

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon." - Sarah Addison Allen

November 2022

The SILVER RIDGE Report

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

Don't forget your flu shot!

As we roll into the holidays, we also need to remember it's flu season. We'll be close together during the cold-weather months for many fun holiday activities. This increases the possibility we will see some cases of the flu, especially in those 65 and older.

It is important to get a flu shot each year to prevent yourself from getting sick. According to the Centers for Disease Control and Prevention (CDC), flu vaccines have many benefits such as reducing the risk of getting sick and reducing the risk of more serious flu outcomes.

According to the CDC, this year's flu vaccines have been updated to better match current circulating viruses. Flu vaccines are updated each year because the virus constantly changes.

Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents/elders as well as team members. Please let the clinical team know if you (or your loved one) still need to get a flu shot.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID-19. 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-19, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



NOVEMBER BIRTHDAYS

Nov. 1: Roy C. Nov. 17: Dorothy S.
Nov. 9: Alice G. Nov. 23: Tom S.
Nov. 13: Ken H. Nov. 25: Nelda W.
Nov. 15: Norma B.

WELCOME TO SILVER RIDGE!

Gary H. Gertrude S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

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DIRECTOR OF MARKETING:

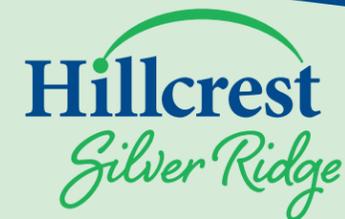
Heather Selby, hselby@hillcresthealth.com

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!



NOVEMBER HIGHLIGHTS

Nov. 3: Boutique (AL)
Nov. 8: The Pluckin' Nutz Funny Music Show (MS)
Nov. 8: Entertainment – Johnny Ray Gomez (AL)
Nov. 8: Casino Outing (AL)
Nov. 11: Veterans Day (AL) (MS)
Nov. 14: Pumpkin Cookies (MS)
Nov. 15: Entertainment – Ben Tomasello (AL)
Nov. 18: Hot Cocoa Drink Samples (MS)
Nov. 21: Count Your Blessing Day (MS)
Nov. 24: Thanksgiving (AL) (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

9 a.m. - Catholic Service (AL)

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

Sunday, Nov. 6 & 20

3:30 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT

Honoring Veterans

Friday, Nov. 11, 3 p.m.

Veterans will be given corsages and enjoy red, white and blue dessert during happy hour in the Dragons Pub. Thank you, veterans, for your service!

Sarah's Column



Happy November!

This month kicks off the holiday season as everyone reflects on the things and individuals they are thankful for. Thanksgiving is just one day, but that doesn't mean we can't be thankful throughout the entire year.

Starting a regular gratitude practice has many benefits. According to University of California Professor Robert Emmons, gratitude can increase your happiness by 25 percent. Dr. Emmons said, "Gratitude is literally one of the few things that can measurably change people's lives."

In addition to increased happiness, a routine gratitude practice can have many health benefits such as lowering your blood pressure, improving your sleep, improving your eating habits, reducing stress and increasing your energy.

The best part of practicing gratitude is that it's an easy thing to do! Before you start your day or at the end of your day, think of three things that you are grateful for. Write those three things down in a notebook and continue to do that each day. A habit is formed after 21 days. Try to practice gratitude for 21 days in November and see if you notice any results. You can also look back at your daily record of gratitude and see all of the amazing things to be thankful for each and every day.

-Sarah Stoakes, Administrator



RESIDENTS IN ACTION

We had a spook-tacular October! Residents enjoyed making a variety of art projects, which included pumpkins, spiders, scarecrows and gnomes. Of course, it wouldn't be fall without enjoying delicious apple cider. We were even able to visit the Wostrel Family's Union Orchard in Union.

This month, we are looking forward to warming

up by enjoying hot cocoa, decorating Thanksgiving crafts and listening to live music! We want to give a huge thank you and appreciation to all of the veterans on Veterans Day, Nov. 11. Lastly, from everyone at Hillcrest Silver Ridge, we hope everyone has a Happy Thanksgiving!

-**Brianna Erickson, Assisted Living Recreation Director**



Fantastic Fall Fun

Top Left: Carol and Donna show off their scarecrow crafts.

Top Center: Christel holds up her finished pumpkin craft.

Top Right: Mable is ready to display her fall masterpiece.

Above Left: Residents take a pumpkin photo outside of Family Fare.

Above Right: Residents enjoy an outing to the Wostrel Family's Union Orchard.

Left: Sally spooks everyone out with her spider craft.

COTTAGES HAPPENINGS

A happy hello from Stacy! In October, we had fun making our home look like fall and decorating for Halloween. We all enjoyed our Halloween party, making spooky cookies and treats. Residents loved dressing up in their costumes, wearing funny hats and putting on makeup. I have never seen so many pretty witches in my life.

We will be honoring veterans on Nov 11. If it weren't for these fine and brave men and women, we would not have the wonderful country that we do.

The temperature is dropping and the holidays are drawing near. Here at Hillcrest Silver Ridge, we are gearing up for Thanksgiving. We will be baking

some pumpkin cookies, and we might try our hand at pumpkin bread. Norma Jean says she has a fail-proof recipe – buy store bought bread and just frost with cream cheese frosting right out of the can. I think we can handle that! We also are looking forward to a hot cocoa taste test. On Monday, Nov. 21, we will be sharing what we are thankful for with each other. I know that the residents have too many to count, from their wonderful families to the dear friends they have made here. I appreciate the friendship I have with each resident here. Have a Happy Thanksgiving, and stay safe.

-**Stacy Neuhaus, Memory Support Recreation Director**



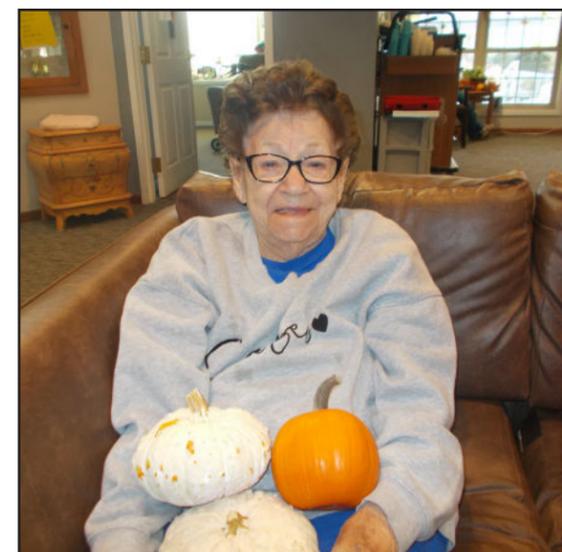
Dwight dresses in style for Halloween.



Norma Jean, Amanda and Ken get caught up in the spider webs.



Mary Lou is ready for the party.



Betty shows off her fall pumpkins



Angie dresses up for the Halloween party.



Earl dresses as a scarecrow for Halloween.