

*"The obstacles of your past can become the gateways that lead to new beginnings." - Ralph Blum*

February 2024

# The SILVER RIDGE Report

A monthly newsletter for Hillcrest Silver Ridge assisted living and memory care 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 50+ years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Some use Valentine's Day as an opportunity to spend quality time with one another, 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. Show your Valentine's Day spirit by decorating cupcakes or cookies in your favorite red or pink toppings.

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. 6: Janelle J.    Feb. 26: Dean M.  
Feb. 25: Ray S.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Haley Amundson, hamundson@hillcresthealth.com

### ASSISTED LIVING LIFESTYLE DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Robert Roseland, rroseland@hillcresthealth.com

### DIRECTOR OF CULINARY:

Jorden Brooks, jbrooks@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. 6: Games w/Hands of Heartland (MC)  
Feb. 11: Super Bowl Sunday (AL)  
Feb. 14: Valentine's Day – Dress in Red and Pink (AL)  
Feb. 16: Coffee & Cookies (MC)  
Feb. 19: Presidents' Day Trivia (AL)  
Feb. 23: National Banana Bread Day (AL)

## WORSHIP SERVICES

### Mondays

2:30 p.m. - Worship Service with Pastor Jerry (MC)

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)

Sunday, Feb. 4 & 20

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

## FEATURED EVENT

### Now and Forever Performance

Tuesday, Feb. 20  
2 p.m. – Dining Room

Listen to songs from the 60s, 70s and 80s as this acoustic trio performs for residents.



## Haley's Column



I'm excited to introduce myself as the new administrator of Hillcrest Silver Ridge. In August 2023, I started here as the assisted living director. Prior to that position, I was an executive director of assisted living communities and a skilled nursing home administrator in

Nebraska, Washington, North Dakota and Minnesota.

My husband and I were both born and raised in Minnesota. A little more than one year ago, we made the move from Washington to the Omaha area due to a job opportunity for my husband and to be closer to family. We have an ambitious and adventurous 3-year-old son who is loving Omaha with all of the fun activities to do!

During the next couple of months, I'm excited to be working with both team members and residents to better improve areas of opportunity. Please do not hesitate to reach out to me regarding any questions or concerns.

This month, you will be seeing some changes in a few departments. We are planning to welcome a new assisted living director. We are also in the process of hiring for a lifestyle leader for the memory care cottages. This individual will add different types of activities and be dedicated to focusing on these events each day.

Thank you for being a part of the Hillcrest Silver Ridge family. We are honored and privileged to serve you.

–Haley Amundson, Administrator

# RESIDENTS IN ACTION

Happy February, everyone! This past month was very cold, but luckily we stayed warm and busy indoors with many activities. We were able to test our brain power by participating in a spelling bee, crossword games and trivia. Residents enjoyed entertainment by Jerry Stingley and Mary Link from Merrymakers. Lastly, we were able to cuddle up with a bunny from Scatter Joy Acres.



Michelle and Barb listen to Jerry Stingley play music.

This month, we are looking forward to celebrating Valentine's Day with a special lunch with our loved ones. Each resident can invite up to two guests. We are also looking forward to cheering on the teams playing in the Super Bowl and enjoying a delicious treat on National Banana Bread Day. I hope everyone has a warm and healthy February!

-**Brianna Erickson, Assisted Living Lifestyle Director**



Mary Link sings and plays guitar for residents.



Jerry Stingley performs for residents.



Janna claps along



Maryetta shakes Jerry's hand during the show.

# COTTAGES HAPPENINGS

In January, we participated in many activities. We were able to watch Houston Solutions perform and enjoyed the helping hands who came to volunteer. The culinary department supplied us with some wonderful cookies. The cookie social was a big hit with residents, and everyone had a great time.

This month, we will be having a Super Bowl party,

Valentine's Day lunch and Presidents' Day trivia. We have started the process of hiring a new lifestyle leader for the cottages. Please let us know what new activities you would like to see. Our new lifestyle leader will be dedicated to creating a schedule full of fun and unique activities for residents to enjoy.

-**Haley Amundson, Administrator**



Norma gets her nails painted.



Roberta and Renee watch as a team member hits the balloon.



Residents play balloon volleyball.