

"Summertime is always the best of what might be."

- Charles Bowden

July 2023

The SILVER RIDGE Report

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

Hydration Station

Mixing up refreshing beverages is a great way to stay hydrated when things start warming up outside. From something as simple as cucumber water or lemonade to DIY electrolyte concoctions, there are more ways than ever to quench your thirst.

A current widespread social media trend involves flavored powders and syrups you can add to plain water to give it some flavor. While some question whether this is still considered "water," the hydrating factor is there.

Adding simpler ingredients, such as citrus, melon, mint, ginger, lavender and the aforementioned cucumber, can inspire you to drink more water. Mixing and matching is encouraged. Flavors, such as mint and lime or watermelon and basil, can be incredibly revitalizing, while giving you a little vitamin boost.

Hydration is essential to your health, especially during the heat of the summer. While most beverages can help meet your required daily fluid intake, some are better for you than others. For example, did you know that if you're dehydrated, milk is one of the best ways to restore hydration? This is due to its carbohydrates and electrolytes, which help your body absorb that all-important fluid better.

Drink your water in whatever form you prefer whether it's juice, coffee or by adding powders and syrups. Stay safe and have fun. Cheers!



JULY BIRTHDAYS

July 5: Kenneth D. July 21: Nancy Q.
July 8: Grace B. July 24: Keith B.
July 11: Thelma M. July 29: Eiko L.
July 11: Anna P. July 31: Paula C.
July 14: Anna M.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Matt Lucero, mlucero@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

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DIRECTOR OF CULINARY:

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MEMORY CARE COORDINATOR:

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!



JULY HIGHLIGHTS

July 4: Independence Day

July 7: Podiatrist Workshop

July 7: World Chocolate Day

July 20: Entertainment by Mark Irvin

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 2 & 16

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

FEATURED EVENT

Fourth of July Party

Tuesday, July 4, 2 p.m.
Dragons Pub

Residents will enjoy patriotic snacks, drinks and games.

Matt's Column



Hello, Hillcrest residents and families!

We are excited to introduce a new assisted living director as well as a new marketing director this month. Join us for a Meet and Greet on July 27 from 6 to 7 p.m. in Dragons Pub. All residents

and families will be able to get to know our new team members. We will be sending out an email reminder to everyone the week of the event. Please call in and let Sam know if you are not on the email list.

On Saturday, July 29, we will be hosting the annual Hot Dog Feed after the Gretna Days Parade. We will set up tables, chairs and tents in the south parking lot for this event. Each year, we typically serve around 1,200 people at this event. Residents are invited to come outside and take part in the festivities. We will have a magician and face painter available for added fun. This year, we will also offer tours of our beautiful community. We are looking forward to welcoming the Gretna community in.

Please remember to hydrate during these long, hot and humid summer days! We are getting into the dog days of summer and want to make sure everyone stays safe and healthy.

-Matt Lucero, Administrator

RESIDENTS IN ACTION

Summer is truly flying by. Here at Hillcrest Silver Ridge we have been staying busy and active! We learned about the origin of foxes from Fontenelle Forest. Baby kittens from Scatter Joy Acres came in to play. We were even able to take a drive through the Wildlife Safari Park in Ashland.

Additionally, residents enjoyed entertainment

from Billy Troy and Modern Kowboy. Lastly, we got into the patriotic spirit decorating Uncle Sam gnomes.

We look forward to many more outings, games and entertainment next month. From everyone at Hillcrest Silver Ridge we wish everyone a safe Independence Day!

-Brianna Erickson, Assisted Living Recreation Director



Barb and Charlene release butterflies in the courtyard.



Butch and Charlene look at the swans at the Wildlife Safari Park.



Butch and Donald drink root beer floats.



Lesa, Donna and Sally enjoy an outing to Dairy Chef.



Modern Kowboy performs for residents.

COTTAGES HAPPENINGS

The sun is shining, so keep on smiling! I am honored to be serving our residents as the new memory care coordinator. I am looking forward to getting to you know our wonderful residents, their families and our dedicated care team. Please stop by and say hi. You are always welcome!

In June, residents in the cottages really enjoyed

the start to the summer. We soaked up the sun during our patio visits with refreshing lemonade and iced tea beverages. We look forward to a new month full of summer fun. Hopefully the weather allows us to spend some more time outdoors. I wish you have a safe and happy July!

-Heather Selby, Memory Care Coordinator



Residents enjoy an outdoor social with root beer floats.



Residents decorate Uncle Sam gnomes in preparation for the Fourth of July.



Residents watch a presentation on the origin of foxes.



Mary sips on a cold root beer.



Michelle admires the animals at the Wildlife Safari Park.