

"I want my children to have all the things I never could afford. Then I want to move in with them" -Phyllis Diller

The SILVER RIDGE Report

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

Gardening As You Grow Older

Gardening can provide many benefits for aging adults such as engaging in physical activity, growing nutritious fruits and vegetables and simply connecting with the beauty of nature.

Gardening is a great way for aging adults to get moving and have some fun, too. Some helpful tips include using supportive tools and equipment, taking frequent breaks to pace yourself and stretching or changing positions to avoid any injuries.

While gardening is an enjoyable activity many adults perform throughout life, reduced mobility, flexibility and pain caused by arthritis may make this difficult as individuals age. A primary factor in managing arthritis is actually engaging in physical activity and exercise to help improve strength and stability. So if gardening is what you love, there are ways to help support the body while you garden.

Utilize supportive tools and equipment.

Gardeners with bad knees can use a gardening mat or pad. When rising from a kneeling position, it is helpful to use a nearby shovel or stool for support. If kneeling is painful, another modification is to use a small stool and garden while seated. Raised planters are also a good option for individuals who may need to garden while seated, including those in wheelchairs. Your recreation team can help if you're needing special tools or equipment for gardening.

Take frequent breaks, and pace yourself.

With the first rays of sun, it can be tempting to spend all day in the garden as the days get longer, but it's best to start slow. Perhaps potting flowers for the porch is a great first step. As the season progresses, the body builds tolerance to do more.

Stretch and change positions. Gardening often involves repetitive motions, requiring you to bend over with the body in a forward flexing position. To help back and knee strain, it's important to stretch before, during and after time in the garden.

MAY BIRTHDAYS

May 3: Doris Royal
May 18: Dee Short
May 19: Mary Fedde
May 25: Colleen Maser

WELCOME TO SILVER RIDGE!

Charles Yeager, Betty Boswell, Jeanne Powell, Pat Cole, Patty Charron, Jim Baudo, James Bell, Evelyn Lueders and Coleen McElroy

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stokes, (402) 332-4280

DIRECTOR OF HEALTH SERVICES:

Theresa Davis, (402) 332-4280

ASSISTED LIVING RECREATION LEADER:

Karen Teetor, (402) 332-4280

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, (402) 332-4280

DIRECTOR OF CULINARY:

Jessica Grady, (402) 332-4280

DIRECTOR OF ENVIRONMENTAL SERVICES:

John Sedlacek, (402) 332-4280

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

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!



MAY HIGHLIGHTS

- May 1: Music Show, Houston Solution, Memory Support Cottages
- May 10: Mother's Day Tea, Entertainment by John Worsham, Main Dining Room
- May 13: Mother's Day Celebration, Memory Support Cottages
- May 20: Monthly Birthday Party with Entertainment by Terri Orr, Main Dining Room
- May 22: Music by Pam Kragt, Main Dining Room
- May 27: Country Drive with Memory Support Residents



FEATURED EVENT

Silver Ridge Carnival

May 31, 2-3:30 p.m.

Residents will play games to win prizes, visit the concessions stand and have balloon animals made by Mini the Clown. It will be good old fashioned fun!

Sarah's Column

Hello, Silver Ridge residents and families!

I appreciate all of the warm welcomes I have received since starting at Silver Ridge. I look forward to serving you as the Administrator.

As a way to identify how I can better serve you, as well as the entire Silver Ridge team, a confidential survey will be conducted. Surveys will be hand delivered to resident apartments and mailed to family members. Surveys will be sent out on May 6. It is requested that surveys be returned on or before May 20. They can be mailed in or dropped off in the survey collection boxes located at the Main and North Entrances. Surveys will be confidential unless you would like a follow-up, then please include your contact information. I look forward to learning how the team can continue to make Silver Ridge a great place to live.

I would also like to invite you to help recognize Silver Ridge team members who are living out the mission of "Enhancing the Lives of Aging Adults." If you would like to recognize a team member, please fill out a "You've Been Caught Caring Card." You can give the card directly to the team member, to the team member's supervisor or turn the card in at the main office.

Again, I look forward to serving you. If you have any questions or need assistance, please feel free to contact me.

-Sarah Stokes, Administrator

RESIDENTS IN ACTION

The highlight of March is always our St. Patrick's Day Party. Residents enjoyed cookies, green beer, shamritas (green margaritas) and orange soda. John Worsham - fresh off his recent



Alvin Leudders and Margie Wagner enjoy the St. Patrick's Day Party.



The ladies have fun making dreamcatchers, the March DIY craft.

trip to Ireland - provided entertainment. There were plenty of shenanigans and malarkey enjoyed by all!

-Karen Teetor, Assisted Living Recreation Director



Betty Stauffer, Doris Royal and Maryette Fowler wear green on St. Patrick's Day.



Anne K. enjoys her 96th birthday.

COTTAGES HAPPENINGS

A happy hello to all! Spring has definitely sprung around here, and so has the fun! We all are so glad to see the sun. Everyone enjoyed their Easter baskets filled with goodies and the lovely Easter meal. A job well done from our culinary department. I would like to thank all of the ladies who helped with making Easter decorations for everyone's doors throughout the buildings. We had fun crafting this month.



Ruby, Eve and Sally Ann show off their Easter crafts.



Arline M. is the big winner at Bingo.

The Memory Support Cottages hosted local elementary students on April 8 for an afternoon of music and visiting. It is so nice to spend time with the youngsters.

We are all looking forward to more country drives this May, planting flowers in the courtyards and, of course, Mother's Day.

-Stacy Neuhaus, Memory Support Recreation Director



Katherine and Margie enjoy time with Thomas Elementary second-graders.



Norma enjoys a visit from Thomas Elementary School.