

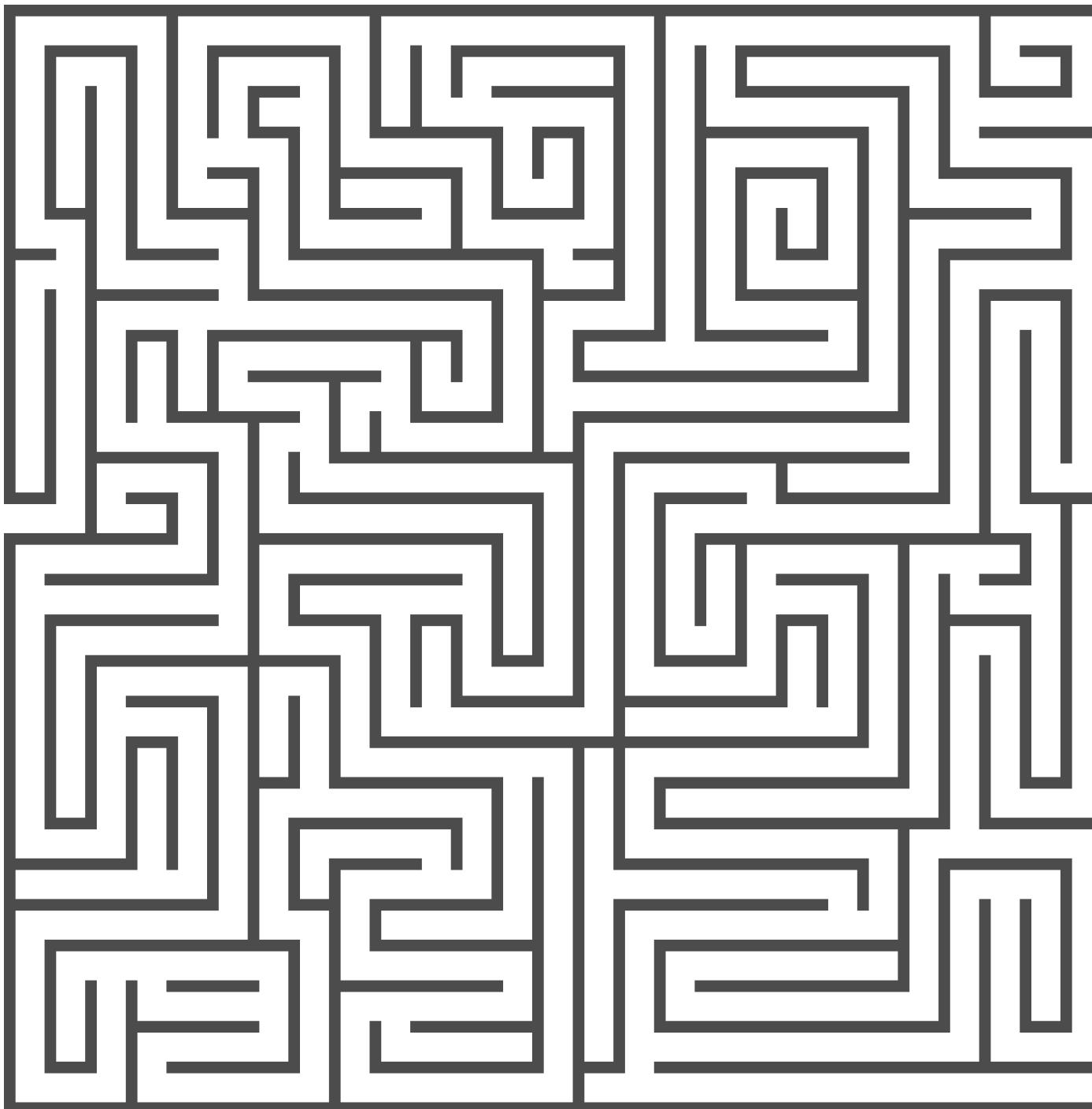
"The best way to predict your future is to create it."
—Abraham Lincoln

September 2020

The SILVER RIDGE Report

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

Activity Page



SEPTEMBER BIRTHDAYS

- | | |
|------------------------------|---------------------------|
| Sept. 1: Nancy Colwell | Sept. 16: Carol Hendricks |
| Sept. 3: Darlene Richardson | Sept. 16: Penny Hunter |
| Sept. 5: John Karfit | Sept. 17: Joann Bohling |
| Sept. 5: Marilyn DeTurk | Sept. 25: Joyce Germain |
| Sept. 11: Sarah Cox | Sept. 27: Gwen Gilsdorf |
| Sept. 12: Ruby Bornholdt | Sept. 27: Mary Traubel |
| Sept. 14: Betty Lou Harpster | |

WELCOME, NEW RESIDENTS!

Morris & Lynn Bedford

WORSHIP SERVICES

Sundays: Morning Bible Study, 10 a.m., 10:45 a.m.
(MS)

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, sstoakes@hillcresthealth.com

DIRECTOR OF HEALTH SERVICES:

Dixie Tonacchio, dtonacchio@hillcresthealth.com

ASSISTED LIVING RECREATION DIRECTOR:

Paige Giittinger, pgiittinger@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

DIRECTOR OF CULINARY:

Kenny Jesus, kjesus@hillcresthealth.com

DIRECTOR OF ENVIRONMENTAL SERVICES:

Terry Greco, tgreco@hillcresthealth.com

REGIONAL ADMINISTRATOR:

Dave Creal, dcreal@hillcresthealth.com

Sarah's Column



Happy end of summer, everyone! It has been a whirlwind these past few months. I am certainly looking forward to all that fall will bring. As many of you know, we have been utilizing our outdoor safety window. With cooler temperatures right around the corner, I am

looking forward to seeing our residents visit with their loved ones even more. Please call the front desk at (402) 332-4280 to schedule a time to visit with your loved one.

We will be adding some fall favorite comfort foods to our menu. If you have any favorite fall foods you'd like us to try, let us know! Chef Kenny is always excited to try out residents' recipes and incorporate them into the menu.

The Sarpy Walk to End Alzheimer's is on Saturday, September 12th. To register for this virtual event, visit hillcresthealth.com/EndAlz. We hope you can join us in supporting this great cause!

As we look ahead, please know that all of your kind words and support over the last seven months have been greatly appreciated. We are all in this together, and I cannot wait for the day we are able to safely have visitors in our building. Thank you again for your understanding as we work to continue keeping your loved ones safe and healthy. With gratitude,

—Sarah Stoakes, Administrator

RESIDENTS IN ACTION

Residents celebrated many national holidays in August. We made lollipop bouquets for National Lollipop Day, bowled on National Bowling Day, tasted Nebraska-brewed beers for International Beer Day, and enjoyed some delicious root beer floats for — you guessed it — National Root Beer Float Day. We also celebrated Gorgeous Grandma Day by getting our ladies all dressed up and taking glamour shots. We certainly have some gorgeous grandmas here at Hillcrest Silver Ridge! Residents had fun sharing messages with their families, words of wisdom and jokes on our COVID-19



Jerri gets dressed up for her glamour shot.



Colleen blows a kiss to the camera.



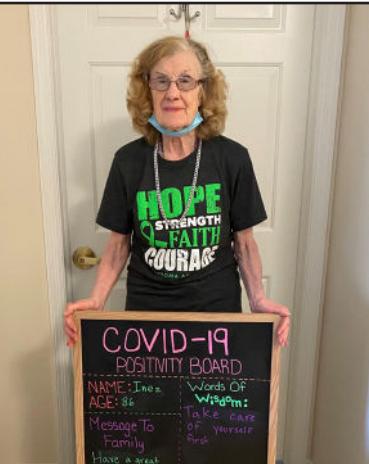
Pam poses on Gorgeous Grandma Day.



Christel tastes Nebraska-brewed beers.



Darlene fills out her positivity board.



Inez shows off her positivity board.



Claudie knocks down shuffleboard pins.



Kurt enjoys a beer on International Beer Day.

COTTAGES HAPPENINGS

Positivity Board. They came up with some great jokes, even ones I had never heard before. We also made a mess with splatter painting in the courtyard. The finished pieces were so colorful, and each one very unique. A few of them are on display in the hallway by the Party Room. Recently, we had a very special window visit from some of our volunteers and their furry friends. They treated us to a puppy procession around the building. All of the pets were so darn cute!

-Paige Giittinger, Assisted Living Recreation Director

A happy hello from Stacy! We are all ready to say goodbye to summer and hello to fall. As much fun as we've had these past few months, a change of season is in order. Funny that living in Nebraska, seasons can change in just a day. Our resident, Jim, was telling me that once he went to school one day in late September with just a short sleeve shirt and overalls and by the time the last bell rang it had started to rain. It was a full-blown snow storm by the time he walked all the way home. We all have been sharing school memories with each other and singing "School days, school days, good old golden rule days." This month we are making blackboard door decorations, and we will be trying our hand at homemade applesauce. My neighbor has 144 apple trees, so we can have as many apples as we want. If the applesauce turns out well, maybe we will try to make apple pies. I will be happy to cut up the apples, but the ladies will have to make the pie crust, and I am sure the fellas will be happy to be the taste-testers. We have a wonderful month of fun planned for September!

-Stacy Neuhaus, Memory Support Recreation Director



Oscar wishes his wife, Arline, a happy 73rd anniversary.



Arline shows off the roses Oscar bought her.



Jodie makes a fun ice pack.



Bob gets some fresh air.



Leola enjoys a Diet Coke.