

"As you get older three things happen. The first is your memory goes, and I can't remember the other two." - Unknown

June 2019

The SILVER RIDGE Report

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

Stay Safe in the Summer Sun

With the summer months approaching, the temperature is sure to rise. Though it's always fun to enjoy Mother Nature, it's also important to make sure to stay safe outdoors. Extremely warm weather can be dangerous to aging adults, especially those with chronic health conditions. It's important to play it safe outside in the summer heat.

Here are some tips:

Stay hydrated. It's always important to drink water. But when the weather is warmer outside, it becomes even more crucial. Warmer weather means a greater chance of dehydration. Don't wait until you feel thirsty to drink water. Make sure you're drinking fluids all day, whether you're thirsty or not. Avoid caffeinated and alcoholic drinks when you're outside in the heat.

Seek shade when possible and take breaks. It's important to take breaks in the warm weather. Find some shade to cool off in. Don't spend too much time out in the heat; head inside in the air conditioning to cool off when you start to feel warm.

Wear sunscreen regularly. Protect your skin from harmful UV rays. Wear health-regulated sunscreen whenever outside. Always wear a hat and sunglasses to protect your face from the harmful rays.

Apply bug spray when you're outside. Mosquitos, ticks and other harmful insects will bite if you're not protected.

Understand the warning signs of heat illness. The most common signs of heat illness are high body temperature, confusion, dizziness, fainting, fatigue, headache and nausea. If you feel sick, seek medical attention immediately.

Getting exercise, fresh air and doing outdoor activities in the summer makes for an enjoyable time. But don't forget – being safe should be a top priority for everyone in the summer heat.

JUNE BIRTHDAYS

June 4: Katherine Allely
June 9: Pat Cole
June 10: Claudie Beauman
June 13: Elly Wolatz
June 13: Fran Woita
June 26: Lois Bruning
June 28: Jerri Budny
June 29: Phyllis Uzel

WELCOME NEW RESIDENTS!

Bill & Pam Carlson, Betty Fulton, Virginia Stewart, Barb McQuitty and Lois Buller

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stokes, (402) 332-4280

DIRECTOR OF HEALTH SERVICES:

Theresa Davis, (402) 332-4280

ASSISTED LIVING RECREATION LEADER:

Karen Teetor, (402) 332-4280

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, (402) 332-4280

DIRECTOR OF CULINARY:

Jessica Grady, (402) 332-4280

DIRECTOR OF ENVIRONMENTAL SERVICES:

John Sedlacek, (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!



JUNE HIGHLIGHTS

June 3: Musical Bingo, 2 p.m., Main Dining Room
June 7: Cards and Bingo with Senior Center
June 7: Gretna Library
June 12: Music Show with Len Eby, Main Dining Room
June 12: Music by Kim Eames, 2 p.m., Main Dining Room
June 14: Father's Day BBQ, 2 p.m., Main Dining Room
June 16: Father's Day Dessert Buffet, 2- 3 p.m., Memory Support Cottages
June 21: First Day of Summer Ice Cream Sundae Celebration

FEATURED EVENT

Welcome Summer Party

June 26, 2 p.m.

Get out your beach balls! Assisted living residents will enjoy some barefoot backyard fun in the breezy, tropical courtyard. Entertainment will be the original summer blonde, Pam Kragt!



Sarah's Column



Summer is quickly approaching, and soon we should have more days of sunshine. With summer approaching, please make sure you are taking care of yourself when you're going out in the sun, and drink plenty of water.

I would like to thank everyone who participated in the satisfaction survey. Your time and input is greatly appreciated. The survey results have been compiled, and the Silver Ridge team is identifying additional ways to enhance the lives of our residents and family members. The Silver Ridge team is excited to continue to identify ways to make Silver Ridge a great place to live. My door is always open if you would like to meet. I am always open to any input or feedback.

June not only brings sunshine, but it's the month we celebrate the great men in our lives who are our fathers. How would you define what the word "father" means to you? To me, a father is a guide and teacher who also keeps a sense of playfulness and fun about them, no matter how old they get. The best advice my father gave me is to never lower my standards and expectations because of anyone else.

Think back to the best advice your father gave you. Does his words of wisdom still hold true today? So here's to all the fathers, grandfathers, stepfathers and father figures out there making a difference in the eyes of the kids who love them. The big things you do are important, but some of those small, simple things are what your child will remember for the rest of his or her life.

I hope June brings you lots of sunshine and happiness.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

April was a busy month for assisted living residents full of fun spring activities. Residents enjoyed a video tour of Denali National Park in Alaska, narrated by Kathy, who is an actual park guide there. Mid-month found us on an Easter Egg Hunt with the Little Ridges Child Care. Silver Ridge resident Jim Baudo provided residents with a wide variety of tomato and pepper seeds to



Mary Lou and Olivia say 'cheese' at the Easter Egg Hunt.

plant for our summer garden. Sarah Stoakes, our Administrator, introduced residents to a unique paint pour craft and a greeting card craft. In May, we enjoyed our Mother's Day Brunch filled with family and fun. We look forward to the Welcome Summer Party later this month. Happy June!

-Karen Teotor, Assisted Living Recreation Director



Assisted living residents are hard at work clipping coupons and having coffee.

A happy hello from Stacy! Well, look out, summer is here. Spring just flew by. The residents have certainly enjoyed getting out on the bus for country drives and joining in with the fun daily activities. I would like to thank them all for helping make the corsages for Wearing Purple for Peace Day. It was a nice reminder for the entire world to get along.

COTTAGES HAPPENINGS

It was so nice to see the family members at our Mother's Day celebration, and we look forward to seeing everyone on Father's Day, June 16, for desserts from 2-3:30 p.m. I am proud to call the men here my friends. They are kind, courteous and fun.

-Stacy Neuhaus, Memory Support Recreation Director



Team members perform the chicken dance at lunch.



Residents enjoy the monthly birthday party with music.



Assisted living residents enjoy a competitive game of balloon volleyball.



Norma and family enjoy Mother's Day.



Amelia hunts for Easter eggs by the pond.



Jeanne and Claudie enjoy an ice cream bar at the party.