitalization; remember to protect yourself even if vaccinated
- Spread is now primarily in the unvaccinated

As always, safety is our number one priority. We are constantly reviewing our safety protocols to make sure residents, guests and team members stay safe. As of right now, visitation policies remain the same. Visitation is allowed at all locations as long as the resident does not have COVID-19 and the building is not undergoing testing after an exposure. Please make sure you are healthy prior to visiting a loved one.

Call the building directly for the latest updates on visitation at each location. Thank you for your understanding and support as we make our way through this pandemic.

— Dr. Anthony Hatcher, Chief Medical Officer



AUGUST BIRTHDAYS

August 5: Harold N.	August 23: Agnes S.
August 8: Lesa W.	August 27: William P.
August 16: Kurt P.	August 27: Toni C.
August 18: Delores M.	August 28: Wayne A.
August 23: Earl G.	August 28: Arline M.
August 23: Ursula N.	

WELCOME, NEW RESIDENTS!

Paula S., Lillian G., Wayne A., Barbara H.,
Alice G., Lillian G., Marianne A.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

Charisa Ramsey, cramsey@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Kenny Jesus, kjesus@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Dan Blayney, dblayney@hillcresthealth.com

REGIONAL ADMINISTRATOR:

Dave Creal, dcreal@hillcresthealth.com

Annual Customer Satisfaction Survey

Watch for an email from "Hillcrest Health Services," which is actually from a national survey company, about the Annual Customer Satisfaction Survey. Please take a couple of minutes to complete it so we can know what, if anything, we could be doing better to create an amazing experience for you.



AUGUST HIGHLIGHTS

August 3: Fontenelle Forest (AL)
August 16: Tour of the Heldt Family Watermelon Farm (MS)
August 18: Water Balloon Toss in the Courtyard (MS)
August 19: Scatter Joy Acres (AL)
August 23: Tour of Chalco Hills Recreation Area (MS)
August 24: Tom Sladek Accordion Concert and Birthday Celebration (MS)
August 26: Pet Appreciation Day (AL)

WORSHIP SERVICES

Mondays: Bible Study with Pastor Jerry, 3:15 p.m. (AL)
Wednesdays: Worship Service with Pastor Jerry, 11 a.m. (AL)
Thursdays: Catholic Prayer Service, 10 a.m. (AL)
Sundays: Morning Bible Study, 10 a.m., 10:45 a.m. (MS)

FEATURED EVENT

Luau
Tuesday, August 24, Noon
Main and North Dining Rooms

Wear your grass skirts and leis to our luau! We will be enjoying banana leaf wrapped pork with savory side dishes and Hawaiian desserts. There will also be special activities and entertainment.

Sarah's Column



Happy August! I know that the news of the Delta variant and a possible second surge of COVID-19 can be intimidating. I am proud that we have a very high vaccination rate among our residents and team members so we can continue to be protected. However, the news can still create many emotions and

feelings regarding the uncertainty. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged and occasionally out of control.

Self care during these times is essential to keeping yourself healthy both mentally and physically. Please take the time to create a self care plan that focuses on your body, mind, soul and heart. Some examples include speaking kindly to yourself, exercising, resting and eating well. Together we will continue to rise together and keep each other safe and healthy. If you need anything, please let any of our team members know. We are here for you!

With love and gratitude,

—Sarah Stoakes, Administrator

HILLCREST FOUNDATION



The Hillcrest Foundation for Enhancing Lives, a charitable organization that improves the lives of older adults, is hosting its first-annual Golf Tournament on Thursday,

August 19 at Eagle Hills. There will also be an auction, with prizes including trips to Branson, Missouri, and Breckenridge, Colorado, that can be accessed online starting August 12. Visit hillcrestfoundation.org to register and learn more!

RESIDENTS IN ACTION

The weather has been heating up, and so have the activities at Hillcrest Silver Ridge! Residents got into a patriotic mood with a special Fourth of July concert and a red, white and blue themed happy hour. We welcomed entertainers, new and old, back into the building, as well as an adorable puppy from Scatter Joy Acres. We loved all of the puppy kisses and snuggles! We laughed our way through International Joke Day with a knock-knock joke photo booth and enjoyed National Root Beer Float Day. But we didn't just have

fun at home; we also ventured out into the community to a variety of local stores. It was such fun to stretch our legs and get out on the open road!

We are looking forward to another fun filled month in August. We will dress up like angels, try wacky hairstyles and end the month with a luau. There's certainly never a dull moment here at Hillcrest Silver Ridge!

-Charisa Ramsey, Assisted Living Recreation Director



Residents enjoy a Fourth of July concert.



Claudie cuddles a puppy.



Kurt gets kisses from an adorable puppy.



Mike celebrates the Fourth of July.



Fay dances to the Fourth of July concert.



Inez tells a joke at our photo booth.

COTTAGES HAPPENINGS

A happy hello from Stacy! The hot weather sure has been a topic of conversation around here lately. Every year it is a surprise just how humid July can be. Angie, one of our residents, said it best, "If you don't like the weather in Nebraska, just wait a day." The thing we all can agree on is that we like to spend time together doing activities and enjoying each other's company. We have watched entertainment shows, taken scenic drives and eaten special foods this past month. In August we are looking forward to ice-cold root beer floats, farm-fresh watermelon in the courtyard and a

water balloon tossing contest. I'm most excited about our special Hawaiian luau lunch on Tuesday, August 31. We will have to get out our Hawaiian shirts and leis that day. We might even try to hula!

Since August is Pet Appreciation Month, we will be making cat toys that we will donate to the Humane Society in Omaha. It always makes us feel good when we use our talents to make something for someone else... especially a little kitty cat! Stay safe and cool.

-Stacy Neuhaus, Memory Support Recreation Director



Arline and Oscar listen to music.



Angie, Ursula and Mary Lou do the hokey pokey.



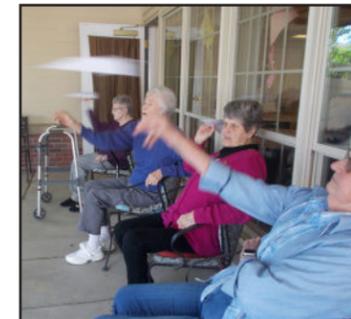
Residents swing their hips at a music show.



Stacy gives Ursula a leg massage.



Dennel entertains the ladies in Cottage 300.



Residents fly paper airplanes in the courtyard.



Eva sings along during a hymn sing.



Agnes and Angie enjoy a bus ride to the Platte River.



Pat goes on a bus ride with her friends.



Geri celebrates her birthday.

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- Best Assisted Living Facility

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