

"Let us dance in the sun, wearing wild flowers in our hair."

-Susan Polis Schutz

August 2022

The SILVER RIDGE Report

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

The History of National Senior Citizens Day

"Throughout our history, older people have achieved much for our families, our communities and our country," President Ronald Reagan proclaimed in 1988, as he marked August 21 National Senior Citizens Day.

President Reagan declared this day with the purpose of increasing awareness of the issues that aging adults face every day and to recognize all they have accomplished.

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute," President Reagan said during his proclamation.

According to the U.S. Census Bureau, there will be 78 million people over the age of 65 living in the U.S. by 2035. This population of elders will surpass the number of those under the age of 18 for the first time in the nation's history. With such a high population of seniors, it is more important than ever to celebrate our aging adults.

One of the best ways to honor seniors on August 21 is to spend time with the aging adults in our lives and learn from them. Whether a friend, family member or neighbor, gathering together and sharing memories is a great way to recognize the many accomplishments of our aging community.

At our communities, every day is an opportunity to celebrate our aging adults. Our team spends a lot of time with residents, elders and guests getting to know them so we can craft unique and special activities. We enjoy working together to create a fun schedule of events that everyone will love.

AUGUST BIRTHDAYS

August 5: Vernelle S. August 23: Ursula M.
August 8: Lesa W. August 23: Earl G.
August 14: Roberta M. August 27: Toni C.
August 16: Kurt P. August 27: Bill P.
August 22: Carol M.

WELCOME TO SILVER RIDGE!

Judd A. Loretta A.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

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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!



AUGUST HIGHLIGHTS

August 2: Watermelon in the Courtyard (MS)
August 5: Entertainment by The Links (AL)
August 5: Beach Ball Volleyball (AL)
August 9: Homemade Lemonade (MS)
August 9: Entertainment by Paul Siebert (AL)
August 22: Tour of Heldt's Watermelon Farm (MS)
August 23: Squirt Guns in the Courtyard (MS)
August 26: Hollywood Trivia

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, August 8 & 22,

3:30 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT



National Lemonade Day

Tuesday, August 9, 11:30 a.m.
Courtyard

We will be drinking fresh lemonade and enjoying some fresh fruit in the courtyard.

Sarah's Column



It's hard to believe summer is coming to an end and school will be starting soon! What are your favorite childhood school memories? Was it the excitement of seeing your friends at school again or the smell of a freshly sharpened pencil?

This school year, we are fortunate to be working with Gretna students in the Young Adult Collaboration. The tentative plan is that we will have students here on Monday, Tuesday, Thursday and Friday, both in the morning from 9:30 to 11 a.m. and in the afternoon from 12:30 to 2 p.m. We look forward to making new friendships with these students.

The renovation will be wrapping up this month. Some of the projects we are currently working on are:

- Painting of both memory care cottages
- Installing new countertops in memory care
- Hanging of artwork for assisted living
- Installing new signage
- Opening the McKinney's General Store
- Installing a new phone system

I hope you are enjoying the results of the renovation and the additional amenities being added for your pleasure.

We are planning on a ribbon cutting and open house to celebrate the completion of the renovations and provide you with an opportunity to show off your new home to your loved ones. We will have more details on that soon.

As always it is a pleasure to serve you. If you need anything, please contact me or a Hillcrest Silver Ridge team member.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Things heated up in the month of July! Residents were able to participate in some friendly competition. We had a wiffle ball tournament in the courtyard followed by cold soda pop.

We continued to enjoy the outdoors and had so much fun with our water balloon toss. Residents loved



Residents enjoy a meal at Cracker Barrel.

to cool off with splashes of water.

Many residents also enjoyed our walking club. We will continue to meet for this club weekly.

In August, everyone is looking forward to spending more time outdoors. There are so many exciting things happening in the upcoming month!
-Brianna Erickson, Assisted Living Recreation Director



Fantastic Fireworks

Top Left: Barb shows off her red, white and blue firecracker.

Left: Carol and Donna work on their Fourth of July crafts together.

Above: Betty adds many stars to her firework craft.



Lesa, Donna and Butch join the fun at the wiffle ball tournament.

COTTAGES HAPPENINGS

A happy hello from Stacy! We sure have had a fun summer so far. It is hard to believe that summer is half over. Where does the time go? This past month, we enjoyed getting out and going on a lot of country drives. Residents and I really like going to my cousin Tyler's farm. He has 400 acres of fruits and vegetables, and he always shares his bounty with us. The best part of going to the farm is the miniature animals on display. We see a variety of animals including donkeys, llamas, sheep and miniature cows. We are able to drive the bus through the barn and take our time looking at everything.

We also enjoyed an outing to Mahoney State Park. What beautiful place! We are hoping for some cooler days so we can go out to the watermelon farm.

In August, we have plans for summer crafts, ice cream taste-testing and making homemade lemonade. Ken thinks we are going to need about 50 lemons and two pounds of sugar. That sounds good to me! It's funny how a little bit of sugar always makes the day better. We will have a fun August no matter what the temperature is outdoors. Have a wonderful month, and stay well everyone.

-Stacy Neuhaus, Memory Support Recreation Director



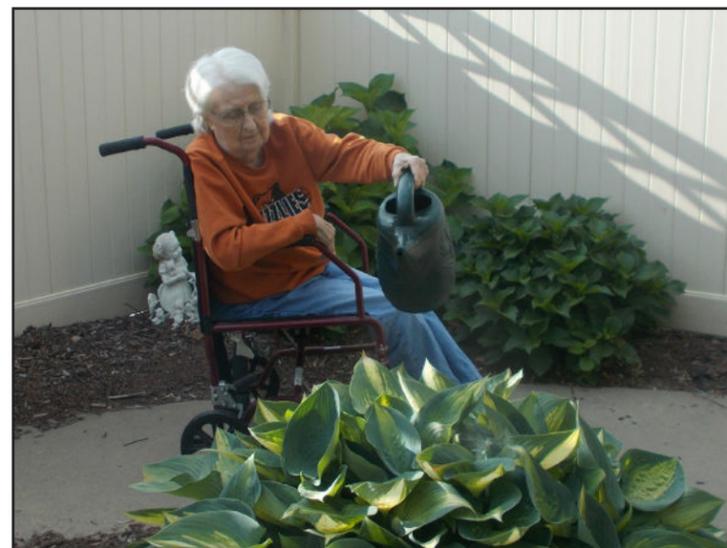
Grace celebrates her 100th birthday.



Dwight receives Catholic communion from Francesca.



Mary Lou and cousin Tyler enjoy time on the farm.



Mary waters the flowers in the courtyard.



Carol gets an up-close look at the horses at Mahoney State Park.