

"You'll never get bored when you try something new.
There's really no limit to what you can do." - Dr. Seuss

January 2024

The SILVER RIDGE Report

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

Celebrate National Hobby Month

The holidays are over, and everyone is looking forward to a new year full of unique opportunities. January is National Hobby Month so it's a great time to get back into an old hobby or dive into a new one.

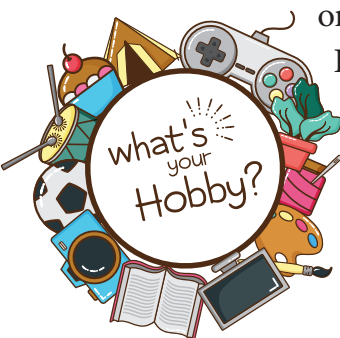
Hobbies can be many things. From crafting to cooking to playing piano, there's something for everyone. These activities are typically something you pursue during your free time and can allow you to have some personal time away from the stress of everyday life.

Spending time doing something you enjoy is great for your mental health. Engaging in these activities can improve mood, confidence and self-esteem. It can also foster friendships.

Individuals who share the same hobby may become close friends and can participate in the hobby together. If you love to read in your free time, joining a book club can create relationships with others who enjoy a good book. You can also spend time with someone who may be interested in your hobby but has not yet tried it. Helping others develop their skills is a great way to build relationships.

Don't have a hobby? As we roll into the new year, this is a great opportunity to try something new. Ask a friend what they enjoy doing in their free time. Step out of your comfort zone and try a new craft project

or learn how to play dominoes. At Hillcrest, there are many unique activities you have a chance to participate in. Ask your lifestyle team about what fun hobbies you can start your new year off with.



JANUARY BIRTHDAYS

Jan. 6: Evelyn P.	Jan. 15: Peggy L.
Jan. 13: James B.	Jan. 20: Connie Y.
Jan. 13: William F.	Jan. 26: James M.
Jan. 13: Betty F.	Jan. 30: Barb M.

MEET THE LEADERSHIP TEAM

REGIONAL AREA DIRECTOR:

Dave Creal, dcreal@hillcresthealth.com

ASSISTED LIVING LIFESTYLE DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

DIRECTOR OF ASSISTED LIVING:

Haley Amundson, hamundson@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Robert Roseland, rroseland@hillcresthealth.com

DIRECTOR OF CULINARY:

Jorden Brooks, jbrooks@hillcresthealth.com

DIRECTOR OF MARKETING:

Jennifer Moustakes, jmoustakes@hillcresthealth.com

MEMORY CARE COORDINATOR:

Heather Selby, hselby@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) (MC)
Jan. 4: Merrymakers – Mary Link (AL)
Jan. 10: Entertainment – Houston Solutions (MC)
Jan. 10: Audiologist Workshop (AL)
Jan. 11: Entertainment – Jerry Stingley (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, Jan. 7 & 21
3:30 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT



Spelling Bee

Tuesday, Jan. 2
2 p.m. – Party Room

Residents will compete in a spelling bee. Two winners will be named.

Matt's Column



Hello, Hillcrest Silver Ridge residents and families!

As we say "hello" to a new year, I write my final newsletter to say "goodbye." After many hours contemplating and praying, I have accepted a position with another organization to continue my career

growth and professional development.

This decision was not an easy one as I have built many relationships with residents, families and team members who I treasure dearly. I have seen amazing growth in the community as well in the team. I am very proud of all we have been able to accomplish and know the team will be able to continue to build on our successes.

I really appreciate all of your patience and understanding as we battled COVID-19 and other obstacles over the past year.

I thank all of you for the laughs, conversations and memories. Most of all, thank you for allowing me to care for you or your loved ones and to be a small part of your lives.

I know the team here has your best interests at heart, and they work every day to improve the quality of service they provide to you. Should you have any questions about this transition, please contact Regional Area Director Dave Creal.

Take care, and best wishes to all!

–Matt Lucero, Administrator

RESIDENTS IN ACTION

Happy New Year, everyone! In December we stayed active by playing hallway bingo and going room-to-room for happy hour. Residents participated in many holiday festivities including decorating cookies and seeing the holidays lights.

As we move into January, we are all excited for

new resolutions and a fresh start! We are looking forward to Merrymakers' entertainment, playing cards and enjoying some lunch outings in the Gretna area.

From everyone at Hillcrest Silver Ridge, we hope you have a wonderful 2024!

-Brianna Erickson, Assisted Living Lifestyle Director



Barb decorates her cookie with red and green.



Sally meets the Grinch.



Sally, Michelle and Barb decorate wooden spoon snowmen.



Claudie enjoys a performance by Rings and Strings.



Tom gets ready to eat his holiday cookies.



Michelle is proud of the cookies she decorated.



Faye receives a visit from her nephew who dressed as Santa.

COTTAGES HAPPENINGS

Happy New Year from the Connor and Langdon Houses! We are all very excited for a fantastic 2024.

December sure flew right by us. It was super busy with musical entertainment. Houston Solutions and Denell Danner performed for our residents. The Whitetail Creek Elementary School and Gretna Elementary School choirs stopped by as well and sang

Christmas carols for us.

The Grinch graced us with his presence during one of the performances! It was super fun, and residents loved having these special guests. We hope everyone had a wonderful holiday season, and we wish you all a very happy 2024!

-Heather Selby, Memory Care Coordinator



Phyllis celebrates her birthday.



Amanda and Phyllis make holiday wreaths.



Roberta, Carol and Bellamy dance to holiday music.



Residents enjoy entertainment from Kim Eames.



Holiday lights tours are always a favorite outing.



The Grinch visits Connor House.