

"Life starts all over again when it gets crisp in the fall."

- F. Scott Fitzgerald

October 2023

The SILVER RIDGE Report

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

Halloween Around the World

In the U.S., Halloween is typically celebrated by wearing costumes and going trick-or-treating for candy. However, the holiday looks much different in other parts of the world.

Ireland

Ireland is typically considered the birthplace of Halloween. Its origins stem from an ancient festival called Samhain, which celebrated the beginning of winter. Today, Ireland and Scotland celebrate Halloween with trick-or-treating, bonfires, games and traditional foods such as barnbrack, an Irish fruitcake.

Mexico

Halloween in Mexico acts as a primer for another celebration, Día de los Muertos, or Day of the Dead. From Nov. 1 to Nov. 2, Mexico honors those who have passed away. It is believed the gates of heaven open, allowing deceased loved ones to be reunited with their families for 24 hours. Family members prepare the deceased's favorite foods and leave gifts on their graves.

Italy

On Nov. 1, Italians celebrate Ognissanti, or All Saints' Day. In Sardinia, children go door to door to ask for offerings from the deceased. In Abruzzo candles are placed in pumpkins to make lanterns, and in Sicily it is believed deceased loved ones bring gifts to well-behaved children.

Portugal

Day of the Witches or Dia Das Bruxas is the equivalent of Halloween in Portugal. Children go trick-or-treating, but instead of receiving candy, they ask for bread, fruit or nuts. Families also visit their loved ones' graves and leave flowers and candles.

How do you celebrate Halloween? Share memories and traditions with your friends and family.



OCTOBER BIRTHDAYS

Oct. 1: Betty C. Oct. 13: Marian W.
Oct. 2: Maryetta F. Oct. 14: Merlyn L.
Oct. 4: Mary Lou S. Oct. 25: Lillian G.
Oct. 11: June D. Oct. 31: Pam C.

WELCOME TO SILVER RIDGE!

Dorothy J. Dorothy B. Susan S.

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 CULINARY:

Hillana Hilaire, hhilaire@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!



OCTOBER HIGHLIGHTS

Oct. 5: George and the Juniors Band (AL)
Oct. 10: Jimmy Barnes Entertainment (AL)
Oct. 17: Rings and Strings Quartet Group (AL)
Oct. 24: Decorating Cookies (AL)
Oct. 31: Halloween (AL) (MS)

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, Oct. 15

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

FEATURED EVENT

Halloween Party

Tuesday, Oct. 31, 2 p.m.

Residents will enjoy a costume contest, fun games and snacks in Dragons Pub.



Matt's Column



Hello, Hillcrest residents and families!

We want to thank everyone who dressed up and participated in the events for National Assisted Living Week. It was a lot of fun and a great reminder of why we love working with our residents.

The Hillcrest Silver Ridge team has several more fun events planned for this month including pumpkin painting, trick-or-treating and dress-up days.

Many new residents moved in over the last month, so we thank everyone for coming to the meet and greet. It was such a popular event that we decided to host a new resident meet and greet on the last Friday of each month during happy hour. You will also see several new faces in the community as we have recently welcomed 14 team members.

We will again be getting a roll-off dumpster the first week of October. If any residents have things from their apartment that need thrown out please let the front desk know. This is a great time to downsize and declutter before the winter months arrive.

As the cooler fall weather rolls in, please make sure you are starting to watch for slick, frosty areas and be prepared when you are outside of the community.

-Matt Lucero, Administrator

RESIDENTS IN ACTION

Happy October, everyone! In September, we had the awesome opportunity to go fishing on Lake Wanahoo with Live Well. Go Fish. Residents were able to catch fish, fly kites and enjoy the scenery on the water. Scatter Joy Acres stopped by and brought in two puppies that we all adored. We also made healthy pumpkin dog treats to donate to the Nebraska Humane

Society!

This month, we are looking forward to many spooktacular activities leading up to Halloween. We'll be creating Halloween crafts, decorating cookies and much more. We will end the month with a Halloween Party in Dragons Pub. It will be a blast!

-Brianna Erickson, Assisted Living Recreation Director



Michelle holds up a fish.



Claudie proudly shows off the fish she caught.



Butch cuddles a puppy from Scatter Joy Acres.



Barb works on fall crafts.



Peggy holds the flag on the boat during the fishing trip.



Rick catches a fish.



Sally and Lesa have fun making pumpkin dog treats.



Residents enjoy the Meet and Greet with family.

COTTAGES HAPPENINGS

Hello from the Connor and Langdon Houses! What a wonderful summer we all had. In addition to the many adventure-filled scenic drives, we enjoyed sipping on homemade milkshakes on the back patios and reminiscing about the good ol' days filled with summer BBQs, swimming pool fun and exciting summer vacations. We also formed a Hillcrest Silver Ridge walking club. We started out with a very small group and it multiplied. It was so fun getting out for some exercise and fresh air. During one of the walks, we made it successfully all the way to the entrance of the main building where we were met by our fan

club, Hillcrest Silver Ridge team members. Volunteers from Integrated Life Choices also graced us with their presence. It was great playing bingo and bean bag toss with them. Some of us ended our summer fun on a fishing trip at Lake Wanahoo with a wonderful group of volunteers from Live Well. Go Fish.

As we are sad that the summer has come to an end, we are looking forward to what this coming fall has in store for us. I suspect we will eat many fall treats, make some fun crafts, dance to music and enjoy each other's company.

-Heather Selby, Memory Care Coordinator



Betty goes for a walk in the courtyard.



Carroll looks at a tiny frog during the fishing trip.



Residents enjoy the scenery on the boat.



Residents get exercise by walking in the parking lot.



Members of the walking club pose for a photo.