

"When I started counting my blessings, my whole life turned around." -Willie Nelson

November 2019

The SILVER RIDGE Report

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

Three Tips for Breathing Better

November is COPD Awareness Month. Chronic obstructive pulmonary disease (COPD) is a long-term condition that affects the lungs. COPD is used to describe many types of lung issues that cause swelling and limit airflow making it difficult to breathe.

Whether you have COPD or not, we all have to try to breathe as the weather gets colder, flu season starts and allergies get worse. So here are three tips for breathing better so that you can enjoy the holiday season. Though these tips can help, as always, if you have health concerns please talk to a Hillcrest team member or your health care provider.

1. Breathing Exercises: There are many breathing exercises that increase oxygen intake. The most common is called pursed lip breathing. To try this exercise, keep your mouth closed and breathe in normally while counting to two. Then, purse your lips like you're going to blow out a candle and breathe out slowly while counting to four in your head. Another exercise is deep breathing. According to healthline.com, deep breathing keeps air from being trapped in your lungs. First, sit or stand with your elbows back and inhale deeply through your nose. Then, count to five as you hold your breath. Finally, exhale through your nose slowly until you feel all the air has been released.

2. Body Positions: According to the Lung Institute, just changing your body position while sitting or standing can help you breathe better. Try sitting with both feet on the ground, lean your chest forward slightly, rest your elbows on your knees and rest your chin on your hands. This sitting position can make air flow to you lungs better.

3. Air Quality: There are a lot of things in the air that we can't see that make it hard to breathe. If you are inside, try to avoid dust or household cleaning products. If you are outside, try to avoid smoke or pollen. A good resource for monitoring the air quality outside is the Weather Underground website (wunderground.com), where it will tell you how much pollen is in the air and the overall air quality.

Using these tips can help you breathe better and let you enjoy the holidays even more!

NOVEMBER BIRTHDAYS

Nov. 6: Cleo Brehm
Nov. 15: Shirley Lewis
Nov. 15: Mabel Heger
Nov. 17: Dorothy Sharp
Nov. 25: Nelda Wagoner
Nov. 27: Agnes Merrifield
Nov. 30: Alving Luedders

WELCOME NEW RESIDENTS!

Jeanne Fleck
Donna Akers
Carolyn Parker

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, pgiittinger@hillcresthealth.com

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Rory Franco, rfranco@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, tgreco@hillcresthealth.com

REGIONAL ADMINISTRATOR:

Dave Creal, dcreal@hillcresthealth.com

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!



NOVEMBER HIGHLIGHTS

Nov. 3: Fall Foliage Tour (MS)
Nov. 6: Music by The Links (AL)
Nov. 11: Honoring Veterans at Dinner (MS)
Nov. 11: Veterans Day Service, 10:30 a.m. (AL)
Nov. 11-15: Blow a Kiss for World Kindness & Diabetes (AL & MS)
Nov. 14: Special Button Craft Day (MS)
Nov. 18: Monthly Birthday Party with Music by Kim Eames (AL)

WORSHIP SERVICES

Daily: Catholic Communion in Mornings (MS)
Sundays: St. Patrick's Rosary/Communion, 9 a.m.
Morning Bible Study, 10 a.m., 10:45 a.m. (MS)
Tuesdays: St. Patrick's Catholic Church, 9:30 a.m.
Thursdays: St. Patrick's Catholic Church, 9:30 a.m.

November Services:

Nov. 6: Resurrection Lutheran Church, 9:30 a.m.
Nov. 13: Gretna Baptist Church, 9:30 a.m.
Nov. 20: Good Shepherd Lutheran Church, 9:30 a.m.
Nov. 27: Standing Stone Bible Church, 9:30 a.m.

FEATURED EVENT

Penny Wars for Alzheimer's

Nov. 1-30

Throughout November we will have penny wars for National Alzheimer's Disease Month. All proceeds will go to the National Alzheimer's Association. The Silver Ridge leadership team will have penny jars and whoever ends up with the most pennies will have to face the consequences!

Sarah's Column



Happy November!

It is hard to believe that fall has passed us by so quickly and the temperatures are showing us signs that winter is fast approaching. Predictions for the upcoming winter so far have been that we are going to have a long and cold winter similar to 2018.

How accurate is the technology that is utilized to predict extended weather forecasting?

Prior to technology, people relied on nature to predict harsh weather. Some of the signs that a rough winter is coming, according to folklore, are: 1) thicker than normal corn husks, 2) woodpeckers sharing a tree, 3) thick hair on the nape of a cow's neck, 4) the early arrival of crickets, 5) spiders spinning larger than usual webs and 6) an unusual abundance of acorns. What other folklore do you recall that a harsh winter is coming?

The most important thing for winter is for everyone to stay safe. If you notice a patch of ice and/or any snow buildup, please notify a Silver Ridge team member immediately so any safety concerns can be quickly addressed. In conjunction, we want to make sure the road and weather conditions are safe for our residents, so if Gretna and/or Omaha Public Schools cancel classes then we will follow suit and cancel transportation for that day. We will help you reschedule your appointments.

As always, it is a pleasure to serve you and your family. If you need anything, please feel free to contact me or a Silver Ridge team member.

With gratitude,

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Hello, Silver Ridge family! Hard to believe that the holiday season is nearly upon us; where has the year gone? Time to take down the Halloween decorations and start looking forward to the beautiful Christmas décor for which Silver Ridge is well known. While I am beyond excited for all the fun we will have throughout the holiday season, we sure have had a lot of creative experiences over the past month. We mixed together homemade Play-Doh for National Play-Doh Day, created wreaths for our favorite football teams or holiday and painted fall trees on canvas. At the beginning of October we had a cookie bake-off. Residents and team members formed four teams and worked together to make their favorite

cookie recipes. Residents and team members judged the cookies and voted for their favorite during happy hour. Barb and Sarah won 1st place. Our Oktoberfest party was a hit! Residents sipped German “biers” and ate pretzels made by some of the ladies. We also enjoyed a western party where Billy Troy serenaded us with country music.

We have many things to look forward to during November, including a Veterans Day service, a couple FUNdraisers for alzheimer’s and diabetes, and, of course, Thanksgiving.

I hope that you all have a wonderful and safe holiday. Happy Thanksgiving!

–Paige Giittinger, Assisted Living Recreation Director



Colleen and Marian work on fall tree paintings.



Sarah and Barb win the bake-off.



Inez and Carolyn have fun at Oktoberfest.



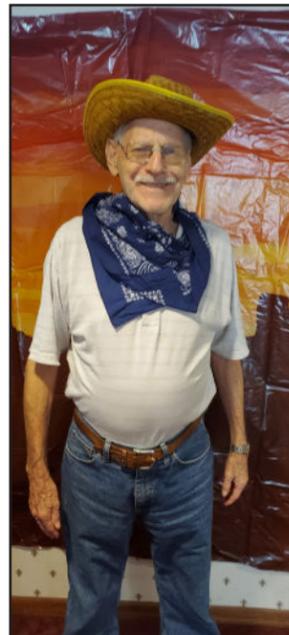
Agnes works on a Christmas wreath.



Doris enjoys a pretzel at the Oktoberfest party.



Claudie poses during the western party.



Charles looks like a genuine cowboy.



The ladies shape pretzels.

COTTAGES HAPPENINGS

A happy hello from Stacy! Fall is here, the leaves are turning beautiful colors and the crisp smell of autumn is in the air. We have had so much fun this last month — fun fall crafts and decorations, a pizza party and seeing the children dressed up for Halloween brought back fun memories. We are all excited for the November activities, music shows, crafts and the special luncheon on November 11th to honor the veterans who live here. We would not be able to live in this

wonderful country today if it wasn’t for the service and sacrifices of these fine American men and women. What an honor to have these American heroes living with us at Silver Ridge. The residents and I are also looking forward to taking a scenic drive at the beginning of the month down by the Platte River. The trees by the water are stunning this time of year.

–Stacy Neuhaus, Memory Support Recreation Director



Residents and guests decorate fall pumpkins.



Residents enjoy music from Thomas Elementary 3rd graders.



Coleen and Jane make jewelry.



Margie, Agnes and friends have fun at the pizza party.



Edna, Sue and Mary meet students from Thomas Elementary.



Edna paints fun crafts.



Marge and Pat sing together.