

"You will find more happy mothers in September than any other time of the year, school is back in session." —Erma Bombeck

September 2021

# The SILVER RIDGE Report

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



## NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12-18, 2021

This month, we're celebrating National Assisted Living Week! Established in 1995 by the National Center for Assisted Living (NCAL), this celebratory week gives individuals the opportunity to recognize the role of assisted living in caring for seniors in America.

The theme for 2021 is "Compassion, Community, Caring." NCAL chose this theme to highlight the parts played by team members in assisted living communities during the COVID-19 pandemic. When safety guidelines prevented in-person visits between residents and their loved ones, team members had to provide that extra bit of loving compassion to each individual under their care.

At Hillcrest Silver Ridge, we're going to be celebrating all week long with fun activities and outings. In Cottages 300 and 400 we will be doing pie making, school days crafts, milkshake making and more! We're also looking forward to special activities and outings in our main building. The full details for each day are on the calendars. As we, of course, celebrate our awesome residents, we also can't wait to celebrate our team members, who truly keep compassion, community and caring at the center of everything they do.



## SEPTEMBER BIRTHDAYS

Sept. 1: Louise P.	Sept. 14: Betty Lou H.
Sept. 1: Nancy C.	Sept. 15: Larry F.
Sept. 3: Darlene R.	Sept. 16: Carol H.
Sept. 5: Marilyn D.	Sept. 16: Penny H.
Sept. 5: John K.	Sept. 17: Joan B.
Sept. 12: Linda H.	Sept. 27: Mary T.

## 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)

### 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:

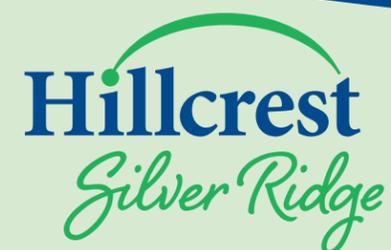
Dan Blayney, [dblayney@hillcresthealth.com](mailto:dblayney@hillcresthealth.com)

### 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!



## SEPTEMBER HIGHLIGHTS

Sept. 7: Pizza Lovers Day (AL/MS)  
Sept. 9: School Days Crafts (MS)  
Sept. 14: Milkshake Party (AL)  
Sept. 21: Mini Golf Day (AL)  
Sept. 28: Celebrating Johnny Appleseed (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



## Birthday Celebration

Tuesday, September 28, 2 p.m.  
Main Dining Room

Enjoy a slice of cake and the music of Kim Eames from the Merrymakers as we celebrate all of the birthdays in September!

## Sarah's Column



Wow, it is hard to believe that it is already September! Where did the summer go? The best part of Nebraska is that we can enjoy all of the seasons, sometimes in the same day! Fall is the perfect time to reflect and embrace change, and change is coming to Hillcrest Silver Ridge! We can watch the leaves change colors as we also

watch our community change during the renovation. It will be fun to watch the different contractors do their work in our community.

September is also when we celebrate National Assisted Living Week. We will be doing some fun events during the week of September 12 to celebrate our amazing residents and team members. We will start off the week with "Motivational Monday" with a variety of activities focusing on kindness. We will celebrate our community and the community of Gretna with different service projects and end the week with our Husker Happy Hour Tailgating Party in the courtyard. One event during the week that I am excited about is that we will go fishing with Live Well. Go Fish., a non-profit organization that takes individuals out on the water to go fishing on their wheelchair-accessible pontoon. My son, Ayden, recently did a fundraiser for Live Well. Go Fish. by smoking 43 racks of ribs and raising \$1,075 for their cause, so I know that it is a great organization to work with and am very excited to see their mission first-hand.

I want to thank everyone for their continued support in keeping each other healthy and safe. Our community has one of the highest vaccination rates in the State of Nebraska. A huge kudos to our residents and team members for wanting to keep everyone safe and moving forward.

With gratitude,  
—Sarah Stoakes, Administrator

## RESIDENTS IN ACTION

We've kept busy this summer enjoying National Watermelon Day, National S'mores Day and even having extra fun with a wet t-shirt throwing contest, in addition to our regular fun activities. One activity we have gotten up and on its feet is Drama Club. A small group of theatre-loving residents have started rehearsals for an original short play to be performed for their fellow residents in the coming months. Keep your eye out for more details about this performance. We also enjoyed a special lemonade stand, courtesy of two very thoughtful young men from the Gretna community. These thoughtful boys used proceeds from a lemonade stand in their neighborhood to purchase lemonade and cookies for our residents. Residents

loved having special visitors.

With the changing of the seasons comes a change in the recreation department. I have stepped down as Director of Recreation and taken on the role of Recreation Leader, alongside a new face to our community who will also be coming on as a Recreation Leader. We will be here to support the new Director of Recreation when they take the helm. I have truly enjoyed my time serving our residents as Director of Recreation, and I look forward to continuing to serve you as a Recreation Leader.

**-Charisa Ramsey, Assisted Living Recreation Leader**



Residents enjoy fresh lemonade from the lemonade stand.



Residents watch the wet t-shirt throwing contest.



Carol makes a winning toss in our wet t-shirt throwing contest.



Our special friends get their surprise lemonade stand ready.



One of our new friends delivers a treat to Janna.



Our friends serve lemonade to Lesa in the lobby.

## COTTAGES HAPPENINGS

A happy hello from Stacy! Don't look now, but we might have just a few more weeks of this hot weather before we slide into the best season of all... you guessed it, football season! I know some of our men are ready for Saturday college football games. The women, myself included, are just ready for the hot weather to go away. We have had some wonderful scenic drives this past month, and we look forward to getting out on the bus this month as well. My stars, did we enjoy seeing all of the baby animals at my cousin's farm in Elk City. Even when we aren't picking corn or cantaloupe, or

looking at farm animals, we always have fun looking out of the windows at the beautiful countryside.

This month we are excited to celebrate National Assisted Living Week. We will be celebrating the whole week with fun activities. The other team members of Cottages 300 and 400 would like to say just how happy we are to work with these wonderful residents and their families. Stay safe, and Go Big Red!

**-Stacy Neuhaus, Memory Support Recreation Director**



Ken rides home with a watermelon.



Ladies enjoy an afternoon of hymns.



Mary Lou pets a baby goat.



Larry and Pat sing together.



Residents listen to toe-tapping music.



Dottie celebrates her birthday with Rachel.



Nellie prepares the corn to become an afternoon snack.



Tony husks fresh corn.



Sharon sings with Pat.



Geri makes some cookies.



Arlene gets a manicure.