

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson

March 2024

The SILVER RIDGE Report

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

St. Patrick's Day Traditions

St. Patrick's Day is all about honoring the patron saint of Ireland, Saint Patrick, and embracing the rich traditions and culture of the emerald isle.

Do you know why we wear the color green on St. Patrick's Day? Traditionally, the color green represents Ireland, its lush landscape and shamrocks. Wearing green is a symbol of Irish nationalism. It is also said that wearing green can protect you from getting pinched by leprechauns. According to Irish folklore, leprechauns pinch anyone they see, and they can't see the color green.

Stories say that leprechauns mend shoes for other fairies and hide gold coins at the end of rainbows. They are grumpy, mean and best known for their trickery. The leprechaun has been associated with Irish culture for centuries, longer than St. Patrick's Day itself. The mythical creatures became a symbol of the holiday in the mid 1900s when St. Patrick's Day celebrations became more popular in the United States. Leprechauns are also a symbol of luck. It is said that capturing these small fairy-like creatures will secure luck as well as three wishes.

Another Irish symbol associated with luck is the shamrock. The Celtic druids started this three-leaf clover on the path to becoming a symbol of luck. Celts believed that three was a divine number and everything important in the world came in threes. When St. Patrick brought Christianity in Ireland, he also used the shamrock as a metaphor in his teachings. The three leaves are said to represent faith, hope and love. If someone were to find a rare four-leafed clover, then the fourth leaf would represent luck.

We hope you find a bit of luck this St. Patrick's Day. Just be sure to wear green and be on the lookout for the mischievous leprechaun.



MARCH BIRTHDAYS

| | |
|----------------------|---------------------|
| March 1: Daryl K. | March 13: Janna W. |
| March 5: Inez H. | March 14: Linda M. |
| March 7: Judd A. | March 20: Ron C. |
| March 11: Betty S. | March 21: Cheryl S. |
| March 12: Dorothy J. | |

WELCOME TO SILVER RIDGE!

Vera S. Cheryl S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Haley Amundson, hamundson@hillcresthealth.com

ASSISTED LIVING LIFESTYLE DIRECTOR:

Ashlynn Cruz, acruz@hillcresthealth.com

DIRECTOR OF SENIOR LIVING SALES:

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DIRECTOR OF ENVIRONMENTAL SERVICES:

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DIRECTOR OF CULINARY:

Jorden Brooks, jbrooks@hillcresthealth.com

REGIONAL AREA DIRECTOR:

Dave Creal, dcreal@hillcresthealth.com

ARE YOU ON THE LIST?

We distribute the newsletter 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 4: Manicure Monday (MC)
March 7: Scatter Joy Acres Pet Therapy (AL)
March 8: Bowling (MC)
March 15: St. Patrick's Day Lunch (AL)
March 17: St. Patrick's Day Party (AL)
March 28: Merrymakers Presents Joyce Torchia (AL)

WORSHIP SERVICES

Mondays

10:30 a.m. - Prayer/Worship with Francesca (MC)
2:30 p.m. - Worship Service with Pastor Jerry (MC)
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. - Virtual Church Services (MC)
Sunday, March 10 & 24
6 p.m. - Worship Service with Pastor Jeske (AL)

FEATURED EVENT

Welcome Home, Vietnam Veterans

Wednesday, March 20
10 a.m. - Dining Room

Vietnam-era veterans were not properly welcomed home as heroes. Join us as we honor veterans and their families for their service and sacrifice.

Haley's Column



We are excited to have spring right around the corner! My first month as administrator has been a busy one. We are continuing to identify areas that we excel in and others that offer opportunities to grow.

In February, we were happy to add a new lifestyle director to our team. Welcome, Ashlynn! She has been very busy planning new activities and learning about everyone's interests. Please introduce yourself, and let Ashlynn know if there's any specific programming you would like to see on our calendars in the future.

We'd also like to welcome Heather, our new beautician. She comes to us with experience working in assisted living communities. Going forward, we will be managing all accounts with beauticians. All service fees will be paid at the front desk, and appointments will be made there as well. Please let us know if you have any questions regarding this change.

Lastly, I wanted to inform you we will be moving to a quarterly newsletter. This edition will be the final monthly issue. Our first quarterly newsletter will be published in June. We look forward this new opportunity to share our news with you. Please follow us on Facebook at facebook.com/hillcrestsilverridge for more news, photos and updates.

-Haley Amundson, Administrator

RESIDENTS IN ACTION

Happy March, everyone! We are already entering the third month of 2024. Does anyone else feel like this year is just flying by? Maybe that's because of all of the fun we've been having here at Hillcrest Silver Ridge.

Last month, we spent time with the amazing Gretna students and met some adorable puppies from Scatter Joy Acres. The Wii has been a big hit lately, and bingo, of course, is always a favorite game among residents. We also had a very special Valentine's Day lunch with our loved ones, and took some photos under our Valentine's Day arch.



Mable takes a photo under the Valentine's Day arch.



Pat and Ron pose together for a Valentine's Day photo.

We will be continuing the fun throughout this month while trying out some new activities. There will be a wide variety of exercise classes starting as well as cooking classes.

We are looking forward to our St. Patrick's Day Party on March 17 and a festive lunch on March 15, so be sure to wear your green! Lastly, we want to take some time to honor Vietnam veterans with a special ceremony on March 20. We hope to see you there. Have an amazing March!

-Ashlynn Cruz, Assisted Living Lifestyle Director



Claudine gets a kiss on the cheek from her son.

COTTAGES HAPPENINGS

Our cottages have been full of life lately! Last month, we were busy bees with plenty of singing, dancing and reminiscing on the good old days. Residents loved getting manicures last month, and balloon toss and morning exercise were very popular activities. We even made some decorations for a Valentine's Day Party which was so much fun.

In March, there will be happy hour in both

cottages as well as more crafts. We will also be cooking up a storm and hopefully getting to spend some time outdoors as the weather starts to warm up. Lastly, we will be celebrating St. Patrick's Day with corned beef and cabbage, courtesy of our awesome culinary team. Don't forget to wear green! The leprechauns around here love to pinch.

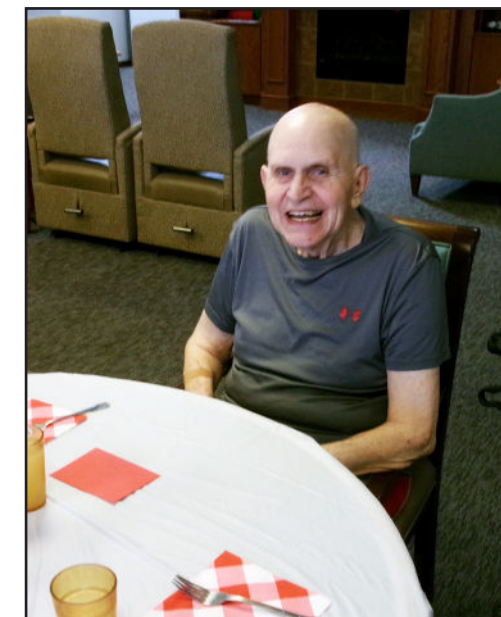
-Ashlynn Cruz, Assisted Living Lifestyle Director



Norma decorates a mason jar centerpiece for Valentine's Day.



Inez is proud of the work she did for the lunch decorations.



Earl waits for Valentine's Day lunch.



Donna shows off her decorated mason jar.



Terry reads one of the valentines he received from Gretna students.