

"Winter is a season of recovery and preparation."

-Paul Theroux

December 2022

# The SILVER RIDGE Report

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



## Get into the holiday spirit!

The holiday season is here, and the Hillcrest team is ready to celebrate with all of our residents, elders and guests. Here are some ways to share your holiday spirit with those around you.

### Put up decorations

One fun way to show you're festive is by decorating. Put up lights, garland or a small tree. To make your decorations unique, you can even have fun making your own. Get together with your peers or a family member and make a wreath or paint holiday pictures and hang them up.

### Share holiday recipes

Each family has their own traditions when it comes to baking or cooking for the holidays. Gather with those you're close to and reminisce about your favorite holiday baking or cooking memories, or share a special recipe with someone.

### Have a holiday movie night

Whether you like action, comedy or romance movies, the holiday season has them all. Grab a group of friends and some popcorn and watch your holiday favorites!

### Listen to holiday music

In December, holiday music seems to be the most popular choice. Whether you just like to listen to it or sing along, holiday music has tunes for everyone. If you like to sing along, go caroling around your community and brighten the spirits of those around you.

## DECEMBER BIRTHDAYS

Dec. 2: Don R.	Dec. 23: Linda F.
Dec. 10: Carol S.	Dec. 24: Christel V.
Dec. 12: Barb K.	Dec. 25: Arnela R.
Dec. 18: Darlene F.	Dec. 30: Jim B.
Dec. 19: Denny W.	

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

### MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

### ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

### DIRECTOR OF HEALTH SERVICES:

Stormy Cole, scole@hillcresthealth.com

### DIRECTOR OF CULINARY:

Melanie Bachman, mbachman@hillcresthealth.com

### 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!



## DECEMBER HIGHLIGHTS

Dec. 2: Red and Green Dress-Up Day  
 Dec. 9: Christmas Hat Day  
 Dec. 13: Entertainment – Billy Troy (AL)  
 Dec. 14: Whitetail Elementary Choir (AL)  
 Dec. 14: Audiologist Workshop (AL)  
 Dec. 16: Ugly Sweater Day  
 Dec. 20: Christmas Lights Tour (AL)  
 Dec. 23: Reindeer Dress-Up Day  
 Dec. 25: Christmas  
 Dec. 29: Snowflake Crafts (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, Dec. 4 & Dec. 18  
 3:30 p.m. - Worship Service with Pastor Tom (AL)

## FEATURED EVENT



**Holiday Party**  
**Thursday, Dec. 22, 3 p.m.**  
 Join us in Dragons Pub for some festive games, refreshments and food!

## Sarah's Column



Happy December!

It is hard to believe that fall has passed so quickly and winter is fast approaching. Winter brings a lot of fun spending time with families and enjoying festivities. I hope you are all able to enjoy the holiday season with those you love. If you are

leaving the community for the holidays please inform the team at least 24 hours in advance so we can prepare any medications for you.

One of the most important things to remember this winter is to stay safe. If you notice a patch of ice and/or any snow build-up, please notify a Hillcrest Silver Ridge team member immediately so concerns can be quickly addressed. Similarly, we want to make sure the roads can be safely traveled. If Gretna and/or Omaha Public Schools cancel classes, we will follow suit and cancel transportation for that day. We will help you reschedule your appointment.

Last but not least, winter is the peak for the flu season. If you are not feeling well please notify the nursing team immediately. Remember, hand washing is the first line of defense in preventing the spread of illness.

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

-Sarah Stoakes, Administrator

## RESIDENTS IN ACTION

We are jumping right into the holiday season, which always seems to go fast!

In November, we had an amazing time getting some fresh air and soaking up the scenic views at Mahoney State Park. We also enjoyed honoring all of the veterans here at Hillcrest Silver Ridge during the Veterans Day ceremony. Thank you, veterans, for all

you've done. Lastly, our residents were able to win big at the Horseshoe Council Bluffs casino.

In December, we are looking forward to enjoying many festive activities such as carolers, crafts and trips to see the Christmas lights. From everyone at Hillcrest Silver Ridge, we wish you happy holidays!

–**Brianna Erickson, Assisted Living Recreation Director**



**John and Tom enjoy the casino outing.**



**Donna and Carol pet a baby goat from Scatter Joy Acres.**



**Lesa, Donna and Christel enjoy the fresh air at Mahoney State Park.**



**Earl plays balloon volley with his friends.**



**Eiko claps along with the entertainment.**



**Barb and Carol make holiday crafts.**



**Residents participate in a Wii bowling tournament.**



**On Veterans Day, Keith receives a pin in honor of his service.**



**Dee Dee is getting competitive in balloon volley.**



**The Pluckin' Nutz perform for residents.**



**Tammy and Carol dance to the music.**



**Residents enjoy a lunch outing to Billy's Cafe.**



**Marceil, Grace and Angie enjoy the ice cream social.**



**Sharon and Mary have fun during exercise class.**



**Mary Lou wins the grand prize at bingo.**

## COTTAGES HAPPENINGS