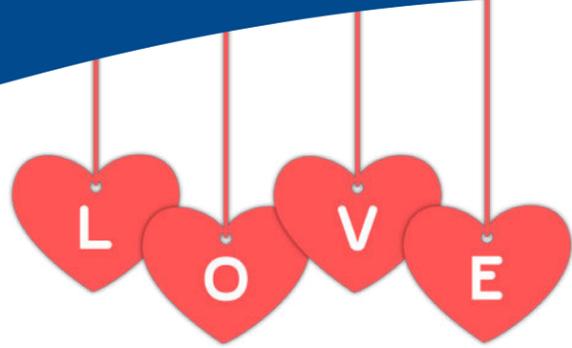


"All you need is love. But a little chocolate now and then doesn't hurt." – Charles M. Schulz

February 2020

The SILVER RIDGE Report

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



Fun Valentine's Day Ideas

It's finally February, and that means we can celebrate Valentine's Day! Even though Valentine's Day is most commonly known as a romantic holiday, it can also be a day to celebrate the non-romantic loved ones in your life. There are a lot of different presents and cards you can buy, but some of the most meaningful gifts are handmade. So to give you some ideas, here are three of our favorite valentines from goodhousekeeping.com.

Write a Poem: Poems don't have to be long and complicated. Start small with a few simple rhymes. Then start working them into sentences, expressing how much your loved one means to you. You'll be amazed at how quickly you can become a poet!

Leave Notes: Reminding your loved ones how much they mean to you doesn't have to be extravagant. Try writing a few notes and leaving them where your loved one will find them. This valentine is sure to brighten their day.

Make a Valentine Card: Try making a personalized Valentine's Day card. This could mean making a heart-shaped card or even drawing a picture. This is a great opportunity to get out the craft supplies and have some fun.

These are just a few ideas. There are a lot of different ways you can show your loved ones your appreciation. Get creative with your valentines. Whatever you decide to make, remember that the perfect valentines are the ones that show your loved ones how much they mean to you. Happy Valentine's Day!



FEBRUARY BIRTHDAYS

Feb. 2: Marie Novotny
Feb. 16: Margery Warren
Feb. 19: Margie Miller
Feb. 21: Eugene Kindbeiter
Feb. 24: Walt Sharp
Feb. 24: Sue Gilman

WELCOME, NEW RESIDENTS!

Janna Wise
Norma Otterpohl
Earl Good
Nancy Colwell

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, pgiittinger@hillcresthealth.com

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Rory Franco, rfranco@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, tgreco@hillcresthealth.com

REGIONAL ADMINISTRATOR:

Dave Creal, dcreal@hillcresthealth.com

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!



FEBRUARY HIGHLIGHTS

Feb. 5: "Understanding Dementia" Presented by Dr. Anna Fisher, 6:30 p.m.
Feb. 6: Making Valentine's Day Cards (MS)
Feb. 17: Blood Drive, 1-6 p.m.
Feb. 17: Presidential Trivia Day (MS)
Feb. 20: Music by Rich Patton, 2 p.m.
Feb. 25: Mardi Gras Happy Hour, 3:30 p.m.

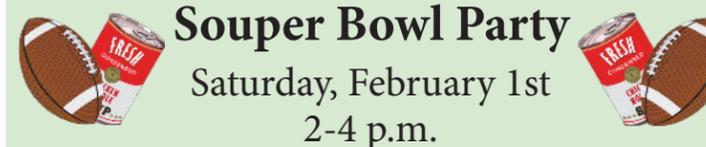
WORSHIP SERVICES

Daily: Catholic Communion in Mornings (MS)
Sundays: St. Patrick's Rosary/Communion, 9 a.m. (AL & MS)
Morning Bible Study, 10 a.m., 10:45 a.m. (MS)
Tuesdays: St. Patrick's Catholic Church, 9:30 a.m.

February Services:

Feb. 5: Resurrection Lutheran Church, 9:30 a.m.
Feb. 12: Gretna Baptist Church, 9:30 a.m.
Feb. 19: Good Shepherd Lutheran Church, 9:30 a.m.
Feb. 26: Standing Stone Bible Church, 9:30 a.m.

FEATURED EVENT



Souper Bowl Party

Saturday, February 1st
2-4 p.m.

Join us for a Souper Bowl Party! We will be accepting canned goods or freewill donations for the Gretna Neighbors food pantry in exchange for a delicious bowl of soup!

Sarah's Column



Hello, everyone! This past month has been a wonderful start to 2020. January flew by and February is here. I would like to invite you all to some of the community events we have going on. To kick off the month we are hosting our first annual Souper Bowl Party. It will take place on Saturday, February

1st from 2 to 4 p.m. We will be serving a variety of hot soups in exchange for canned goods or freewill donations, while celebrating the end of the football season. All donations will be given to the Gretna Neighbors food pantry. We feel this is a wonderful way to give back to the community that gives us so much.

On February 5th at 6:30 p.m. we will have Dr. Anna Fisher, a nationally renowned dementia expert, here to present "Understanding Dementia." This will be a free event for the public to attend to learn a little more about the journey through Alzheimer's and dementia. Another wonderful event this month will be the Silver Ridge Blood Drive. We have partnered with the American Red Cross to be a host site for a blood drive on Monday, February 17th from 1 to 6 p.m. The blood drive is open to the public and a sign-up link is available through our Facebook page.

We hope to see you at our upcoming events, and as always, it is a pleasure to serve you and your family.

With gratitude,

–Sarah Stoakes, Administrator

RESIDENTS IN ACTION

The end of December was a busy time for all with so much to celebrate. We had a wonderful time at our holiday party listening and dancing to the music of Pam Kragt and a week later did it all at our New Year's Eve Party with The Links. Some of the highlights of the new year include having lunch club outings to El Bees and Runza®, making and delivering survival kits to the Sarpy County Sheriff's Office for National Law Enforcement Appreciation Day and creating cards for Thomas Elementary students. One of our new popular activities is Sip & Color, so if you like to do adult coloring and/or like hot tea be sure to join us for the next Sip & Color in the Purple Tea Room on

February 28th!

We have some big events coming your way like the Souper Bowl on February 1st, a presentation by Dr. Anna Fisher about the types of dementia and how they impact the brain and a blood drive on February 17th.

Unfortunately I will be missing out on all of the fun in February as I will be on leave the entire month. If you need anything related to activities during this time please reach out to Julie, Recreation Leader, or our Administrator Sarah. See you in March!

-Paige Giittinger, Assisted Living Recreation Director



Residents join an impromptu caroling session.



Residents make cards for Thomas Elementary students.



Toni and Jerri have a blast at the New Year's Eve Party.



Janna and her family enjoy the New Year's Eve Party.



Thelma and Norma make survival kits for the Sarpy County Sheriff's Department.



Residents deliver survival kits to the Sarpy County Sheriff's Office.

COTTAGES HAPPENINGS

A happy hello from Stacy! I hope you have had a great winter so far. We have been a busy group this past month. We enjoyed ringing in the new year with a special meal, sparkling grape juice and party hats. We knew we would not stay awake until midnight, so we had a countdown to noon. The residents also enjoyed snowman bingo and making snow ice cream. This month we are kicking off February with a Souper Bowl Party on Saturday, February 1st. Family members and residents are welcome to go to the main dining room in the

assisted living building and enjoy a bowl or two of homemade soup. We will be making valentines and decorating cookies this month for our Valentine's Day Party. It will be an afternoon of fun. The blood mobile will be here at Silver Ridge on Monday, February 17th. One donation can potentially save up to three lives, so please consider signing up to give blood.

-Stacy Neuhaus, Memory Support Recreation Director



Jim entertains with his beautiful voice.



Arlene gets a prize for winning bingo.



Katherine makes snowmen crafts.



Jeanne and her family enjoy a holiday meal.