

"All you need is love, but a little chocolate now and then does not hurt." -Phillis Diller

February 2022

The SILVER RIDGE Report

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

Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 60 years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Many use Valentine's Day as an opportunity to spend quality time with each other, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy either by themselves or with a group. Show your Valentine's Day spirit by making red velvet cupcakes, heart-shaped cookies or even heart-shaped grilled cheese sandwiches.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.



FEBRUARY BIRTHDAYS

Feb. 12: John M. Feb. 25: Ray S.
Feb. 22: Margery W. Feb. 27: Fay N.
Feb. 23: Joann S.

WELCOME TO SILVER RIDGE!

DeeDee L.
Darlene D.
Roy C.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

Maureen Rohde, mrohde@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Trina McClelland, tmcclelland@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Dan Blayney, dblayney@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!



FEBRUARY HIGHLIGHTS

Feb. 4: Winter Olympics Kick-Off Happy Hour (AL)
Feb. 10: Valentine's Day Door Decorating (MS)
Feb. 14: Valentine's Day Party (MS)
Feb. 21: Dress to Impress High Tea (AL)
Feb. 21: Cooking Corner: Popcorn Balls (AL)
Feb. 21: Presidential Trivia Contest (MS)
Feb. 24: Bird Feeder Crafts (MS)

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

10 a.m. & 10:45 a.m. - Morning Bible Study (MS)

Sunday, Feb. 6 & 20

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

FEATURED EVENT



Valentine's Day Party

Tuesday, Feb. 15, 2 p.m.
Main Dining Hall

Come join us and spread the love with some punch and cookies!

Sarah's Column



Happy February! Together, as a community, we continue to work through each challenge the pandemic throws our way, and I could not be more grateful for everyone's cooperation and patience. Together, we continue to be stronger!

February and March will be exciting as renovations will be transitioning from behind-the-scenes work to results that we will actually be able to see. The access control will be fully operational this month. A code, which will change monthly, will be used to enter and exit our community. This will allow ease for our residents to come and go, but also increase the security. Our new nursing pendant system is fully operational now and has been working great.

This month, you will start to see some of the interior finishes being completed. Our flooring company will be putting in tile in designated bathroom areas and new light fixtures will be installed. The walls in our common areas will also get a new coat of paint. I will make announcements to let you know when the painters will be in resident hallways so you will be able to clear the personal items off of your shelves outside of your apartments. I want to make sure all of your personal items are protected during the painting process. After painting is completed in the hallways, we will ask that all items put out for display are on the shelves. Please do not hang anything on the walls outside of your apartment with tape, staples and/or nails. I will keep everyone updated as work progresses.

As always, if you need anything, please contact a Hillcrest Silver Ridge team member. It is a pleasure to serve you.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Can you believe we made it through the first month of the year? We sure had fun celebrating the new year and talking about our New Year's resolutions. Have you stuck with your New Year's resolution? If not, no worries – there's always next year!

The weather was cold this past month, but we turned up the heat on the fun activities! We enjoyed making our homemade ice cream. Boy, did that bring back memories. Another activity that was a real hit was our ice fishing day! The fish were really biting and we had some great laughs!

This month we are looking forward to spreading

love, not germs, for Valentine's Day! We will have a fun game of guessing the wedded couples. I'm asking all of the residents to bring a copy of their wedding photos and we will have fun reminiscing and guessing who's who. I'm sure it will be easy as pie, as you lovely folks haven't changed a bit! I'm also looking forward to celebrating President's Day with an afternoon of presidential trivia. I know it's a short month, but we will not be short on fun! Have a healthy and happy month!

-Maureen Rohde, Assisted Living Recreation Director



Catching Dreams

Left: Carolyn shows off her dream catcher.

Below/Bottom: Residents pick out their dream catcher supplies.



Friends say "cheers" to the new year.



Maryetta (left) and Chris (right) celebrate the new year.



Tom and Barb discuss New Year's resolutions.

COTTAGES HAPPENINGS

A happy hello from Stacy!

I look around and can hardly believe that February is already here. How did January go by so fast? This last month was chilly, but we still had a lot of fun. We certainly had a lot of laughs making some big paper snowflakes at craft time. We had a great time baking cookies. They did not exactly look like snowflakes, but my goodness they tasted good. The homemade ice cream was a big hit. We all realized that no matter how cold it is outside, we all still like eating ice cream. Speaking of good treats, my New Year's resolution this year was to have less sugar. That lasted 11 days. On the other hand, I am happy to report

that all of the residents are having better luck sticking to their New Year's goals. Ken has read two books so far, and Mary Lou is remembering her lipstick every morning.

This month we are looking forward to celebrating Valentine's Day with card-making, door decorations and a party on the 14th. It will be a wonderful time to celebrate the love of friendship we have at Hillcrest Silver Ridge. We will also will be celebrating our version of the Winter Olympics with a snowball toss, some ice fishing and many other winter activities.

-Stacy Neuhaus, Memory Support Recreation Director

Winter Activities

Right: Norma shows off her snowflake.

Below: Nellie celebrates her birthday with her friends.

Below Center: Earl helps Stacy set up for Bingo.

Below Right: Margery decorates for Valentine's Day.



Welcoming in 2022

Far Left: Amanda and Eiko celebrate the new year.

Center: Jerri gets all decked out for the New Year's Eve Party.

Left: Stacy and Ken welcome in the new year.