

"On Halloween parents all over America send their kids out looking like me." -Jimmy Durante

October 2019

The SILVER RIDGE Report

Preventing the Flu this Holiday Season

Fall is officially upon us. Now we can look forward to the holiday season and all of the fun stuff that goes along with it. But we also have to be prepared for the beginning of flu season. Last year the CDC reported that the flu season lasted for more than 21 weeks and was moderately severe, with more than 40 million cases reported in the United States. Often, flu symptoms can look a lot like those of a common cold. However, the flu can happen suddenly and be much more severe than a cold. Some symptoms include fever, sore throat, runny nose, coughing and fatigue.

Fortunately there are ways that you can fight the flu. First, it is very important that you get a flu vaccine to ensure that you and your family are protected from this virus. According to the CDC, the flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications. We will be offering the flu vaccine to residents and team members at Silver Ridge on October 7th and 15th from 1-4 p.m. You can also take simple steps like washing your hands frequently and using hand sanitizer to prevent the spread of the flu. The CDC believes that the flu is primarily spread through coughing, so remember to cover your mouth if you start coughing.

Talk to a Hillcrest team member if you think you are starting to get sick. It is our goal to keep you healthy and happy this holiday season!



OCTOBER BIRTHDAYS

Oct. 1: Gladys Bowyer	Oct. 25: Dick Michael
Oct. 1: Margie Wagner	Oct. 25: Evelyn Martin
Oct. 2: Maryetta Fowler	Oct. 26: Dorothy Elaine Martin
Oct. 4: Mary Lou Smith-peter	Oct. 26: Darlene Uhlig
Oct. 10: Ruth Witulski	Oct. 28: Paul Clausen
Oct. 13: Marian Witt	Oct. 30: Karla Hoft
Oct. 17: Coleen McElroy	Oct. 31: Pamela Carlson
Oct. 18: Clara "Ann" Harrig	Oct. 31: Norma Schweikert
Oct. 21: Leola Campbell	

WELCOME NEW RESIDENTS!

Assisted Living: Carolyn Wagaman, Carol Schleuter, Al Newell
Memory Support: Agnes Merrifield

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!

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

Sarah's Column



Thank you all for attending the Family Night! It was a lot of fun to see everyone's families. We are already starting to plan for next year! There are a lot of great ideas on how to make next year even better.

Even though fall officially started in September, it seems that October really

creates the feeling of fall. The weather is consistently cooler, the leaves are changing colors and many of the fall celebrations start. Silver Ridge will be helping create Halloween fun in the community and will be participating in Trick-or-Trunk at Gretna High School on October 26th. In addition, we are opening our community on Halloween night to trick-or-treaters from 6 to 7:30 p.m.

As you may have noticed, we have Silver Ridge Star boards at each entrance to recognize the team members of Silver Ridge who are going above and beyond in creating awesome experiences. If you or your family would like to recognize a Silver Ridge team member for creating an awesome experience and memory for you at Silver Ridge, please fill out a Star Nomination Form and hang it on the board. Team members can earn prizes for going above and beyond.

As always, it is a pleasure to serve you here at Silver Ridge. If you need anything or have any suggestions, comments or feedback, please feel free to contact me or any of the Silver Ridge team members.

Happy fall!

-Sarah Stoakes, Administrator



OCTOBER HIGHLIGHTS

Oct. 11: Dress Up Like Old Farmers Day with a Scarecrow Building Contest (AL)
Oct. 14: Drive to Heldt Pumpkin Farm in Yutan (MS)
Oct. 17: Painting Pumpkins for Fall Décor (MS)
Oct. 29: Frankenstein Happy Hour (AL)
Oct. 31: Halloween Party with Music by George & the Jr's (AL)
Oct. 31: Trick-or-Treat at Silver Ridge (AL & MS)

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.
October Services:
Oct. 2: Resurrection Lutheran Church, 9:30 a.m.
Oct. 9: Gretna Baptist Church, 9:30 a.m.
Oct. 16: Good Shepherd Lutheran Church, 9:30 a.m.
Oct. 23: Standing Stone Bible Church, 9:30 a.m.

FEATURED EVENT

Halloween Party

October 23, 2 p.m.

We will have music by George & the Jr's as well as refreshments. This year we are bringing back the resident costume contest!

A group of team members will create a costume for residents who would like to be involved, so be sure to sign up when the time comes!

RESIDENTS IN ACTION

As they say, time flies when you're having fun, and we sure have had a lot of fun this past month! At the end of August we had a tailgate party to kick off the football season with music by Johnny Ray Gomez. We had a wonderful time celebrating National Assisted Living Week. Since this year's theme was "A Spark of Creativity" the week was full of entertainers, a trip to the Joslyn Art Museum, a resident art show and some creative crafts. The End of Summer Family Fun

Night Dinner was the perfect ending to such an awesome week; it was great to see everyone with their families! Speaking of end of summer, I sure am ready for fall. I can't wait to begin putting up fall decorations and enjoy everything that comes with the season, such as cooler weather, pumpkin carving, costumes, Halloween, Oktoberfest... the list could go on and on!

-Paige Giitinger, Assisted Living Recreation Director



Colleen smiles with her quilts and home decor during the art show.



Bessie and Marilee cheer on the Huskers.



Jim's wood work on display at the art show.



Claudie shows off her knitting work at the resident art show.



Nelda, Inez and Sally spread paint on their paint pour.



Doris, Christel and Lesa play cornhole after the tailgate party.



Carol and Carolyn eat together at Family Fun night.



Families enjoy food at Family Fun Night.



Residents enjoy a trip to the Joslyn Art Museum.

COTTAGES HAPPENINGS

A Happy Hello from Stacy! September has been one fun-filled month. We have enjoyed many wonderful music programs, including my teenage neighbor girls coming one Sunday morning to join us in bible time and prayers. They liked it so much that they will be coming back this month. It was wonderful to see the family members who could come and join us for the End of Summer Family

Fun Night Dinner. What a nice time we all had. The weather has started cooling down but not the fun here in the cottages. This month we are looking forward to the fall-themed arts and crafts, making caramel apples and decorating for Halloween. It will be a fun time for all.

-Stacy Neuhaus, Memory Support Recreation Director



Sue and her son Rick enjoy Family Fun Night.



Stacy's neighbor girls lead music after Sunday bible study.



Doris and Sue husk sweet corn.



Bob and his family enjoy a meal together at Family Fun Night.



Coleen, Ann and Edna peel apples for homemade applesauce.



Mary and Coleen enjoy music by our friend Steve.