

"Government of the people, by the people, for the people, shall not perish from the earth. - Abraham Lincoln

July 2019

The SILVER RIDGE Report

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

Summer Fun in the Summer Sun

Summer is a great time to enjoy outdoor activities. Seniors can engage in activities that encourage their interests and fitness goals, while also spending time with family and friends. Here are some fun outdoor activities to enjoy during the summer months.

Picnics: Pack a nutritious lunch and find a shady spot outdoors to stay cool. Sandwiches, fruits and vegetables can be a quick-and-easy meal for your picnic. Picnics are a great time to socialize and enjoy the weather.

Fishing: What an easy way to relax and have fun on the water! The activity doesn't take a lot of extraneous effort and can be rewarding after you catch a fish. It's also a great way for families to connect and spend quality time with each other.

Swimming: This is a great way to exercise and have fun in the water. Exercises done in a swimming pool can be another alternative to exercising outside in the warm summer heat. Plus, the pool is a great spot to hangout.

Farmers Markets: These provide a way to support your local community. Fruits, vegetables, crafts and games make for a fun morning in the summer sun. Enjoy the market with friends and loved ones, and find some freshly grown food too.

Finding activities that are enjoyable outside in the summer is fun. They can provide great exercise and a way to spend time with family and friends. Have fun, and be safe outside this summer.

JULY BIRTHDAYS

July 3: Evelyn Schulte
July 4: Gloria Hill
July 11: Thelma Mowinkel
July 13: Edna Allington
July 17: Marilee Waggoner

WELCOME NEW RESIDENTS!

Leola Campbell, Jeanette Byers,
Shirley Lewis and Erma Sweets

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stokes, (402) 332-4280

DIRECTOR OF HEALTH SERVICES:

Theresa Davis, (402) 332-4280

ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, (402) 332-4280

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, (402) 332-4280

DIRECTOR OF CULINARY:

Jessica Grady, (402) 332-4280

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, (402) 332-4280

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

ARE YOU ON THE LIST?

We would like to start distributing 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!



JULY HIGHLIGHTS

July 3: Patriotic Music Show with Houston Solution, Memory Support Cottages
July 10: Music by Billy Troy, Main Dining Room
July 19: Fresh Fruit Bingo Games, Memory Support Cottages
July 19: Trip to Hobby Lobby
July 25: Summer Sand Art, Memory Support Cottages
July 26: Silver Ridge Luau, Courtyard

WORSHIP SERVICES

Daily Catholic Communion, Memory Support Cottages, 10 a.m., 10:45 a.m.
Sundays: St. Patrick's Rosary/Communion, 9 a.m.
Morning Bible Study, Memory Support Cottages
Thursdays: St. Patrick's Catholic Church, 9:30 a.m.
July Services:
July 1: Resurrection Luthurn Church, 9:30 a.m.
July 8: Gretna Baptist Church, 9:30 a.m.
July 15: Good Shepherd Lutheran Church, 9:30 a.m.
July 22: Standing Stone Bible Church, 9:30 a.m.
July 29: Gretna United Methodist Church, 9:30 a.m.

FEATURED EVENT

Silver Ridge Luau July 26, 2 p.m., Courtyard

July is always the time for the annual Silver Ridge Luau. Residents will enjoy piña coladas, a cool sweet treat and music by Joey Gulizia on his steel drum. Aloha!

Sarah's Column



It's hard to believe that July is already here and we are in the middle of summer! Some of my favorite childhood memories are from summer – playing in the pool, carnivals and road trips for family vacations. As a parent, I've tried to create those same summer memories for my son, and then some.

One of the joys of summer is that it doesn't take all that much effort to have a whole lot of family fun. What are your favorite summer memories?

One of my other favorite things about July is celebrating Independence Day. The Fourth of July celebrates the Declaration of Independence and the birth of the United States of America as an independent nation. Beyond the fireworks and barbecues, the Fourth of July celebrates the spirit of 1776 and the revolutionary ideas that went into the founding of this great nation.

For me, the Fourth of July is about spending time with family at a backyard barbecue, watching the fireworks and remembering how powerful the American Dream is, how it draws people from all over the world to embrace the freedoms that most of us take for granted today. It's a great time to reflect and appreciate the many sacrifices our soldiers and veterans have made so that we can enjoy the freedoms that being a citizen of America provides.

I hope you enjoy your summer and take time to continue to create summer memories. Simple family fun, such as barbecues, sitting outside enjoying the weather, watching lightning bugs and enjoying summer sunsets, are what creates memories.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Silver Ridge residents painted the town red all month long in May. We started out with our Cinco De Mayo celebration where residents partook in margaritas, homemade salsa and chips made by our chef, Adam. Mothers are so loved at Silver Ridge that we celebrated them twice in May. Once with a rousing sing-along party on Friday with music by John Worsham and then with a yummy dessert bar on Sunday, May 12. Next, we observed Memorial Day with a BBQ in the

courtyard and then went on a trip to the Wildlife Safari Park near Ashland. We capped the month off with the second annual Silver Ridge Carnival. Residents played games, won prizes and chowed down on traditional carnival foods such as corn dogs, popcorn, peanuts and cotton candy. We even had a clown named Mini who made wonderful balloon animals that were like works of art. A great time was had by all!

-Karen Teetor, Assisted Living Recreation Director



Jerri plays the ring toss carnival game.



Bessie enjoys her food and refreshments.



Elaine enjoys her new balloon snail at the carnival.



Barb wins again at the carnival games.

COTTAGES HAPPENINGS

A happy hello from Stacy! Summer is heating up and so is the fun here at the Cottages. We are looking forward to celebrating Independence Day with a Patriotic Music Show on July 3. We all have been enjoying spending time in our beautiful courtyards, soaking up the sun, admiring the beautiful flowers and reminiscing about summers past. The root beer has been flowing freely. We all feel like kids again when we are outside. We will

be taking a country drive to my cousin's farm in Yutan to pick up some fresh fruit on July 22. They have more than 300 acres of tomatoes, sweet corn, squash, cucumbers and melons. The residents and I just love going to the farm in the summer time. So many of us grew up on farms and it brings back so many nice memories. You know you are a Nebraskan when you see beauty in every corn field.
-Stacy Neuhaus, Memory Support Recreation Director



Doris, Coleen and Sally Ann enjoy crazy hat day.



Margie, Norma and friends play bingo together.



Orville shows everyone how to win.



May waters the plants.