

"A good friend is like a four-leaf clover: hard to find and lucky to have." -Irish Proverb

March 2022

The SILVER RIDGE Report

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

Celebrate National Craft Month

While being creative and making crafts is fun any time of the year, March is deemed National Craft Month. Crafting includes a wide variety of activities such as knitting, scrapbooking, leather-working, jewelry making and anything else created by hand. At Hillcrest, we include crafting in our monthly activity calendars so there will be plenty of opportunities to celebrate National Craft Month. Here are a few ideas on what you can do to get creative this month.

Make a spring craft

Oftentimes the coming of spring means nicer weather and the sweet song of the birds each day. Make a bird feeder or birdhouse to celebrate nature and all it has to offer. Take decorating the outdoors a step further and paint rocks for the garden or patio.

Learn something new

Springtime is the perfect time to build some new skills. Have you ever wanted to learn how to paint or knit, but never got the chance to? National Craft Month is a great opportunity to put yourself out there and try a new type of crafting.

Teach someone your skills

Have you mastered the art of jewelry making or leather crafting? Share your knowledge with a friend or family member to help them celebrate National Craft Month.

National Craft Month opens the door for many creative opportunities – whether that be making something to get ready for the coming of spring, trying a new activity or sharing your knowledge with others.



MARCH BIRTHDAYS

March 5: Inez H.	March 14: Eva T.
March 11: Betty S.	March 17: Jackie J.
March 12: Oscar M.	March 23: Phyllis B.
March 13: Janna W.	March 30: Al N.

WELCOME TO SILVER RIDGE!

Roberta H.	Evelyn M.
Elizabeth (Betty) C.	Bob B.
Janet S.	Uretta B.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

Maureen Rohde, mrohde@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Trina McClelland, tmcclelland@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Dan Blayney, dblayney@hillcresthealth.com

DIRECTOR OF MARKETING:

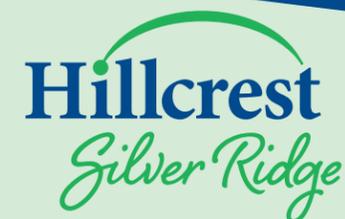
Heather Selby, hselby@hillcresthealth.com

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!



MARCH HIGHLIGHTS

March 1: Mardi Gras Party (AL)
March 11: Paper Flower Crafts (MS)
March 17: Scatter Joy Acres (AL)
March 17: St. Paddy's Day Party (MS)
March 23: Cornhole in the Courtyard (AL)
March 24: Spring Poetry Day (MS)
March 29: Fontenelle Forest (AL)
March 29: Baking Cupcakes (MS)

WORSHIP SERVICES

Mondays
3:15 p.m. - Bible Study with Pastor Jerry (AL)

Tuesdays
10 a.m. & 10:30 a.m. - Catholic Prayers (MS)

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, March 6 & 20
3 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT

Funny Friday Happy Hour

Friday, March 25, 3:15 p.m.
Party Room

Come join us in laughter and get your picture taken in our Funny Friday Photo Booth!

Sarah's Column



Spring has sprung and so has our renovation! We are now to the point in the renovation where there is too much occurring for this column, so I will be giving updates as they occur via letters and email. We expect the renovations to be completed by July 1.

Each year, we honor our team members for years of service. We recognize team members at 3, 5, 10, 15, 20, 25, 30 and 35 years. I would like to recognize the following team members for their years of service and dedication to our community and residents.

- Jeremy, nursing: 5 years
- Leamonda, nursing: 3 years
- Carri, nursing: 3 years
- Devon, culinary: 3 years
- Retha, housekeeping: 3 years
- Rebecca, housekeeping: 3 years

During this time each year, team members also nominate and vote for a team member of the year. We will be announcing the team member of the year award at our March team meeting, so I can't make the announcement yet. But stay tuned!

As always, my office is open if you have any questions, suggestions or concerns. It is a pleasure to serve you and your family.

–Sarah Stoakes, Administrator



RESIDENTS IN ACTION

Happy March, everyone! Can you believe we're almost to spring? We really felt the love this month. We had a blast making some Valentine's Day crafts as well as celebrating with a little pink punch and cookies. We also congratulated Charlene and Roy on taking home gold in our Winter Olympics snowball throw! Their days of training definitely paid off!

In March, we are looking forward to welcoming

spring with some fun activities! We will be kicking off the month with a Mardi Gras Party. Then, we will celebrate the luck of the Irish on St. Patrick's Day with a little beer tasting. We are hoping the weather gets warmer so we can start taking some activities outside to enjoy the fresh air. Hoping you all stay healthy and happy!

-Maureen Rohde, Assisted Living Recreation Director



Smelling the Roses

Far Left: Lesa shows off her colorful roses.

Left: Charlene smiles with her painted roses.

Bottom Left: Carol, Lesa and Fay paint together.

Below: Fay and Claudia share their roses.



Olympic Champs

Right: Butch prepares to toss his snowball.

Top Center: Charlene and Roy pose with their trophies.

Bottom Center: Carol Sue smiles for a quick photo before tossing her snowballs.

Far Right: Roy tosses a snowball.



A happy hello from Stacy!

A big welcome to spring and goodbye to winter. All of us here in the cottages are excited for March 21 – the first day of spring. We are ready for the cold weather to be over and can't wait for warmer days so we can get outdoors for scenic drives and have activities in the courtyards. Fresh air and sunshine is the best medicine that nature can offer.

We had fun last month celebrating Valentine's Day with card making, decorating and sweet treats. This month, we are looking forward to making spring crafts, creating our own springtime poetry and, of

course, celebrating St. Patrick's Day together. We will be decorating the cottages and our apartment doors with everything Irish. Everyone has a little Irish in them on March 17, no matter where we come from. Having corned beef and cabbage just seems to tickle everyone's taste buds on St. Paddy's Day. We are also going to try our hand at baking Irish soda bread and mint cookies for a little taste of Ireland. Like always, I will need the ladies to help me bake. We always ask the men to say a prayer whenever we get near the kitchen. Stay healthy and keep a smile in your heart.

-Stacy Neuhaus, Memory Support Recreation Director



Margery celebrates her 100th birthday.



Norma Jean is the Valentine's queen.



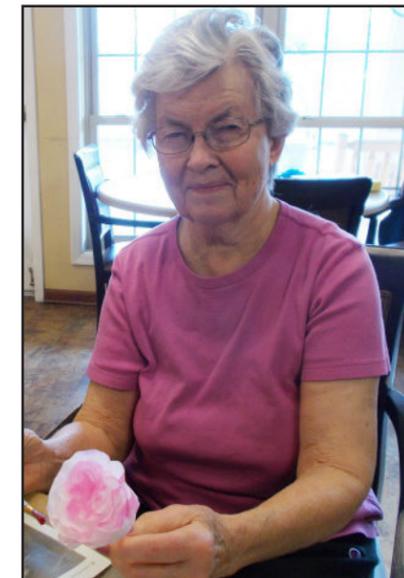
Margery, Sharon and Nancy have fun during craft time.



Jerri enjoys a manicure from Stacy.



Deedee makes cookies.



Carol chooses to paint her rose pink.



Earl paints his paper roses.