

"Autumn, the year's last loveliest smile."

- William Cullen Bryant

November 2023

# The SILVER RIDGE Report

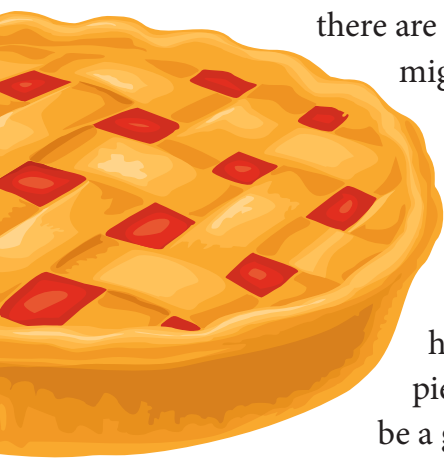
A monthly newsletter for Hillcrest Silver Ridge assisted living and memory care residents

## Pies are a Thanksgiving Staple

After Halloween, everyone starts preparing for the holiday season. Many celebrate with friends, family and good food. This month, people will gather together for a hardy meal of turkey, stuffing, mashed potatoes and more. It's also not Thanksgiving without pie.

Historians date the tradition of serving pie after a Thanksgiving meal to the 18th century. Today, it is still one of the most popular desserts for the holiday. Perhaps this is because pie is a very versatile treat. One can make pie with fruits, vegetables, nuts, custard or even chocolate.

Some of the most popular pies for Thanksgiving include apple, pumpkin, sweet potato, pecan and lemon meringue. Even though these rank highest, there are many other pies you might see at the table this Thanksgiving.



If you're not a fan of pie, you can still participate in this fall tradition by learning how to make one. Baking pies or other fall treats can be a great way to spend time with family or friends. You can also get into the fall baking spirit by simply sharing your family's traditions and recipes with each other. You never know what new treats you may discover.

Whether you enjoy pie after a Thanksgiving meal or another treat, this holiday is a great time to gather together, share stories and reflect on what you're thankful for. Happy Thanksgiving from all of us at Hillcrest!



## NOVEMBER BIRTHDAYS

Nov. 1: Roy C.	Nov. 9: Alice G.
Nov. 1: Oksu S.	Nov. 15: Norma B.
Nov. 3: Jean K.	Nov. 15: Susan S.
Nov. 4: Bill D.	Nov. 23: Thomas S.

## WELCOME TO SILVER RIDGE!

Daryl K.	Linda M.
Anne K.	Ginny O.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Matt Lucero, mlucero@hillcresthealth.com

### ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@hillcresthealth.com

### DIRECTOR OF ASSISTED LIVING:

Haley Amundson, hamundson@hillcresthealth.com

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Robert Roseland, rroseland@hillcresthealth.com

### DIRECTOR OF MARKETING:

Jennifer Moustakes, jmoustakes@hillcresthealth.com

### MEMORY CARE COORDINATOR:

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. 7: Fall for Wellness Resource Fair (AL)(MS)  
 Nov. 17: National Apple Cider Day (AL)  
 Nov. 21: Podiatrist Workshop (AL)  
 Nov. 23: Thanksgiving (AL) (MS)  
 Nov. 28: Fontenelle Forest Visit (AL)

## WORSHIP SERVICES

### Mondays

2:30 p.m. - Worship Service with Pastor Jerry (MS)  
 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)  
 Sunday, Nov. 5 & 19  
 3:30 p.m. - Worship Service with Pastor Tom (AL)

## FEATURED EVENT

### Veterans Day Celebration

**Friday, Nov. 11, 3 p.m. – Main Dining Room**  
 Veterans who call Hillcrest Silver Ridge home will be honored with corsages. The ceremony will be followed by a social with red, white & blue treats.

## Matt's Column



Hello, Hillcrest Silver Ridge residents and families!

What a wonderful month October was! We had some eventful days and shared several laughs. On Breast Cancer Awareness Day, we enjoyed a "pink" happy hour and played

trivia while sipping cocktails. Another highlight of the month was our Halloween event, Trick-or-Treat Street. The team and residents all dressed as characters from the movie "Shrek." We really appreciate everyone who participated and passed out candy.

Something we are looking forward to this month is our Fall for Wellness Senior Resource Fair on Nov. 7 from 9 a.m. to noon. Fill out a bingo card as you learn about all of the resources and services available to our residents. If you are interested in participating, please RSVP to Jenny at (402) 206-5271.

Be on the lookout for information on this year's holiday events and celebrations. We have a few special things planned for residents and families in the coming months.

Lastly, I would like to wish our Director of Culinary Hillana the best of luck in her future endeavors as she leaves to be closer to family. This has opened up an opportunity for Jorden to join our team. She will be starting soon and looks forward to meeting everyone!

-Matt Lucero, Administrator

## RESIDENTS IN ACTION

Residents jumped right into fall by decorating festive cookies, making fall wreaths and working on pumpkin art projects. They also rocked out to performances by Jimmy Barnes, George and the Jrs and a quartet group. Of course, it wouldn't be October without a Halloween party. We loved seeing the costumes and enjoying the fun games!

This month, we are looking forward to warming

up with hot apple cider, decorating Thanksgiving crafts and enjoying each other's company. We want to give a huge thank you to all of the veterans who call Hillcrest Silver Ridge home. We appreciate your service and dedication to our country. We hope you feel honored this Veterans Day. From all of us at Hillcrest Silver Ridge, have a wonderful November.

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



**Mable decorates her Halloween cookies with candy and sprinkles.**



**Butch is ready to eat his Halloween cookies.**



**Sally is excited to try her tissue paper ghost treats.**



**Jimmy Barnes performs for residents.**



**Residents dress in pink for breast cancer awareness.**



**Janna can't wait to try her Halloween cookies.**



**Michelle shows off her Halloween wreath.**



**Mary and Mable paint wooden picture frames.**

## COTTAGES HAPPENINGS

Happy fall from the Connor and Langdon Houses! The start to the new season was nice and cool. The weather was beautiful last month, so we were able to enjoy some late afternoons relaxing in the courtyards, singing and telling jokes. When we stayed indoors, residents enjoyed baking cookies. The smell of freshly baked cookies filled the air. Everyone was so excited to

try them once they were done.

We did some spooky arts and crafts last month as well as some adult coloring. At the end of the month, we were visited by little ghosts and goblins during our trick-or-treat event. Residents especially loved passing out candy to all of our visitors.

**-Heather Selby, Memory Care Coordinator**



**Corrie and Bob enjoy time on the patio.**



**Eiko, Bob and Jay color pictures together.**



**Residents and Jay dance to the Monster Mash.**



**Nancy spends time with volunteer Francesca.**



**Residents sing with Chaplain Jerry.**



**Residents get together to color Halloween pictures.**