

"Today's accomplishments were yesterday's impossibilities."

-Robert H. Schuller

January 2022

# The SILVER RIDGE Report

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

## Staying Warm in the Winter

For our aging adults, the temperature change that comes with the winter months can be especially shocking. Several factors can cause fluctuations in body temperature and impede a person's ability to retain heat: thinner skin, loss of body fat and muscle mass, dehydration, etc. The following are some tips to help you stay warm:

- **Wear layers of clothing**

This is perhaps one of the easiest ways to help the body regulate temperature. Adding and removing layers allows your body to slowly adjust to a comfortable temperature based upon your activity. In addition, warm air trapped between layers of clothing acts as insulation.

- **Grab an extra blanket**

Layering blankets works just like layering clothes. Fuller blankets will also provide extra coverage.

- **Wear socks, mittens and hats**

Who says they're just to be worn outside? Our appendages and head tend to be the first parts of the body to become cold due simply to their greater surface area. Use what's necessary to cover them up indoors also.

- **Keep movin'**

An inactive body generates less heat. And as we age, our ability to react to the cold by automatic responses, such as shivering, decreases. Exercising can serve as a substitute. In addition, exercising builds muscle mass, which is important to maintaining body heat. Simple stretching allows for better blood flow throughout the body and better distribution of heat.

- **Drink water**

A hydrated body leads to better blood flow. And, again, better blood flow means a warmer body.

- **Drink warm beverages**

Warm yourself from the outside in while holding your drink. Warm yourself from the inside out by drinking it down.

- **Eat**

Fat cells insulate the body and its organs. Take some lessons from our furry outdoor friends and try adding a few extra pounds during the winter months.



## JANUARY BIRTHDAYS

Jan. 12: Muriel F.      Jan. 14: Charlene H.  
Jan. 13: James B.      Jan. 15: Peggy L.  
Jan. 13: Betty F.      Jan. 30: Barbara M.

## WELCOME TO SILVER RIDGE!

Muriel F.  
Carol S.

## 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 RESIDENT SERVICES:

Shandra Wilkins, swilkins@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!



## JANUARY HIGHLIGHTS

Jan. 3: Share New Year's Resolutions (MS)  
Jan. 4: Making Homemade Ice Cream (AL)  
Jan. 6: Snowball Crafts (MS)  
Jan. 13: Snowflake Cookies (MS)  
Jan. 20: Penguin Awareness Day (AL)  
Jan. 25: Opposite Day- Wear Your Pajamas (AL)  
Jan. 27: Ice Fishing (MS)  
Jan. 28: Community Outing- Goodwill (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

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

Sunday, Jan. 2 & 16

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

## FEATURED EVENT



### Birthday Celebration

Tuesday, Jan. 18, 2 p.m.  
Main Dining Hall

Come enjoy some cake and entertainment from Now and Forever while we celebrate all of the birthdays in January!

## Sarah's Column



Happy New Year!

Here's to a healthy new year

filled with happiness and joy!

We are full steam ahead with our renovation. Into the month of January, the renovation will continue to focus on infrastructure work, which is mainly behind the

scenes. We have upgraded our internet and phone lines to fiber optics, which will increase the internet speed.

In January, we will be installing access control on our main entry doors as well as other parts of the community to further increase the security.

An emergency generator will also be installed that will keep critical systems operating during a power outage. These critical systems include the fire alarms system, business phones, our new nurse call system, access control and our electronic medical records.

If you have not had a chance to look at the design boards to see what is coming to Hillcrest Silver Ridge, we invite you to please stop by the front desk, north tower lobby and by the TV room – soon to be the "cinema" – on the second floor.

I look forward to serving you in 2022!

-Sarah Stoakes, Administrator



## RESIDENTS IN ACTION

Happy New Year! It's crazy how time flies when you're having fun. We decked the halls for Christmas this year. We also did some holiday cookie decorating and showed off our Christmas spirit with some fun dress-up days.

Everyone loved listening to all of the residents reminisce about their favorite Christmas traditions during our coffee and conversations.

This month we are looking forward to some



A group of residents paint their Christmas mugs for Crafting Corner.



Residents wear Christmas ornaments for ornament dress-up day.

ice-themed crafts and activities, as long as the real ice stays away! These ice-themed activities include making homemade ice cream and doing some "ice fishing."

I am so thankful for the gift of friendship this Christmas season at Silver Ridge and can't wait to see what friendships the new year brings. Wishing everyone a safe and happy 2022!

-Maureen Rohde, Assisted Living Recreation Director



Carolyn shows off her Christmas mug.



Residents enjoy using their creativity to paint holiday mugs.

## COTTAGES HAPPENINGS

A happy hello from Stacy!

My stars, did the Christmas holiday go by fast! We look forward to the holidays all year long, and in a blink of an eye it seems to be over. We had so much fun decorating our community, frosting cookies, listening to Christmas carols and, of course, at our holiday party on the 24th. One of the most popular activities last month was "deer hunting day."

This month we are looking forward to spending time together creating some snowflake crafts, baking cookies and making homemade ice cream. Toward the end of the month, we are even going to try our hand at ice fishing! Don't worry, we will be inside, where it is

nice and warm.

We have already started to write down our New Year's resolutions. Every year, mine is the same – lose weight and save money. (So please everyone quit offering me candy... I have no self-control.) By February, it seems like a lost cause. Jackie shared that she needs to get better rest. Ken would like to read more at night, and our new friend Muriel would like to be able to get back to embroidery. Whatever we would like to accomplish in 2022, with the support of each other, I am sure we can achieve our goals. Let's all have a happy, safe and fun new year.

-Stacy Neuhaus, Memory Support Recreation Director



### Holiday Treats

Far Left: Norma G. makes a batch of cookies

Center: Jackie stirs up some Christmas cookies.

Left: Earl decorates a batch of snowball cookies.

### Festive Fun

Right: Stacy and Ken show off their ornament crafts.

Center: Margie and Mariama wear their stylish ornament necklaces.

Far Right: Roberta puts the final touches on the Christmas tree.

Bottom: Pat goes deer hunting in the halls.

