

*"You live your life today; not tomorrow, and certainly not yesterday."*

*-John Grisham*

March 2021

# The SILVER RIDGE Report

## Activity Page



**Clover  
Flowers  
Irish**



**Leprechaun  
Luck  
March**

**Rainbow  
Spring  
St. Patrick's Day**

**Find the Words!**



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



### MARCH BIRTHDAYS

Mar. 5: Inez H.	Mar. 14: Eva T.
Mar. 11: Betty S.	Mar. 17: Jackie J.
Mar. 12: Oscar M.	Mar. 30: Al N.
Mar. 13: Janna W.	

### WELCOME, NEW RESIDENTS!

Angie A., Charles & Wanda M.

### WORSHIP SERVICES

Fridays: Sing-Along and Prayer, 11 a.m.  
Bible Study in the Chapel, 2 p.m. (AL)  
Sundays: Morning Bible Study, 10 a.m., 10:45 a.m.  
(MS)

### MEET THE LEADERSHIP TEAM

**ADMINISTRATOR:**

Sarah Stoakes, [ssstoakes@hillcresthealth.com](mailto:ssstoakes@hillcresthealth.com)

**DIRECTOR OF HEALTH SERVICES:**

Dixie Tonacchio, [dtonacchio@hillcresthealth.com](mailto:dtonacchio@hillcresthealth.com)

**ASSISTED LIVING RECREATION DIRECTOR:**

Charissa Ramsey, [cramsey@hillcresthealth.com](mailto:cramsey@hillcresthealth.com)

**MEMORY SUPPORT RECREATION DIRECTOR:**

Stacy Neuhaus, [sneuhaus@hillcresthealth.com](mailto:sneuhaus@hillcresthealth.com)

**DIRECTOR OF CULINARY:**

Kenny Jesus, [kjesus@hillcresthealth.com](mailto:kjesus@hillcresthealth.com)

**DIRECTOR OF ENVIRONMENTAL SERVICES:**

Kifton Minarik, [kminarik@hillcresthealth.com](mailto:kminarik@hillcresthealth.com)

**REGIONAL ADMINISTRATOR:**

Dave Creal, [dcreal@hillcresthealth.com](mailto:dcreal@hillcresthealth.com)

### Sarah's Column



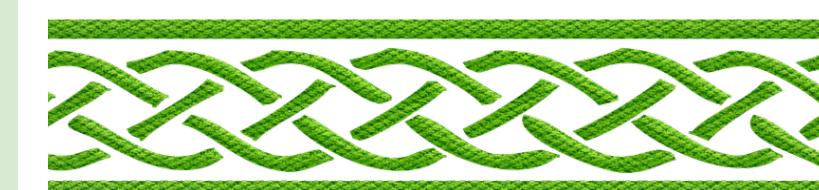
Happy March! I think we are all looking forward to spring. It has been a cold and snowy winter. I am looking forward to more opportunities for all of us to be outside soaking up the sunshine and fresh air.

Based on your feedback from the satisfaction surveys we are continuing to evaluate our services.

I am excited to announce that we are adding another team member to our recreation team. I would like to introduce Charissa Ramsey as our full time Recreation Director. Lori will be transitioning to her new role of Recreation Leader and will be conducting activities on evenings and Saturdays. I hope you enjoy having more opportunities and times to participate. As always, if you have any ideas or something you would like to learn or do, please let the recreation team know and/or attend the recreation planning meetings on the second Monday of the month at 3:30 p.m.

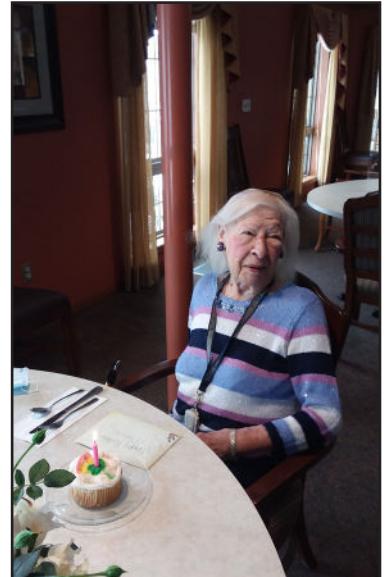
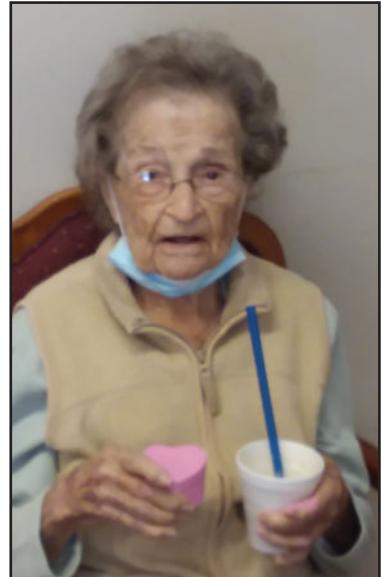
As many of you know, we have been contacting your loved ones and power of attorneys and offering opportunities for a care conference. Care conferences are not mandatory to attend, however, we want to create more opportunities for communication with the nursing team.

Our goal is to continue to evaluate your feedback and be on a continuous path of providing the services and amenities you need and want. If you have any ideas, comments or suggestions, please feel free to contact me or any member of the Hillcrest Silver Ridge team.  
**-Sarah Stoakes, Administrator**



## RESIDENTS IN ACTION

Hello, everyone! We are continuing to find ways to enjoy each day while enhancing the lives of those around us. Our welcoming committee has been a wonderful addition to the lives of our residents. New residents benefit from the welcome bags and notes left on doors to say hello, invitations to join in activity programs and sitting with a resident who knows their way around. We had another performance by the Joyful Noise Singers. If you missed it live, you can go to the Hillcrest Silver Ridge Facebook page and click on



Marietta enjoys a root beer float.

Marie N. celebrates her birthday.



Anna shows off a rose she drew in art class.



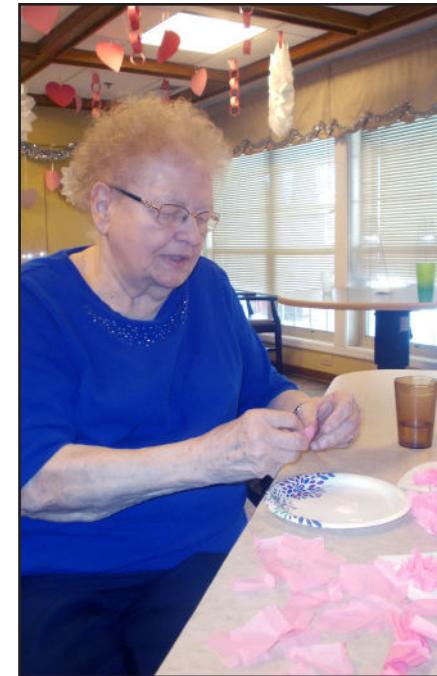
Claudie plays a fun game of shuffleboard.



Arline poses as a Valentine Queen.



Larry makes a valentine for his wife.



Caroline makes Valentine's Day crafts.



Amanda and Jackie get ready for excercise class.



Love to Learn Child Care Center visits Hillcrest Silver Ridge.



Kids from the Love to Learn Child Care Center and their teacher play in the snow.



Carol participates in the Joyful Noise Concert.



Roberta shows off her valentine.



Vickie looks at her fun birthday cake.



Norma Jean enjoys her Valentine's Day roses.



Ursula whips up some cookies for her friends.

## COTTAGES HAPPENINGS

A happy hello from Stacy! My goodness, has this year been going fast. It is probably because of all of the fun that we have been having. This past month we so enjoyed celebrating Valentine's Day. I would like to thank the residents for helping with the decorations and all of the crafting. The ladies sure got a kick out of wearing their crowns. They all looked like royalty.

This month we are looking forward to

celebrating National Peanut Butter Day, National Chip and Dip Day, National Coloring Book Day and St. Patrick's Day. Of course, the best day of the month is March 20, which is the first day of spring! We are all looking forward to putting the cold and snow behind us and enjoying the sunshine and warm weather. Stay healthy, my friends!

-Stacy Neuhaus, Memory Support Recreation