

"A mother's love is the fuel that enables a normal human being to do the impossible." -Marion C. Garretty

May 2022

The SILVER RIDGE Report

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



So much to celebrate in May!

May is a time of flowers blooming and birds singing. It's a time for everyone to begin seeing nature come back to life after a cold winter. It's a significant time of change, and there are many days to celebrate that this month!

The month starts off with May Day on May 1. Today, many observe May Day by making flower crowns and baskets. This tradition was popular in the 19th and 20th centuries. Baskets of flowers would be left on the doorsteps of friends, family and neighbors.

Shortly after May Day comes May 5, Cinco de Mayo. In the U.S., Cinco de Mayo is a commemoration of Mexican culture and heritage. Many people celebrate by gathering with friends, family and loved ones to enjoy the food and drinks of Mexico.

Another reason to gather with the ones you love is Mother's Day, May 8. Mother's Day is the perfect excuse to make cards for and deliver flowers to mothers, grandmothers and even great-grandmothers.

This month, we also celebrate the hardworking nurses with National Nurses Week, May 6 through May 12. During this week, we honor the strength and dedication of nurses in our communities.

Lastly, on May 30, we observe Memorial Day. On this day we remember those who have given their lives for our country in military service. Many acknowledge these brave men and women by thanking veterans, decorating with flags and showing their patriotic spirit.

There are so many reasons to celebrate this month. How will you observe these special days?

MAY BIRTHDAYS

May 3: Doris R.	May 13: GerryLu M.
May 6: Pat L.	May 19: Mary Ann F.
May 8: Uretta B.	May 21: Janet S.
May 11: Donna A.	May 30: Dixie M.

WELCOME TO SILVER RIDGE!

Darlene S.
James M.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

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MEMORY SUPPORT RECREATION DIRECTOR:

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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!



MAY HIGHLIGHTS

May 2: Making May Day Baskets (MS)
May 3: Mother's Day Tea (AL)
May 4: Planting Flowers in the Courtyard (MS)
May 8: Mother's Day
May 14: American Legion Riders (AL)
May 17: Root Beer Floats (AL)
May 17: Entertainment by Bill Chrastil (AL)
May 20: Making Cat Toys for Animal Shelter (MS)
May 31: Presentation by Fontenelle Forest (AL)

WORSHIP SERVICES

Mondays

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. & 10:45 a.m. - Morning Bible Study (MS)

Sunday, May 1 and May 15

3 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT

Honoring Veterans

Saturday, May 14, 2 p.m.
Main Lobby & Outside

Each Hillcrest Silver Ridge veteran will be honored for their service by the American Legion Riders.

Sarah's Column



Happy May! It is nice to see that the April showers really do bring us May flowers. After a cold winter, we are happy to see the grass turning green and the colorful flowers blooming.

Each year, Hillcrest Silver Ridge team members are nominated for Team Member of the Year and then all team

members cast their vote. We have amazing team members who are making a difference daily. The following team members were nominated for the Team Member of the Year award:

- Samantha A.
- Jesse C.
- Ken C.
- Arianna H.
- Stacy N.
- Tammy N.
- Amanda O.
- Katie R.S.

Fellow team members voted Arianna H. as the 2021 Team Member of the Year! Congrats, Arianna!

Due to having so many great team members here at Hillcrest Silver Ridge, we have implemented a Team Member of the Month award. If you have a team member you would like to nominate for Team Member of the Month, please pick up a nomination form from the front desk.

I am proud to announce Amanda O. was nominated for the April Team Member of the Month award! Congrats, Amanda!

As always it is a pleasure to serve you. I will keep you updated with the renovations in a weekly letter.

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

April brought us some cold weather and rainy days, but that did not stop us from making spring crafts! We enjoyed making magnet butterflies, sock bunnies and "Welcome, Spring" signs. We also enjoyed entertainment by several musicians including Paul Siebert, The Links, Joe Taylor and the Papillion Singing Seniors. Of course, we had a great time with our favorite activities of bingo, balloon volley, exercise,

playing cards and, most importantly, each others friendship and companionship.

We are looking forward to celebrating our moms for Mother's Day, honoring our veterans with the American Legion Riders and introducing Brianna as our new Recreation Director. May should provide us more opportunities to enjoy the weather and plant flowers.

-Sarah Stoakes, Administrator



Residents are happy to receive Easter bags full of treats from the Gretna High School SkillsUSA Club.

Funny Friday

Right: Maryetta picks the heart glasses for her Funny Friday photo.

Far Right: Barb and Peggy laugh together on Funny Friday.

Below: Donna and Carol smile for a photo.

Bottom Center: Lesa celebrates Funny Friday

Bottom Left: Uretta and Carolyn take a photo together for Funny Friday.



COTTAGES HAPPENINGS

A happy hello from Stacy! We just can't believe spring is finally here. Residents and I have been able to spend some time in our courtyards on nice days. Getting some sun on our faces just makes us feel renewed, both inside and out! We have also been enjoying getting out on the bus on Mondays for our country drives.

Last month, I took the residents to Wehrspann Lake at Chalco Hills, just east of Hillcrest Silver Ridge. What a beautiful place! We were able to see a lot of deer with their fawns. I just wish we had some corn on the bus! They were so tame that we probably could have fed the babies by hand.

We all certainly enjoyed the Easter holiday

together. Residents were very pleased with the treats the Easter Bunny left for them.

This month, we are looking forward to celebrating May Day at the beginning of the month. We will be making May Day baskets for each other, and we might even dance around the maypole like we did when we were kids. Mother's Day will be celebrated on Sunday, May 8th. All of the wonderful women here have made such a difference in my life. I have learned so much from each and every one of them. Residents and I will also be planting flowers in the courtyards. We can't wait to brighten up the courtyards with colorful flowers! Have a wonderful month, and stay safe.

-Stacy Neuhaus, Memory Support Recreation Director



Residents enjoy a bus ride through the country.



Mary Lou receives an Easter basket.



Residents in Cottage 400 participate in a Spelling Bee.



Nellie gets a firsthand look at an owl at Schramm Park State Recreation Area.



Janet pets Penny on a Tuesday afternoon.



Residents enjoy a visit from Penny.