

*"You can't use up creativity. The more you use, the more you have."
-Maya Angelou*

September 2019

The SILVER RIDGE Report

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

Benefits of Laughter

Q: What did one raindrop say to the other?

A: Two's company. Three's a cloud!

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. Exercising of muscles: Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. Relief from stress and anxiety: Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. Increased blood flow: When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. Mood booster: Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. Social benefits: A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Read from a joke book, watch a comedy, share a funny story, do a silly dance, find humor in the little things, and most importantly...don't forget to laugh at yourself!



SEPTEMBER BIRTHDAYS

Sept. 3: Draga Vermillion	Sept. 14: Betty Lou Harpster
Sept. 3: Darlene Richardson	Sept. 16: Carol Hendricks
Sept. 5: Marilyn De Turk	Sept. 16: Penny Hunter
Sept. 5: John Karfit	Sept. 17: Joan Bohling
Sept. 7: Joe Uzel	Sept. 25: Joyce Germain
Sept. 11: Sarah Cox	Sept. 27: Gwen Gilsdorf
Sept. 12: Ruby Burnholdt	Sept. 30: Florence Ostransky

WELCOME NEW RESIDENTS!

Lois Buller - Memory Support Cottages

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, (402) 332-4280

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, (402) 332-4280

ASSISTED LIVING RECREATION LEADER:

Paige Giittinger, (402) 332-4280

MEMORY SUPPORT RECREATION LEADER:

Stacy Neuhaus, (402) 332-4280

DIRECTOR OF CULINARY:

Roy Franco, (402) 332-4280

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, (402) 332-4280

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

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!



SEPTEMBER HIGHLIGHTS

- Sept. 12: Clipping Coupons for Veterans' Families (MS)
- Sept. 13: Family Night with Music by Pam Kragt (AL)
- Sept. 16: Monthly Birthday Party with Music by Joyce Torchia (AL)
- Sept. 23: First Day of Fall Drive to Schramm Park (MS)
- Sept. 27: Western Party with Music by Billy Troy (AL)
- Sept. 27: Fortune Cookie Day (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)
- Thursdays: St. Patrick's Catholic Church, 9:30 a.m.
- September Services:
- Sept. 4: Resurrection Lutheran Church, 9:30 a.m.
- Sept. 11: Gretna Baptist Church, 9:30 a.m.
- Sept. 18: Good Shepherd Lutheran Church, 9:30 a.m.
- Sept. 25: Standing Stone Bible Church, 9:30 a.m.

FEATURED EVENT

National Assisted Living Week September 8th-14th

Assisted Living Week is an opportunity to recognize the role of assisted living in caring for our seniors. This year's theme is "A Spark of Creativity." We'll celebrate with fun activities that encourage our residents to be creative. Celebrations will conclude with Family Night on September 13th. Team members will serve residents and their families a meal while Pam Kragt serves up great tunes.

Sarah's Column



Wow! It is hard to believe that it is already September! Where did the summer go? We are truly blessed to live in Nebraska, where we can experience all four seasons. Sometimes we experience several seasons in just one day! September brings us a change in seasons. The warmth of

summer gives way to mornings with a touch of chill in the air. The evenings come earlier as the days shorten in the rhythm of the season. Fall brings more traditions to continue and celebrate. What are your favorite traditions and/or memories during fall? Some of my favorite things about fall are decorating for the season, bonfires, camping, cool, sweatshirt weather and, of course, any time spent with family.

For many of us, it's no surprise that one of our favorite things about fall is Nebraska Football. It should be a great season watching the team continue to grow under Coach Frost's leadership. What is your prediction on the how the Cornhuskers will play this season?

At Silver Ridge, we look forward to continuing traditions and making new memories. 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 Award Nomination Form. At each entrance in Assisted Living and Memory Support, you'll find a Star Awards board with nomination forms.

Happy Fall!

-Sarah Stoakes, Administrator

RESIDENTS IN ACTION

The end of July was a busy time! Some of our ladies had fun creating a seashell canvas during our DIY craft; the finished products were beautiful! The luau party was a hit! We had a great turnout despite how hot it was that day. The residents sipped piña colodas and ate key lime pie while listening to the tropical sounds of the steel drum played by Joey Gulizia.

The very next day was the Gretna Days Parade. This year's theme was "Superheroes." Residents rode on the bus and float, and team members passed out goodies to the crowd while sporting capes and masks as the "SILVERheroes."



Lesa, Jerri, Sally and Colleen work on their July seashell craft with the help of volunteer Victoria.

Our float won First Place! After the parade, team members hosted the annual free hot dog feed for residents, their families and the Gretna community. More than 1,000 hot dogs were served!

During the beginning of August, our residents participated in some new activities. Administrator Sarah Stoakes led us in learning how to create magnets by fusing glass, and we made dog toys that we will deliver to the Nebraska Humane Society. Happy hours have also been reintroduced and are themed around food; so far, we have enjoyed watermelon and s'mores.

–Paige Giittinger, Assisted Living Recreation Director



Residents enjoy cold refreshments and shade during the luau party.



The finished products!



Claudie enjoys her s'more.



Paige, Christel and Sally take a selfie on the float while waiting for the parade to start.



Betty looks quite festive for the luau in her authentic Hawaiian dress.



Bill and Pam get cozy listening to the steel drum.



Virginia creates a design with glass.

COTTAGES HAPPENINGS

A happy hello from Stacy! My, (oh, my), I can hardly believe that summer is in the rear-view mirror, and fall is nipping at our heels. We have had a fun summer. It has been nice to get out and go for scenic drives around the area. We have had a lot of good music shows and summer crafts. It has been so nice to have residents' grandchildren come visit

and join in the activities. We all are looking forward to fresh fruit bingo this month, and we are starting a monthly service project. On Friday, September 13th, all family members are invited to our Fall Family Night. Come and enjoy an evening of food, fun and friendship. Can't wait to see you then!

–Stacy Neuhaus, Memory Support Recreation Director



Residents enjoy singing hymns.



Colleen and Bob enjoy a trip to the watermelon farm.



Ruby B. has fun at bingo.



Sally Ann takes in an afternoon of music.