

*"The beginning is always today."
-Mary Shelley*

January 2023

The SILVER RIDGE Report

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

New Year, New Goals

The start of a new year not only brings reflection on the past, but also goals for the future. Here are some simple yet meaningful resolutions you can set for 2023:

- **Make a new friend**

Stepping outside of your comfort zone and getting to know someone new is a great way to expand yourself in the new year. Invite someone different to drink coffee with you, or join a new activity, such as a book club or crafting group, to get to know more people.

- **Keep a positive mindset**

Maintaining a positive attitude is something that can make a big impact on yourself and those around you. Stressing less about the things you cannot change has been proven to have a direct effect on health, both physically and mentally. Practice daily positive thinking by incorporating optimistic activities, such as mindful breathing or making a gratitude list, into your routine.

- **Stimulate your mind more often**

Challenging your mind is one of the best ways to stay mentally sharp. Working on crossword puzzles or learning something new can improve the strength of your brain. Even spending 10 minutes a day reading a book can keep your mind healthy and sharp.

- **Keep moving**

Staying physically active has many benefits, including better sleep, improved balance and decreased blood pressure. Many Hillcrest communities incorporate exercise into their weekly schedules with activities such as walking clubs, chair exercises and noodleball.

- **Spend more time with loved ones**

Nothing is comparable to spending quality time with someone you love, whether that's a close friend, child or grandchild. Even catching up with someone over the phone can significantly increase joy and decrease loneliness. It's important to stay connected with those around you.

These are just some ideas to kick-start your new year. There are many more goals you can set for yourself. What resolutions are you setting for 2023?

JANUARY BIRTHDAYS

Jan. 6: Evelyn P. Jan. 15: Peggy L.
Jan. 13: James B. Jan. 26: James M.
Jan. 13: Bill F. Jan. 30: Barbara M.
Jan. 13: Betty F. Jan. 30: Dwight H.
Jan. 14: Charlene H.

WELCOME TO SILVER RIDGE!

Phyllis N.
Jean K.

MEET THE LEADERSHIP TEAM

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Stormy Cole, scole@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Robert Roseland, rroseland@hillcresthealth.com

DIRECTOR OF CULINARY:

Melanie Bachman, mbachman@hillcresthealth.com

DIRECTOR OF MARKETING:

Heather Selby, hselby@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. 1: New Year's Day (AL) (MS)
Jan. 4: National Trivia Day (AL)
Jan. 6: Wear Blue and White Day (AL)(MS)
Jan. 10: Entertainment – Joe Taylor (AL)
Jan. 12: Entertainment – Jerry Stingley (AL)
Jan. 13: Wear Tie Dye Day (AL)(MS)
Jan. 19: National Popcorn Day (AL)
Jan. 20: Winter Colors Day (AL)(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, Jan. 1 & 15

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

FEATURED EVENT

National Popcorn Day

Thursday, Jan. 19, 1:30 p.m.

Celebrate National Popcorn Day with us by trying a variety of popcorn in Dragons Pub.



Sarah's Column



Happy New Year!

The early Roman calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox.

Later, a king named Numa Pompilius added the months of Januarius and Februarius. Over the

centuries, the calendar fell out of sync with the sun, and in 46 B.C. the Emperor Julius Caesar decided to solve the problem by consulting with the most prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the calendar we use today.

When Caesar reformed the calendar, he instituted Jan. 1 as the first day of the year, partly to honor the month's namesake Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.

New Year's celebrations have been known to have special meals and snacks to bestow good luck for the coming year. Do you have a special food or tradition to celebrate the New Year?

Another popular New Year's tradition is to make resolutions and set goals for the coming year. Statistics show that after six months only 46% of people are still successful in keeping their resolution.

As we start 2023, it is with sadness that I am starting a new journey and leaving the community. I wish everyone good health and happiness in 2023. I will dearly miss all of you. It has been a pleasure serving you for the last three-and-a-half years.

–Sarah Stoakes, Administrator

RESIDENTS IN ACTION

We had such an incredible December here at Hillcrest Silver Ridge! Many residents and team members jumped right into the holiday spirit. We were able to have choir and caroler performances from local church groups and schools. Residents sang and danced along to all of their holiday favorites. We also decorated cookies and made an assortment of festive crafts.

Residents enjoyed the company of many visitors throughout the month of December. Mrs. Nebraska

stopped by for a visit. Entertainers Billy Troy, Paul Siebert and Bill Chastril also came by to perform for residents.

In January, we are looking forward to many fun indoor activities to keep us warm. These include more music performances, National Trivia Day and lots of winter crafts. From everyone here at Hillcrest Silver Ridge, we wish you a happy and safe New Year!

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



Barb and Mable show off their holiday crafts.



Carol pets a dog from Scatter Joy Acres.



Residents enjoyed a lunch outing to Good Life Gretna.



Residents take a photo with Mrs. Nebraska.



Paul Siebert performs for residents.

COTTAGES HAPPENINGS

We enjoyed the holiday season with traditions and celebrations. We made ornaments together and baked holiday cookies. The smell of fresh-baked treats filled the air! We ended the month with a fun holiday party full of laughter and love, and then brought in the New

Year. We have missed seeing Stacy around, but several team members stepped up to lead the many activities we had planned last month. We look forward to more fun and adventure in 2023.

-**Sarah Stoakes, Administrator**

Mrs. Nebraska Visit

Far Left: Mrs. Nebraska visits with Sharon.

Left: Betty tries on Mrs. Nebraska's crown.

Bottom Left: DeeDee, Norma and Mary Lou pose for a photo with Mrs. Nebraska.

Below: Dwight is excited to meet Mrs. Nebraska.



Betty and Carol dance to the entertainment.



Norma and DeeDee make ornaments.



The Gretna Elementary choir sings for residents.



Residents make winter crafts.



Ursula and Gwen enjoy treats from the Gretna High School FBLA.