

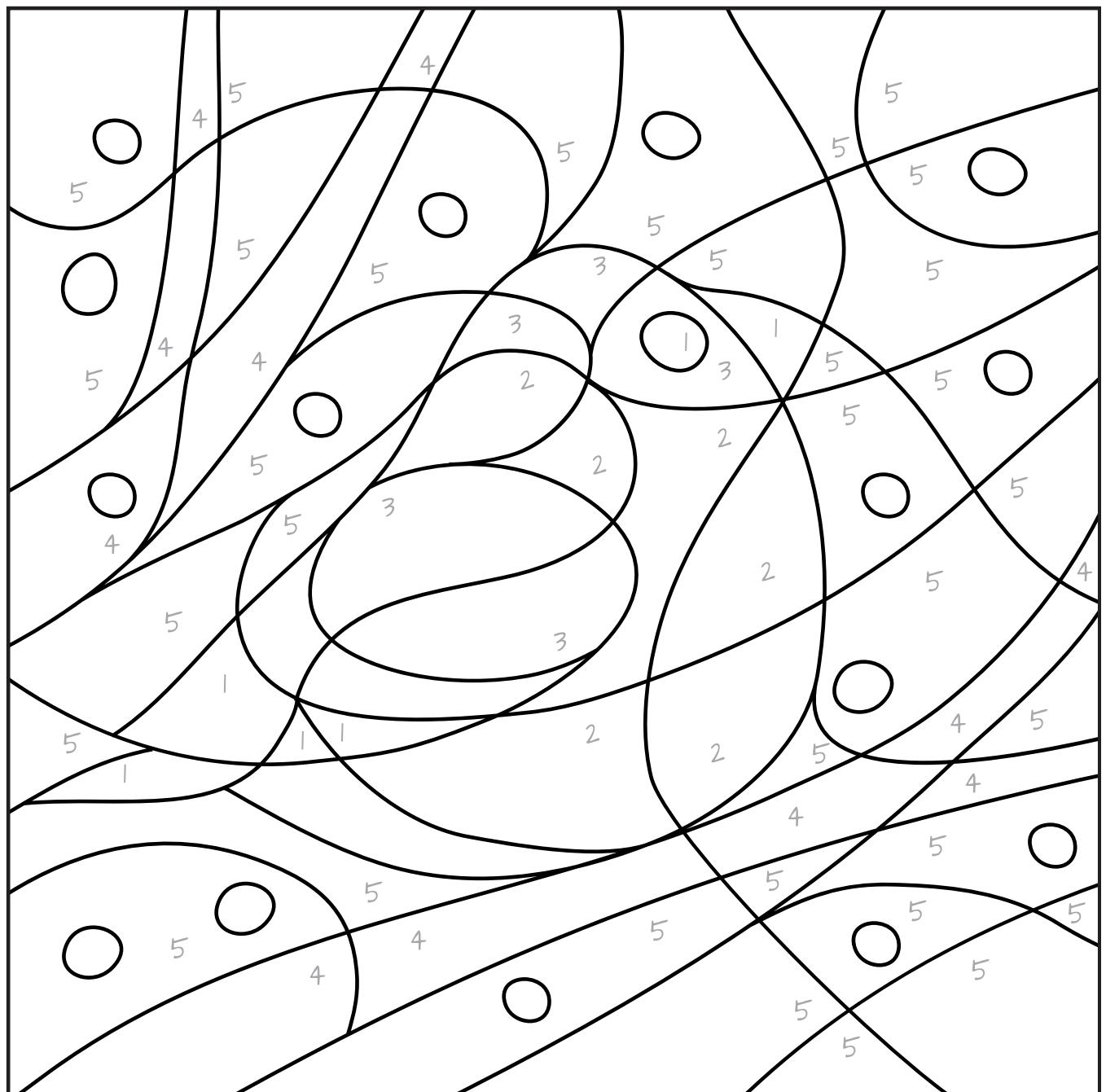
*"Be kind whenever possible. It is always possible."*

*-Dalai Lama*

January 2021

# The SILVER RIDGE Report

## Activity Page



### Color By Number

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



#### JANUARY BIRTHDAYS

Jan. 5: Carolyn P.  
Jan. 5: Anna C.  
Jan. 13: James B.  
Jan. 13: Betty F.  
Jan. 28: Vickie H.  
Jan. 30: Barbara M.

#### WELCOME, NEW RESIDENTS!

Linda H., Linda F., Louise P.

#### WORSHIP SERVICES

Fridays: Sing-Along and Prayer, 11 a.m.  
Bible Study in the Chapel, 2 p.m. (AL)  
Sundays: Morning Bible Study, 10 a.m., 10:45 a.m.  
(MS)

#### MEET THE LEADERSHIP TEAM

##### ADMINISTRATOR:

Sarah Stoakes, [ssstoakes@hillcresthealth.com](mailto:ssstoakes@hillcresthealth.com)

##### DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, [dtonacchio@hillcresthealth.com](mailto:dtonacchio@hillcresthealth.com)

##### ASSISTED LIVING RECREATION DIRECTOR:

Lori Chandler, [lchandler@hillcresthealth.com](mailto:lchandler@hillcresthealth.com)

##### MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, [sneuhaus@hillcresthealth.com](mailto:sneuhaus@hillcresthealth.com)

##### DIRECTOR OF CULINARY:

Kenny Jesus, [kjesus@hillcresthealth.com](mailto:kjesus@hillcresthealth.com)

##### DIRECTOR OF ENVIRONMENTAL SERVICES:

Kifton Minarik, [kminarik@hillcresthealth.com](mailto:kminarik@hillcresthealth.com)

##### REGIONAL ADMINISTRATOR:

Dave Creal, [dcreal@hillcresthealth.com](mailto:dcreal@hillcresthealth.com)

#### Sarah's Column



Happy New Year! It is hard to believe that we are leaving 2020 behind and getting ready to start a new year! The COVID-19 vaccine is a hopeful sign that 2021 will be better and give us opportunities to create more normalcy and celebrate health and wellness.

We have some exciting plans for Hillcrest Silver Ridge in 2021.

The major plan is our full renovation of the common spaces in our community. The renovation is scheduled to start late spring/early summer. The renovation will provide a much needed facelift, additional programming and more amenities to our community. It will be exciting to watch the progress and see the final product. As we get closer to the renovation, more details will be provided.

Thank you to everyone who completed the satisfaction survey. As a team, we review the survey results and identify various ways to further meet your needs. We have implemented resident committees for menu planning and activity planning. We want to make sure we are providing the food you want and the activities you want. We have additional items in the works to better serve you and will continue to provide more details as we approach the implementation of each idea.

As always, it is a pleasure to serve you. If you have any questions, comments, suggestions, etc., please reach out to me or any Hillcrest Silver Ridge team member. Here's to a healthy 2021!

-Sarah Stoakes, Administrator

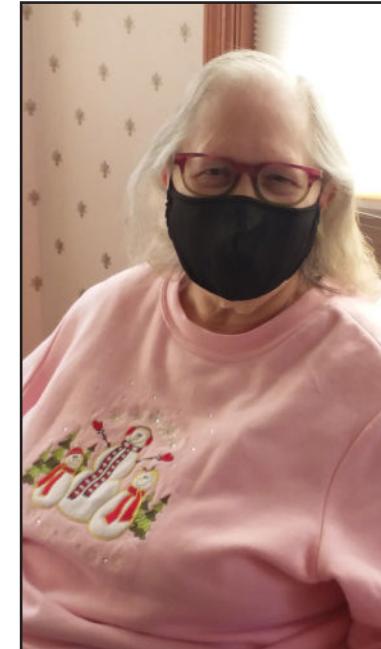
### Happy New Year!

## RESIDENTS IN ACTION

Hello, everyone! December was super busy and so much fun! We decked the halls for Christmas and then decked them some more! We had an ugly sweater contest (Claudie won). We practiced for our Joyful Noise Singers Concert and it was a huge success! All month we hid a Santa plushy in different areas around the building for residents to find. Whoever found him took it to Brandi in the front office to get a prize! This month at our activity planning Meeting, we had a lot of attendees and a lot of great ideas! We

have started a welcoming committee, which will meet once a month. The purpose of this group of residents is to help new residents find their way around, make friends and adjust to this new chapter in their lives. It is such a great idea and I look forward to seeing all of the friendships that will blossom as new residents join our community. Thank you for allowing me to share these moments of joy with you!

**-Lori Chandler, Assisted Living Recreation Director**



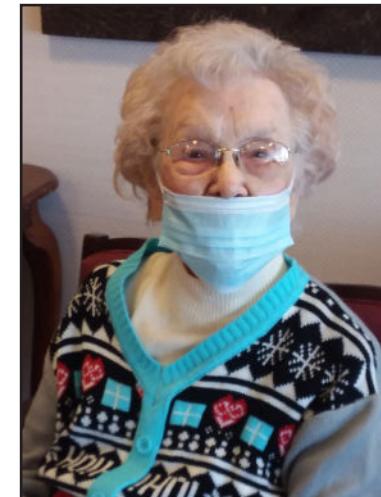
Claudie wins the ugly sweater contest.



Brandi hides our Santa plushy.



Mike visits with Santa Claus.



Sarah wears a sweater with Santa and a unicorn on it.

Mable competes in the ugly sweater contest.



Al waves happily at Santa Claus.



Bernice enjoys a visit with Santa Claus.

A happy hello from Stacy! Happy New Year, everyone. 2020 is finally in the rearview mirror. I have to say that last year had some challenges, but overall it was filled with love and friendship here at Hillcrest Silver Ridge. We will treasure all of the fun memories in our hearts, and I am looking forward to making more treasured memories this year. We had so much fun celebrating the holidays together, listening to music, doing crafts and baking. I learn a lot about baking from our residents. Actually, I learn a lot about life from the residents here every day! They've taught me to have fun together, have an open heart, always make a new friend and go to bed early to get your rest.

We have been sharing our resolutions for 2021 with each other. Nancy would like to make her



Norma Jean teaches us how to make snowflakes.



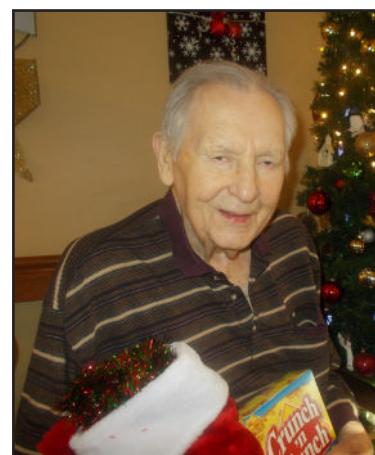
Mary Lou gets ready for the Christmas Party.



Joanne opens her Christmas presents.



Lois loves her new teddy bear.



Jim opens his stocking filled with treats.



Nancy helps decorate our Christmas trees.



Dean puts up a snowman decoration.



Vickie enjoys opening her presents.

## COTTAGES HAPPENINGS

apartment more homey; Margery would like to read more historical books (and lay off the romances); Leola would like to learn how to make IHOP® pancakes, and Jim says he wants to work on taking more naps. I don't think that is possible I have seen him fall asleep while eating his favorite dessert! My personal resolution is to lose weight and save money (I have had the same one for years) and of course, to make the residents happy with the activities here. I will be adding more bus outings to the calendar this spring, more baking and more crafts. Stay safe and healthy!

**-Stacy Neuhaus, Memory Support Recreation Director**