

*"I wish that every day was Saturday and every month was October."  
-Charmaine J. Forde*

October 2021

# The SILVER RIDGE Report

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

## Join Us In Supporting the Walk to End Alzheimer's



This month, Hillcrest Health Services is forming a team to walk in the 2021 Sarpy County Walk to End Alzheimer's. This cause is very near and dear to our

hearts, so we're really looking forward to this event.

Alzheimer's is a type of dementia that impacts memory, thinking and behavior. In Nebraska, alone, more than 35,000 individuals live with Alzheimer's or dementia. Additionally, more than 61,000 individuals care for loved ones with some form of this disease.

Across our Hillcrest communities we care for many individuals with dementia and see first-hand the impact of Alzheimer's and dementia. In response, we've invested a lot of time and resources into providing high-quality memory care. One of the results of our efforts is our Dimensions™ program, which implements the Montessori method into senior care. This method enables, empowers and engages individuals at every step of their dementia journey. We also partner with the Alzheimer's Association in their annual walks because we share the goal of helping individuals with Alzheimer's and dementia and hopefully one day finding a cure for this disease.

If you're interested in supporting the Alzheimer's Association by donating or joining our team, visit [tinyurl.com/TeamHillcrest2021](https://tinyurl.com/TeamHillcrest2021). This event will take place at Prairie Queen Recreation Area in Papillion on Sunday, October 17. We will be providing breakfast for our team during the registration period at 8:30 a.m. The opening ceremony will begin at 9:30 a.m., and the walk will begin at 10 a.m. We hope you can join us in supporting this worthwhile cause.

## OCTOBER BIRTHDAYS

Oct. 1: Gladys B.	Oct. 18: Leola C.
Oct. 1: Margaret W.	Oct. 19: Karen R.
Oct. 2: Maryetta F.	Oct. 25: Lillian G.
Oct. 2: Mary F.	Oct. 25: Evelyn M.
Oct. 4: Mary Lou S.	Oct. 28: Paul C.
Oct. 11: June D.	Oct. 31: Pamela C.
Oct. 13: Marian W.	

## WELCOME, NEW RESIDENTS!

Sharron P.  
Tony L.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Sarah Stoakes, [sstoakes@hillcresthealth.com](mailto:sstoakes@hillcresthealth.com)

### DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, [dtonacchio@hillcresthealth.com](mailto:dtonacchio@hillcresthealth.com)

### ASSISTED LIVING RECREATION DIRECTOR:

Maureen Rohde, [mrohde@hillcresthealth.com](mailto:mrohde@hillcresthealth.com)

### MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, [sneuhaus@hillcresthealth.com](mailto:sneuhaus@hillcresthealth.com)

### DIRECTOR OF CULINARY:

Kenny Jesus, [kjesus@hillcresthealth.com](mailto:kjesus@hillcresthealth.com)

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Dan Blayney, [dblayney@hillcresthealth.com](mailto:dblayney@hillcresthealth.com)

### REGIONAL ADMINISTRATOR:

Dave Creal, [dcreal@hillcresthealth.com](mailto: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!



## OCTOBER HIGHLIGHTS

Oct. 1: Coffee Tasting (MS)  
Oct. 5: Fontenelle Forest (AL)  
Oct. 5: Honoring Former Teachers (MS)  
Oct. 12: Harvest Moon Day - Honoring Farmers (MS)  
Oct. 15: Performance by The Links (AL)  
Oct. 19: Apple Cider Day (MS)

## WORSHIP SERVICES

Mondays: Bible Study with Pastor Jerry, 3:15 p.m. (AL)  
Wednesdays: Worship Service with Pastor Jerry, 11 a.m. (AL)  
Thursdays: Catholic Prayer Service, 10 a.m. (AL)  
Sundays: Morning Bible Study, 10 a.m., 10:45 a.m. (MS)

## FEATURED EVENT

### Halloween Party and Costume Contest

Friday, October 29, 3:15 p.m.  
Main Dining Room

Residents and team members will celebrate Halloween with food, games and a costume contest!

## Sarah's Column



Thank you to everyone who took the time to complete the annual satisfaction surveys. I really appreciate your help. This feedback is vital in letting us know how we are doing. We want to know what we are doing right so we can keep doing those things, but we also want to know where our

opportunities for improvement are. Our goal is for our residents to absolutely love living here while enjoying exciting activities, incredible food and interacting with a kind and helpful team. As much as we strive for perfection, there is no such thing as perfect. We are people taking care of people, and sometimes mistakes happen. But we want you to know that we take your feedback seriously and will always make corrections to the best of our ability. We are in the process of reviewing the survey results and will get busy working through any concerns that you shared with us. At any time if you have concerns, questions or suggestions, please feel free to contact any member of our team. If your concern is not resolved to your satisfaction, please contact me directly. I encourage all residents to stay involved and provide feedback by participating in our monthly meetings, including our Resident Council, menu planning and activity planning meetings. These meetings are open to all residents, and we truly appreciate your great ideas and feedback. As always, thank you for being wonderful residents.

-Sarah Stoakes, Administrator



## RESIDENTS IN ACTION

It has been a true pleasure leading activities with all of you the past month, but I am excited to welcome Maureen as our new Recreation Director. Maureen has high energy and positivity that is infectious. Speaking of high energy, we have been enjoying a lot of activities. With fall comes our beloved sport of football. The Gretna Dance and Cheer teams kicked off the football season by having a pep rally in our parking lot. We started to get ready for the fall season by trying a variety of crafts to decorate our apartments — from using Jenga blocks to build pumpkins, to inspirational signs, to a cute witch gnome.

National Assisted Living Week was a blast! We

began the week by celebrating our awesome residents and team members with “Sweet Awards,” then enjoyed a farmers market in the lobby that was filled with wonderful fresh produce, homemade breads, pies and candies. We finished off the week by going fishing with Live Well. Go Fish. and enjoyed the traveling ranch from Scatter Joy Acres. Of course, we can't forget the sweet treats of ice cream socials and a Kona Ice truck! I am looking forward to continuing to assist with activities as I train Maureen. I have some cute crafts already planned for October!

—Sarah Stoakes, Administrator



Frank wins the Jolly Rancher certificate.



Pam drives the pontoon boat as Lesa enjoys the breeze.



Marian, Sarah and Denny shop at the farmers market.



Residents try out the new bus.



Steve and Pat perform for residents.



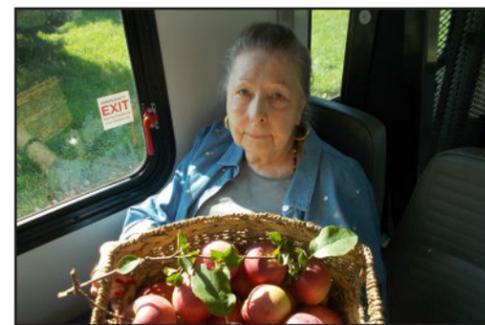
Marianne peruses the farmers market.



Claudie, Beaman and Inez celebrate at a Husker-themed party.



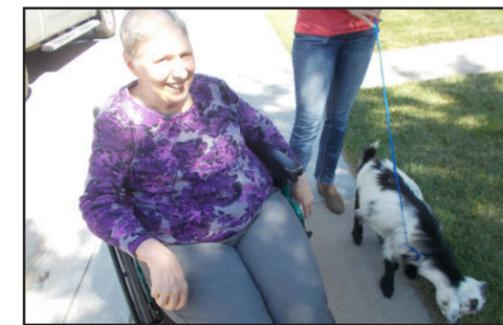
Peggy gets some sunshine while fishing on Lake Wanahoo.



Nancy brings back apples.



Roberta and Nellie visit a farm.



Geri pets a goat.



Pat and Ursula pet a goat at the traveling ranch.



Denese, Margie and Tammy try icy treats from a Kona Ice truck.



Carol enjoys the Husker-themed party.



Linda and Larry celebrate Larry's birthday.



Ursula and Mason, a volunteer, spend time together.



Our new friend, Norma, makes friends on the back patio.

## COTTAGES HAPPENINGS

A happy hello from Stacy! We have survived another Nebraska summer. Thank goodness fall is here. The weather is starting to cool off, but the fun is heating up here at Hillcrest Silver Ridge. September was great! We had a lot of fun and shared many laughs. A big thank you to our Administrator Sarah, who arranged to have a traveling ranch come for our community. What a wonderful surprise. Residents are very happy with our new bus, which has big windows, a great air conditioner and, best of all, a lift that makes it easy as pie for everyone to get on!

This month we are looking forward to more outings. With the leaves turning, it is the best time for

scenic drives. The first week of the month we will be honoring all of the former teachers who call Hillcrest Silver Ridge home. I have learned more from the residents here than in any class room. They teach us patience, kindness, generosity, respect and friendship. Everyone here is a teacher. We also are looking forward to celebrating National Coffee Day with a taste testing. October is National Poultry Month. You guessed it — we are going to try to hatch our own chicks! I will keep you posted on how many chickens we will have running around in the courtyard. (Just joking.) Have a great month!

—Stacy Neuhaus, Memory Support Recreation