

*"We are always the same age inside."  
- Gertrude Stein*

June 2023

# The SILVER RIDGE Report

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

## Connections Lead to Understanding

In Canada, June 1st is known as Intergenerational Day. It was created as a way to bridge the gap between young and old, focusing on bringing different generations together.

These connections are important and can benefit all involved, no matter what the day. They can help lower issues of social isolation and loneliness, while giving all individuals involved an increased sense of purpose. These relationships help our elders stay socially connected and involved.

For younger people, their interactions with aging adults can provide a sense of connection to the past. Listening to their elders talk about their lives and experiences can lead to a better understanding of who they are as well. That can be done through in-depth storytelling or simply looking through photo albums together. Strong ties with older adults help youth form a better sense of who they are and how they might fit in this world.

Additionally, connections formed among different generations can also help combat negative stereotyping and ageism. Open dialogues enhance trust and promote inclusion while strengthening bonds and improving engagement.

We encourage you to celebrate Intergenerational Day every day — not just on June 1st — by connecting grandchildren and great-grandchildren to their older relatives, both at Hillcrest and at home. Learning each other's stories can help find common ground and a better understanding of each generation while enriching the lives of the older generations and reducing any feelings of isolation.



## JUNE BIRTHDAYS

June 9: Pat C.                      June 16: Sharon P.  
June 10: Claudie B.              June 26: Peggy B.  
June 12: Francis R.              June 29: Phyllis U.

## WELCOME TO SILVER RIDGE!

ReNae B.                      Erv and Lorraine K.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Matt Lucero, mlucero@hillcresthealth.com

### ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

### ASSISTED LIVING DIRECTOR:

Brian Splater, bsplater@hillcresthealth.com

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Robert Roseland, rroseland@hillcresthealth.com

### DIRECTOR OF CULINARY:

Hillana Hilaire, hhilaire@hillcresthealth.com

### 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!



## JUNE HIGHLIGHTS

June 1: Scatter Joy Acres Visit  
June 9: President Trivia Q&A  
June 13: Billy Troy Performance  
June 17: National Root Beer Day  
June 18: Father's Day

## 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 4 & 18

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

## FEATURED EVENT

### Root Beer Float Social

Tuesday, June 20, 2 p.m.  
Courtyard

Residents will get to sip on root beer floats while they enjoy the weather out in the courtyard.

## Matt's Column



Hello, Hillcrest residents and families! Summer is on its way, and we were fortunate to have some absolutely beautiful weather.

We are starting a summer barbecue series with evening entertainment over the next few months. We are excited to

begin utilizing the courtyard for more events and activities. You and your families will receive additional information on this over the next couple weeks. We will also let you know when the Walking Bingo and Health Information Fair will be rescheduled.

We have brought on one more full-time cook to complete our chef team. Hillana Hilaire, director of culinary, has been working with her team to improve the quality of the food served, as well as presentation.

It is a long time coming, but we are now able to open up the dining room for guests. Guest meals are \$7 per person, and we allow each resident to have up to three guests. To reserve the private dining room for larger groups, please speak with our concierge.

Lastly, we would like to announce that Heather Selby is transitioning from her role as our marketing director to our new memory care coordinator. Please feel free to stop in or give us a call with any questions. We hope you have a lovely June!

—Matt Lucero, Administrator

## RESIDENTS IN ACTION

We had a rocking May at Hillcrest Silver Ridge! Residents got crafty and painted rocks that will be displayed outside in the courtyard.

We hosted plenty of awesome entertainment this month, including the Papillion Singing Seniors, Whitetail Creek Elementary Choir and an Eagle Scout band presentation. Residents made May Day baskets

filled with goodies for their friends, and we even were able to enjoy a lunch outing to Culver's.

In the upcoming month, we look forward to entertainment from Billy Troy and soaking up the sunshine. From everyone at Hillcrest Silver Ridge, we want to wish all of the fathers a Happy Father's Day!

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

## COTTAGES HAPPENINGS

The month of May featured several fun events for residents, including a Cinco de Mayo fiesta and a special pet visit from Tink the Kitty.

June brings an exciting change to Silver Ridge. Heather Selby will be our new memory care coordinator. Her goal is to work toward a bolstered

activity program, as well as more educational experiences for both team members and families. We will have a resident and family meeting to introduce Heather and other new team members in the first part of June.

**-Matt Lucero, Administrator**



Christel and Sally carefully fill the bird feeders.



Maryetta shows off her crafty May Day basket.



Earl and Norma win taco piñatas celebrating Cinco de Mayo.



Darlene's all smiles as she spends time with Tink the Kitty.



Residents listen attentively during the Papillion Singing Seniors performance.



Claudie and Ron paint some good-looking rocks during crafts.



Terry and Betty celebrate Cinco de Mayo with their new taco piñatas.