

"Autumn carries more gold in its pocket than all other seasons." - Jim Bishop

September 2022

The SILVER RIDGE Report

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



Fall is Just Around the Corner

As summer fades and weather cools, reds, oranges and yellows begin to cover the trees. Sept. 22 marks the first day of fall, and there are many ways to prepare for the new season.

Football Tailgate Party

Gather your friends and some tasty game-time snacks and watch your favorite team score its way to victory! Football is the sport of the season, so it's the perfect way to get into the fall spirit.

Autumn Crafting

Whether you're an avid crafter or learning a new skill, a fun way to welcome autumn is to create a fall door sign or wall decorations. Use fall colors like reds, oranges and yellows to craft an autumn masterpiece.

Delicious Goodies

Another staple of the fall season is its food. Apples, pumpkins, squash and many other fruits and vegetables are used in fall cooking. Try something new or grab a slice of your favorite pie.

Spend Time Outdoors

The cool weather is refreshing after a long, hot summer. Put on a cozy sweater and enjoy some fresh air. Take in the natural beauty fall has to offer.

Whether you decide to watch your favorite team, make fall decorations, eat tasty treats or get some fresh air, we hope fall is a great season.

SEPTEMBER BIRTHDAYS

Sept. 1: Nancy C.	Sept. 16: Penny H.
Sept. 1: Roy C.	Sept. 16: Carol H.
Sept. 1: Louise F.	Sept. 17: Joann B.
Sept. 5: Marilyn D.	Sept. 27: Mary T.
Sept. 13: Carol S.	Sept. 30: Bernice B.

WELCOME TO SILVER RIDGE!

Loretta A. Ed C. Bill F.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Sarah Stoakes, ssoakes@hillcresthealth.com

MEMORY SUPPORT RECREATION DIRECTOR:

Stacy Neuhaus, sneuhaus@hillcresthealth.com

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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!



SEPTEMBER HIGHLIGHTS

Sept. 1: Fun with Poetry (MS)
Sept. 2: Husker-themed Happy Hour (AL)
Sept. 8: Crafts for Cats in the Shelters (MS)
Sept. 13: Entertainment by Shirley and Larry (AL)
Sept. 14: Audiologist Workshop (AL)
Sept. 23: Honoring Former Teachers (MS)
Sept. 27: Fontenelle Forest (AL)
Sept. 30: Apple Day (MS)

WORSHIP SERVICES

Mondays

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)

10 a.m. & 10:45 a.m. - Morning Bible Study (MS)

Sunday, Sept. 4 & 18

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

FEATURED EVENT

Kona Ice Truck

Tuesday, Sept. 13, 2-4 p.m.

Residents will enjoy a special treat from the Kona Ice Truck in our parking lot.



Sarah's Column



Happy September!

We have a lot of celebrations this month so mark your calendars.

We have activities planned for Assisted Living Week, Sept. 12 – Sept. 16. The theme of this year's Assisted Living Week is Joyful Moments. Some events I would like to highlight are

going on a sunset fishing trip with Live Well, playing Go Fish, enjoying a pep rally performance from the Gretna High School cheer and dance teams and taking a trip to a farmers market.

With our renovation coming to a close, we are excited to show off our community. We will be hosting a ribbon cutting with the Gretna Chamber of Commerce on Sept. 20. Then, we're inviting friends and family to join us for food and refreshments from 3-5 p.m. Be sure to stop by!

During September, we will be reviewing the resident satisfaction surveys and identifying ways we can continue to improve the community and services provided to you. If you have any suggestions, please feel free to share them with any Hillcrest Silver Ridge team member.

As always it is a pleasure to serve you. If you need anything, please reach out.

-Sarah Stoakes, Administrator



RESIDENTS IN ACTION

I can't believe it is almost fall! Summer always seems to go by way too fast. This fall, we are going to start utilizing Dragons Pub for Husker football parties. Residents are excited for football season. Go Big Red! We also want to give a warm welcome to the high schoolers who are planning to spend time



Residents enjoy entertainment by The Links.



There's nothing like a cold refreshing drink of lemonade on a hot August day.



Residents enjoy a baby shower during happy hour for team member Katie.

with residents and play games. We have many other fall activities planned for this month. These activities include entertainment, outings and, of course, some friendly competition. I hope everyone has a great September!

–**Brianna Erickson, Assisted Living Recreation Director**



Lesa and Carol enjoy cake at the August birthday party.



Donna, Caroline, Carol, Betty and Mable make sand mandala crafts.

COTTAGES HAPPENINGS

A happy hello from Stacy! It looks and feels like the hot summer is coming to an end soon. I know that all of us are excited to welcome in a new season. That's right, it's the start of football season. Go Cornhuskers! Residents enjoy gathering around the television on Saturdays to watching the big game.

We certainly have enjoyed all of our outings on the bus this summer. We've gone on country drive and scenic drives around the state parks. We've gone to my families' vegetable farms just west of us. When the weather was nice, we've enjoyed spending time in our courtyards with a cold drink in hand. Hopefully, the weather will be cooling off by the middle of this

month and we can enjoy even more time outdoors. We will be starting off the month of September with poetry and crafts. Toward the middle of the month, we will be celebrating National Assisted Living Week with some special activities. On Friday, Sept. 23, we will be honoring all of the former teachers who live here. Every resident here at Hillcrest Silver Ridge is my teacher. I learn about friendship, faith and patience every day. On Friday, Sept. 30 we will be celebrating the first full week of fall with a special apple day. We will serve cookies and cider while enjoying an apple craft. What a fun day that will be! Have a wonderful month and stay well everyone.

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



Norma Jean and Mary Lou take a trip to Nelson Farm.



It's not summer unless Stacy brings a baby goat on the bus.



Earl enjoys a root beer on National Root Beer Float Day.



Ursala, Dee Dee and Mary Lou gather for bible study.



Ken leads the group in singing hymns.