

"A father's smile has been known to light up a child's entire day." - Susan Gale

The SILVER RIDGE Report

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

Stay cool in the heat of the summer

As temperatures outside rise, it is extremely important to find ways to stay cool. Aging adults are more likely to become dehydrated, which increases their risk of overheating. Here are some ways to keep cool this summer.

Drink plenty of water.

Drink cold water throughout the day. Don't wait until you're thirsty to drink something. Dehydration can lead to feeling faint, nauseous and dizzy.

Close curtains and blinds.

Many people underestimate how much the sun shining through the windows can heat up a space. By closing curtains and blinds, you can significantly cool down your living area.

Wear light clothing.

Choosing to wear clothing that is lightweight and light in color is the best option for the summer heat. Dark colors absorb the heat and can make you warmer than normal.

Stay indoors.

As much as you want to spend some time in the sun after being cooped up all winter, it is important to stay indoors on hotter days. If you want to get outside, limit yourself to going outdoors in the early morning or evening to avoid the hottest parts of the day. If you do go outdoors, make sure to wear sunscreen and a hat to keep from burning.

Consider lighter, colder foods.

Salads, cold sandwiches, fruits and veggies are ideal choices for a hot summer day. Melons, cucumbers and berries, along with other foods higher in water content, help keep you hydrated.

Staying cool and hydrated in the heat of summer is key to keeping healthy all summer long.

JUNE BIRTHDAYS

June 9: Patricia C. June 16: Sharon P.
June 10: Claudie B. June 28: Geraldine B.
June 11: Rodney B. June 29: Phyllis U.
June 12: Francis R.

WELCOME TO SILVER RIDGE!

Harold J. Marceil F.
Bernice B.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

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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!



JUNE HIGHLIGHTS

- June 1: Pen Pal Activity (MS)
- June 7: Entertainment by The Links (AL)
- June 14: Flag Day (AL)
- June 14: Flag Day Crafts (MS)
- June 17: Father's Day "Beer" Celebration (AL)
- June 19: Honoring Fathers (MS)
- June 21: Entertainment by John Worshom (AL)
- June 23: National Popsicle Day (MS)

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, June 5 and June 19**
3 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT



Father's Day "Beer" Celebration Friday, June 17, 1 p.m. - Courtyard

We will be having beer, root beer floats and outdoor games to celebrate the fathers in our community.

Sarah's Column



Happy June! I hope you are enjoying the beautiful weather and warm days that we are experiencing.

It is hard to believe that renovations in assisted living will be coming to an end this month. The projected completion date is June 24 for assisted living. A big milestone for

the renovation is the arrival of the furniture! The week of June 13 expect to see a lot of action as semi trucks arrive loaded with furniture. We will have a team on site that will be unloading, unwrapping and carrying in furniture to be set up. As we carry in furniture, we will also be carrying out furniture. We have been donating the old furniture to local charities.

The next exciting project is moving the renovation to the Memory Support Cottages. We are expecting to start on the spa room in one of the cottages the week of June 13. The spa rooms in each cottage will be completely refurbished. We are installing new whirlpool tubs in each. We also anticipate that each spa room will take approximately two weeks for completion. After the spa rooms are ready, we will move into the common areas. I will send out updates as the plan for the renovation in memory care progresses.

I really appreciate everyone's patience and flexibility as we continue to work through the renovations. Once everything is completed I hope you enjoy the updates and new amenities.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

June has finally brought us some warmer weather and we are so happy to start planning for activities outside! We had a great time rocking our red, white and blue wear for Memorial Day. We gave a huge shout-out and thank you to all of the veterans here at Hillcrest Silver Ridge by bringing in the American Legion Riders. Of course, we also had a great time celebrating Mother's Day with a tea party and cake. We had fun-filled Fridays all month long with a chicken

dance happy hour, Wii bowling and a variety of painted crafts.

June should provide great opportunities to get outside. We are looking forward to celebrating Father's Day with a grill-out and are anticipating more ice cream socials! Lastly, as the new Recreation Director, I wanted to say I am looking forward to getting to know everyone better and implementing fun activities in the upcoming months!

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

Thank You, Veterans

The **Gretna American Legion Riders** honored veterans by giving them a plaque and thank you card.

Right: Bill is honored for his service by the American Legion Riders.

Far Right: Roy shakes the hand of an American Legion Riders member after receiving his plaque in honor of his service.



Residents celebrate happy hour on Fridays with popsicles and doing the infamous chicken dance!



Claudie and Faye enjoy Mother's Day tea and desserts.



Maryetta shows off her beautiful wooden craft.



Residents enjoy doing the chicken dance together.



Peggy and Lesa celebrate Mother's Day at a tea party.

COTTAGES HAPPENINGS

A happy hello from Stacy! The weather is not the only thing heating up around here – so is the fun! We have all been enjoying spending time together in the courtyards and soaking up the sun. I would like to thank all of the residents for helping me plant and take care of the flowers. We had a great time relaxing and sitting outdoors reminiscing about all of the flowers we have taken care of in our lives. The folks and I also went out to my cousin's vegetable farm, where we watched from the bus as they were planting more than 200,000 tomato seedlings. They should harvest about 4 million tomatoes this August! Cousin Greg always makes sure there is plenty to give us when we go on our country drives.

This month, we will be celebrating National Pen Pal Day on June 1 by writing notes to each other and telling each other how much our friendship means. June 5 is National World Environment Day. That will be the perfect day to clean up the courtyards! On June 14, we will be showing our American pride with flag crafts, and on June 23 we'll celebrate National Popsicle Day. Boy, that will be fun! We will be honoring the men here at Hillcrest Silver Ridge on Sunday, June 19 with ice cream sundaes for Father's Day. These men have made such a difference in my life, and I learn something new from them each and every day. What a blessing! Have a wonderful month, and stay safe.

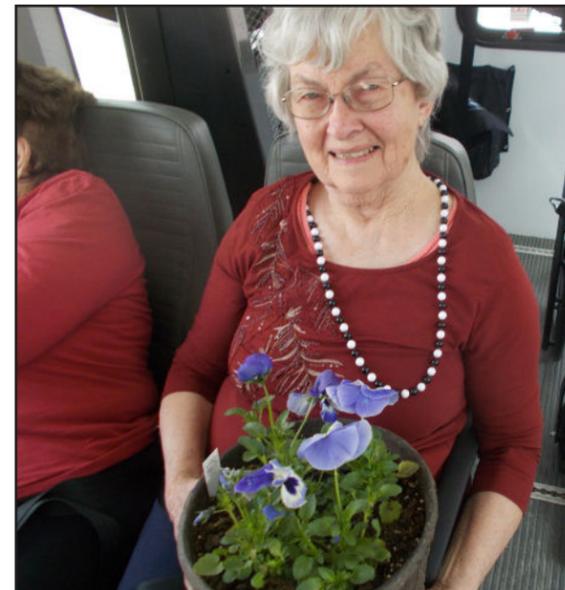
-**Stacy Neuhaus, Memory Support Recreation Director**



Earl, Dee Dee and Norma have fun together on May Day.



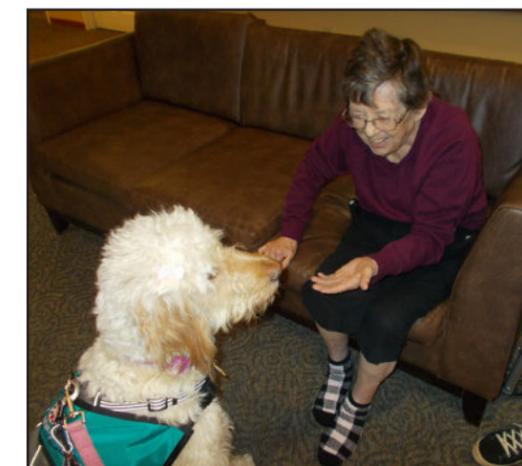
Janet waters flowers in the courtyard.



Carol enjoys a trip to the flower shop.



Pat enjoys making a May Day basket.



Janet greets Penny with a gentle hand and big smile.