

"A good friend is like a four leaf clover, hard to find but lucky to have." —Peter D'Toole

March 2020

The SILVER RIDGE Report

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

Fun Spring Activities

March 19th is the first official day of spring! In spring everything is fresh and the weather starts to warm up again. To celebrate this wonderful season, here are three activities for you to try.

Redecorate: Bring spring inside with fun spring decorations. Create colorful paintings to hang on the wall, or cut some flowers out of fun paper. You can even put them on your front door!

Plant a Flower: And speaking of decorations, what better decoration than fresh flowers? Did you know that the first flowers to bloom are typically dandelions, daffodils and tulips according to justfunfacts.com? Try growing your own flowers in a small pot or jar. Then put them by a window so your new plant can enjoy the sun. This way you can appreciate the beauty of nature from the comfort of the indoors.

Explore Nature: As you're waiting for your new plant to grow, go outside and explore nature. Make the adventure even better by bringing a picnic with you. Maybe even splash in some puddles while you're there, just make sure you wear your rain boots!

Try some of these fun activities as you enjoy this great season. What other ideas can you come up with to celebrate spring?



MARCH BIRTHDAYS

March 5: Inez Halgerson	March 12: Oscar Mussman
March 7: Bev Moser	March 26: Evelyn Lueders
March 10: Elizabeth Bruce	March 28: Darlene Kardell
March 11: Betty Stauffer	March 30: Al Newell

WELCOME, NEW RESIDENTS!

Rosemary Good
Kathryn McEvoy
Rick & Gloria Mason
Ken Hamik

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, pgiittinger@hillcresthealth.com

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Kenny Jesus, kjesus@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, tgreco@hillcresthealth.com

REGIONAL ADMINISTRATOR:

Dave Creal, dcreal@hillcresthealth.com

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!



MARCH HIGHLIGHTS

March 2: Monthly Birthday Party (AL)
March 5: Making Shamrock Door Decorations (MS)
March 11: Music by The Links (AL)
March 12: Making Irish Soda Bread (MS)
March 17: St. Patrick's Day Party (AL & MS)
March 19: Resident Council Meeting, 3 p.m. (AL)
March 25: Music by Pam Kragt

WORSHIP SERVICES

Daily: Catholic Communion in Mornings (MS)
Sundays: St. Patrick's Rosary/Communion, 9 a.m. (AL & MS)
Standing Stone Church Service (Bus will leave at 9:30 a.m.)
Morning Bible Study, 10 a.m., 10:45 a.m. (MS)
Tuesdays: St. Patrick's Catholic Church, 9:30 a.m.

March Services:

March 4: Resurrection Lutheran Church, 9:30 a.m.
March 11: Gretna Baptist Church, 9:30 a.m.
March 18: Good Shepherd Lutheran Church, 9:30 a.m.
March 25: Standing Stone Bible Church, 9:30 a.m.

FEATURED EVENT



St. Patrick's Day Party

March 17, 2 p.m.
Main Dining Room



Come enjoy green beer and yummy appetizers while being entertained by George and the Jrs. Don't forget to wear green and get your picture taken in the photo booth!

Sarah's Column



Hello, everyone! This February seems to have flown by. We are very thankful to all of the family, friends and residents of Silver Ridge that attended the three events we hosted in February. We are so thankful to everyone who donated goods for the local food pantry during our Souper

Bowl event. It was a wonderful way for us to give back to the local community.

I also want to thank everyone that came out for our Understanding Dementia presentation with Dr. Anna Fisher. We had more than 90 guests attend. This shows the prevalent need for dementia care services and information in our area. We are happy to let everyone know that we will be hosting an educational series in May for those who are caregivers. The series is called "Powerful Tools for Caregivers." RSVP will be required, as we have limited space. Keep an eye out for details over the next few months for that and for other events we will be hosting.

This March we wish you and your family a safe and happy St. Patrick's Day.

"May the luck of the Irish enfold you.
May the blessings of Saint Patrick behold you.
May your pockets be heavy and your heart be light and may good luck pursue you each morning and night."

We hope to see you soon at one of our upcoming events and as always, it is a pleasure to serve you and your family. With gratitude,
—Sarah Stoakes, Administrator

RESIDENTS IN ACTION

It may have been cold outside, but we stayed nice and warm inside celebrating each other and our friendships. Fortunately, the cold weather gave us the opportunity to get creative. We stayed busy doing everything from card making to playing with alcohol inks and making jewelry. We also provided friendship and comfort to each other during our memorial service. Of course, we still made time

to give back to our community. Our Souper Bowl Party and our blood drive were successful. And on top of all of that we also enjoyed our weekly happy hour! It is such fun to spend time together. We are looking forward to having more fun and continuing to celebrate friendship and community in March!

–Sarah Stoakes, Administrator



Everyone enjoys happy hour.



Darlene and Inez try the soup at the Souper Bowl Party.



Sally and Geri create jewelry masterpieces.



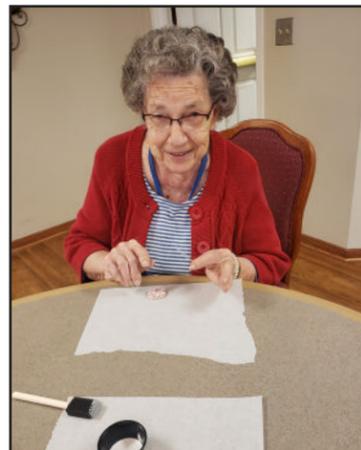
Everyone has fun at the Souper Bowl Party.



Sarah and Pam reminisce at the memorial service.



Pet and Cindy light candles at the memorial service.



Marian tries her hand at jewelry making.



Inez makes beautiful jewelry.

COTTAGES HAPPENINGS

A happy hello from Stacy! Don't look now, but I think maybe we made it through the winter! March 19th, the first official day of spring, cannot come soon enough. Overall this winter was not very snowy, but the residents were excited to be able to sit out doors and get some sun and fresh air. I would like to thank all of the residents who helped me decorate for Valentine's Day. We had so much fun making heart-shaped crafts, including everything from window decorations to cakes and cookies. It was enjoyable for everyone!

This month we are looking forward to a St. Patrick's Day Party on the 17th. We all are going to see just how much green we can wear that day. The residents are looking forward to a traditional Irish corned-beef meal with all the trimmings. The end of March will also be filled with gardening. We are going to making small herb gardens to place in the windowsills. It will fun to watch them grow. Happy spring, everyone!

–Stacy Neuhaus, Memory Support Recreation Director



Arline shows off her pretty flowers.



Edna poses with her bouquet.



Carolyn enjoys Valentine's Day.



Carolyn makes Hillcrest Day crafts.



Jeanne creates a macrame craft.



Sue shows off her royal crown.



Penny and Cleo listen to the show.



Gwen and Bettylou enjoy baby time.



Lois sings with Pat Houston.