

*"When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome." - Wilma Rudolph*

July 2022

# The SILVER RIDGE Report

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

## I scream, you scream, we all scream for ice cream!

July is National Ice Cream Month, which means it's the perfect time to have a scoop or two of your favorite flavor!

Although the origin of ice cream dates back to the second century B.C., the first recorded account of ice cream in the U.S. comes from a letter written in 1744, and it wasn't until 1984 that July was designated National Ice Cream Month by President Ronald Reagan. He also named the third Sunday of July National Ice Cream Day.

Now, ice cream has become the most popular category of frozen desserts worldwide. The average American consumes approximately 23 pounds of ice cream per year, according to the International Dairy Foods Association.

It seems that ice cream shops are getting more and more creative with the flavors and options they offer.

America's five most popular ice cream flavors are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough. Many places even offer dairy-free and sugar-free ice cream options so everyone can enjoy this tasty treat!

With a variety of ice cream flavors and options, there are plenty of ways to celebrate National Ice Cream Month. Grab a friend and share your favorite ice cream treat. Make an ice cream sundae, milkshake or root beer float. You can even learn how to make your own homemade ice cream or just be adventurous and try a new flavor!

No matter how you observe National Ice Cream Month, it is sure to be sweet.

## JULY BIRTHDAYS

July 5: Ken D.	July 21: Nancy Q.
July 5: Dorothy K.	July 24: Keith B.
July 11: Thelma M.	July 29: Eiko L.
July 11: Anna P.	July 30: Harold J.
July 14: Anna M.	July 31: Paula C.

## WELCOME TO SILVER RIDGE!

Ellie S.	Marceil F.
Dwight H.	

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

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

### MEMORY SUPPORT RECREATION DIRECTOR:

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

### ASSISTED LIVING RECREATION DIRECTOR:

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### DIRECTOR OF CULINARY:

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### DIRECTOR OF ENVIRONMENTAL SERVICES:

Dan Blayney, [dblayney@hillcresthealth.com](mailto:dblayney@hillcresthealth.com)

### DIRECTOR OF MARKETING:

Heather Selby, [hselby@hillcresthealth.com](mailto:hselby@hillcresthealth.com)

### REGIONAL AREA DIRECTOR:

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



## JULY HIGHLIGHTS

July 4: Watermelon Feed in the Courtyard (MS)  
July 12: Entertainment by Billy Troy (AL)  
July 14: Root Beer Float Day (MS)  
July 14: Entertainment by Lee Johnson (AL)  
July 18: Car Wash Day (MS)  
July 19: Fontenelle Forest (AL)  
July 20: National Kisses Day – Hershey's (MS)  
July 28: Pop-up Boutique in Lobby (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

9 a.m. - Catholic Service (AL)

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

Sunday, July 3 and July 17

3:30 p.m. - Worship Service with Pastor Tom (AL)

## FEATURED EVENT

### Wiffle Ball Tournament

Tuesday, July 5, 1 p.m. – Outside

We will be celebrating summer sports with a wiffle ball tournament. After the heat of the tournament, ice pops and cold beverages will be provided to residents.

## Sarah's Column



Happy July!

With the heat of summer comes the fun of Gretna Days! We are excited that we will once again host our annual hot dog feed as part of the Gretna Days celebration. The hot dog feed will take place on July 30 from 11 a.m. to 2 p.m. or while supplies last.

We will be serving hot dogs, chips and ice cream bars. Be sure to invite your family members and friends!

We are almost done with renovation in the assisted living building. We are waiting on a few additional furniture pieces to arrive and have some finishing touches to make. We will do a final walk-through to identify any "punch-out" items that need to be corrected.

The renovation is also in full swing in the memory care cottages. Both of the cottages have received new whirlpool tubs. In addition, both will receive new flooring in the dining and living areas, new counter tops in the kitchen, new furniture and, of course, a completely fresh coat of paint.

We appreciate everyone's patience in navigating living in a renovation and construction zone. I hope you find the final product worth the inconvenience.

It is always a pleasure to serve you. If you need anything, please feel free to contact me or any Hillcrest Silver Ridge team member.

–Sarah Stoakes, Administrator

## RESIDENTS IN ACTION

June has given us favorable weather and it is finally feeling like summer! Last month, we were able to start a morning walking club to promote activity and get our steps in. We were also able to learn about hummingbirds with a sensory kit from Fontenelle Forest. In addition, we had duet pianists perform in our main lobby. Of course, we wished every father here

at Hillcrest Silver Ridge a Happy Father's Day!

This month, we are looking forward to sparking things up with some competition in our wiffle ball tournament. Lastly, I would like to say I hope everyone stays healthy and I am looking forward to the upcoming month!

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



Residents play a fun game of balloon tennis.



Residents gather to watch the piano duet in the lobby.



Residents listen to the talented pianists.



Mable and Pam decorate mosaic mason jars.

## COTTAGES HAPPENINGS

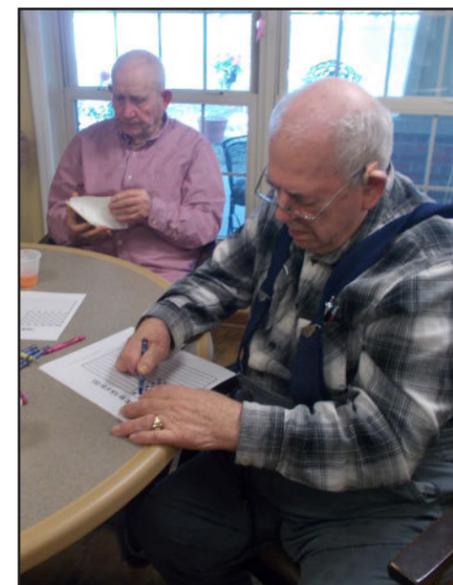
A happy hello from Stacy! I cannot believe just how much this summer is starting to warm up. We've had some beautiful days outside in the courtyard doing activities, and we all have enjoyed getting out on the bus for our scenic drives in the country. Hopefully we will start to see some cooler temperatures on Mondays so we can get out to the farms to see all of the crops grow!

Memorial Day was a special day for all. We went uptown and saw the raising of the flags. We all had a beautiful time. We've had a lot of good laughs this past

month and we certainly enjoy each other's company.

In July, we are looking forward to celebrating the Fourth of July with a watermelon feed and drinks in the courtyard. Maybe we should blow up the little pool and have a "bikini splash!" We also will be celebrating National Root Beer Float Day on July 14 and National Parks and Recreation Day on the July 12. On July 18, residents and I will be having a "car wash" outdoors. We will be washing and shining up our wheelchairs and walkers. We will have a great July. Have a wonderful month and stay well.

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



## Red, White & Blue

Top Left: Norma Jean and Mary Lou enjoy the outing on Memorial Day.

Top Center: Sharon enjoys craft time for Flag Day.

Above: Carol and Janell show off their patriotic spirits with fun hats.

Far Left: Dwight and Ken work on their Flag Day crafts.

Left: Our new friend from the VFW tells us about Gretna's history on Memorial Day.