

"Welcome sweet November, the season of senses and my favorite month of all." —Gregory F. Lenz

November 2021

The SILVER RIDGE Report

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

As We Continue to Fight COVID, Don't Forget About the Seasonal Flu

While we were busy fighting the pandemic last year, we experienced far fewer incidences of the seasonal flu. Since we all wore masks and kept our distance, seasonal flu infections remained extremely low.

Things are different this year. The masks are off and — thanks to our COVID vaccines — we can enjoy group activities again. However, the fact that we'll be closer together during the cold-weather months increases the possibility that the flu will make a comeback.

As with COVID, the best way to prevent the flu is to get vaccinated. In addition to advanced cleaning protocols and other safety measures implemented at the onset of COVID, Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents and elders. Our clinical team will be contacting you about your flu vaccine. If you have any questions, please reach out to your Director of Health Services.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID. Wash your hands often and well. Cough and sneeze into your elbow. If you feel sick, stay away from your friends, and let our team know.

As we continue the battle against COVID, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



NOVEMBER BIRTHDAYS

Nov. 15: Norma B.
Nov. 17: Dorothy

WELCOME, NEW RESIDENTS!

Grace 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:

Kenny Jesus, kjesus@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Dan Blayney, dblayney@hillcresthealth.com

REGIONAL ADMINISTRATOR:

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!



NOVEMBER HIGHLIGHTS

Nov. 2: Fontenelle Forest (AL)
Nov. 5: Doughnut Day (AL)
Nov. 11: Honoring Veterans at Dinner (MS)
Nov. 13: National Kindness Day (AL)
Nov. 16: Sing-Along with Lee (AL)
Nov. 18: Button Crafts - Jewelry (MS)
Nov. 26: Holiday Decorating (MS)

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

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

Sunday, November 7 & 21

3 p.m. - Jesus Time with Pastor Tom (AL)

Sarah's Column



Happy November!

Thank you, all, for your patience and understanding as our renovations begin. You have seen walls being constructed in various areas of our community. Areas currently being developed include:

- The second-floor TV room will be converted to a cinema

- The second-floor exercise room and far North tower lobby will be joined to create an exercise and wellness center
- The first-floor North tower coffee shop and lobby area will be converted to a pub and bistro area
- The beauty salon remains in its current location but is being enlarged so we can provide additional services, with a designated area for visiting practitioners
- The chapel will remain a place for prayer and reflection, and we will add space for large church services
- Service areas will be added in each dining room

I hope you enjoy watching as the construction progresses. I am looking forward to our new look, services and amenities coming soon!

Just a reminder as we enter the cold weather season, if Gretna and/or Omaha Public Schools cancels school, then we follow suit and cancel transportation. Our priority is to keep residents safe. If this should occur, the front desk will assist you in rescheduling any appointments that may have been affected.

Last, but not least, the Moderna booster vaccine has been approved. We will offer an onsite vaccination clinic for the Moderna and Pfizer boosters from 10 a.m. to 2 p.m. on Wednesday, November 3, in the party room.

Stay healthy and well!

—Sarah Stoakes, Administrator



RESIDENTS IN ACTION

Hello, everyone! I want to start by giving a BIG thank you to all of the residents and team for being so welcoming and kind my first month here at Silver Ridge! I am extremely excited to continue getting to know everyone and can't wait to have more fun with each and every one of you!

Last month, residents were able to get out and about and enjoy the beautiful weather. They shopped at Target and Dollar Tree and had a bunch of laughs during lunch at Cracker Barrel.

We honored our former farmers in green gear on John Deere Day and our former teachers on World Teachers Day. Residents also jumped into fall to make some pumpkin crafts.

This month, we will honor our veterans on Veterans Day, indulge in some great food on Thanksgiving Day and, of course, cheer for some football wins! Happy Holidays, everyone!

–Maureen Rohde, Assisted Living Recreation Director



Autumn Crafting

Left: Anna and Maryette enjoy a witch craft.

Below Left/Center: Claudia and Mabel complete a pumpkin craft to decorate their apartments.

Below Right: Betty chooses a “thankful” pumpkin for her decor.



COTTAGES HAPPENINGS

A happy hello! This past month has gone by so fast. We have been to the farm every week picking watermelon and pumpkins.

We celebrated National Teachers and Farmers Day with special gifts, and we have learned so much from each other's life experiences.

Everyone here sure enjoyed the Halloween Party! No matter how old we are, there is a certain excitement to wearing costumes and enjoying a big bag of candy.

Now that Thanksgiving is right around the corner, the residents and I have been talking a lot about all of the blessings we have in our lives. Family and friends are, of course, on the top of the list — but coming in a close second was elastic! Mary Lou said she is thankful for elastic-waist pants and air conditioning,

and the rest of us agree! So bring on the mashed potatoes and pumpkin pie.

We will bake Norma's favorite recipe for pumpkin bread on National Homemaker Day, Wednesday, November 3. We also are looking forward to making some button crafts and Thanksgiving door decorations.

We will honor veterans here on Veterans Day, November 11, with a special presentation at dinner. We are so fortunate to live in this wonderful country because of all of the sacrifices that are being made by the men and women currently serving in the armed forces, as well as the courage and strength of our veterans. God Bless America!

–Stacy Neuhaus, Memory Support Recreation Director



Mason and Geri discuss some beauty pageant items.



Mary Lou, Stacy and Norma enjoy some autumn shopping at the Farmers Market.



The group enjoys a quick outing to the farm to pick out their pumpkins.



Carolyn is honored on Farmers Day.