

*"Always do what you're afraid to do."  
-Ralph Waldo Emerson*

September 2023

# The SILVER RIDGE Report

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

## Season of Reflection & Self-Improvement

September is officially Self-Improvement Month, marking the end of summer and start of fall. As the season changes, it's a good time to pause and reflect on all we've accomplished. Then, we can explore opportunities for growth and identify goals to work toward.

This month, we're also encouraged to reflect on the important things in life, including the special relationships and bonds we've formed with others. National Assisted Living Week, Sept. 10-16, celebrates just this with a "Season of Reflection" theme. We're offered a chance to embrace and welcome the sense of renewal that comes with the changing season.

Growing our relationships with family or friends is always a great goal. We can do this simply by spending more time with those we love. Consider trying to connect more with others around you to develop new friendships or reach out to those you've lost touch with.

Creativity can be linked to living a more fulfilled life. Discovering your creative talents can be a fun and rewarding experience. Even if you don't think you're a good painter or great at writing stories, oftentimes, the effort put in will make you feel better just knowing you tried something new.

Now is the time to explore learning new skills. Never thought you'd be a knitter? Give it a shot! You may even find a friend who wants to learn with you.

Perhaps the best way for self-improvement is to turn inward and really allow yourself time with your thoughts, beliefs, dreams or imaginations.



## SEPTEMBER BIRTHDAYS

Sept. 1: Louise F.      Sept. 13: Carol S.  
Sept. 1: Terry D.      Sept. 16: Carol H.  
Sept. 3: Colleen E.    Sept. 30: Anita W.  
Sept. 13: Dennis S.

## WELCOME TO SILVER RIDGE!

Colleen E.    Robert E.    Joann H.  
Rosemary J.    Bernice S.    Margaret S.  
Rick. C.      Kay R.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Matt Lucero, mlucero@hillcresthealth.com

### ASSISTED LIVING RECREATION DIRECTOR:

Brianna Erickson, berickson@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!



## SEPTEMBER HIGHLIGHTS

Sept. 4: Labor Day (AL)  
Sept. 7: Scatter Joy Acres Visit (AL)  
Sept. 8: Chocolate Milkshake Day (MS)  
Sept. 13: Silly Joke Day (MS)  
Sept. 14: Fishing Trip (AL)  
Sept. 19: Uplifting Quotes Day (MS)  
Sept. 19: Entertainment by Paul Siebert (AL)  
Sept. 26: Fontenelle Forest Visit (AL)

## WORSHIP SERVICES

### Mondays

2:30 p.m. - Worship 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, Sept. 3 & 17  
3:30 p.m. - Worship Service with Pastor Tom (AL)

## FEATURED EVENT



### Making Dog Treats

Tuesday, Sept. 12, 10:30 a.m.



Residents will be making dog treats to donate to the Nebraska Humane Society.

## Matt's Column



Hello, Hillcrest residents and families!

We are excited have two new members of our leadership team. Jenny Moustakes joined our team as the director of marketing and Haley Amundson as the assisted living director.

Jenny has 10 years of experience in the senior living industry and is looking forward to bringing her knowledge of the Omaha market to Hillcrest Silver Ridge. Haley started out working in the culinary department of a senior living community in high school. Most recently, she has been working as an senior living administrator.

We will be having a Meet and Greet for residents and family members on Sept. 6 from 5:30-7 p.m. You'll get to meet the members of our leadership team.

We also invited several new residents who have recently moved into the community. This event will be a great chance for residents to meet and learn more about their neighbors.

Our first cookout was unfortunately stifled by the extreme heat wave, but we look forward to having another in September. The Sunday home-style lunches have been a big hit, and we will continue those moving forward. We also have some fun dress-up and event days coming this month that we will be sharing over the next few weeks.

-Matt Lucero, Administrator



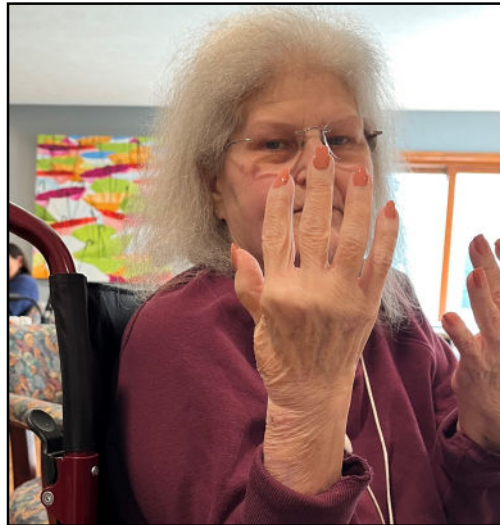
## RESIDENTS IN ACTION

The weather is cooling down, which means fall is right around the corner! We had an awesome August here at Hillcrest Silver Ridge. Scatter Joy Acres brought in a four-month-old baby goat, which we adored. Residents decorated cute watermelon plant pots and suncatcher succulents. We also had nice lunch outings to The Good Life and Cracker Barrel. Residents

enjoyed celebrating National Kool-Aid Day during happy hour.

With the cooler weather on the horizon, we are looking forward to more scenic drives and awesome entertainment. From everyone at Hillcrest Silver Ridge, we hope you have a safe and happy Labor Day!

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



Bev gets her nails done.



Mary, Tom and Lesa eat lunch at Cracker Barrel.



Residents decorate watermelon pots during Crafting Corner.



Carol is excited to eat her cookie.



Michelle holds up her winning bunco card.



Administrator Matt plays poker with Christel.



Sally and Barb enjoy a lunch outing together.

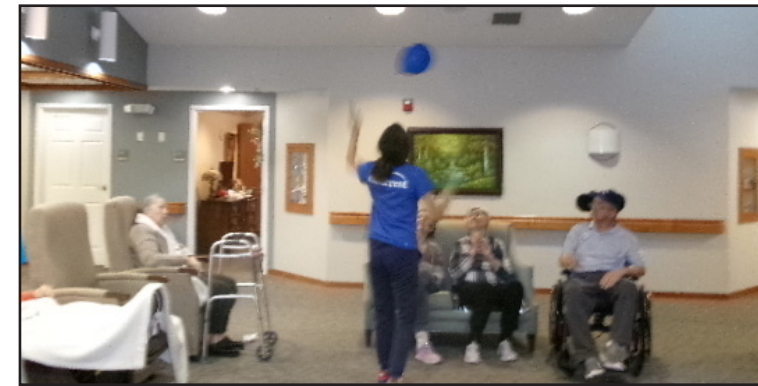
## COTTAGES HAPPENINGS

Hello from the Connor and Langdon Houses! We went on some scenic rides last month. Jay, our driver, took us on a fun tour of Ashland. What a quaint town! We loved seeing the big, beautiful homes in Iron Horse. We also took a drive through the Wildlife Safari Park and saw many deer and crane birds. Residents thought this trip was "simply magnificent."

Both houses also enjoyed some musical entertainment from the Houston Solutions and Denell

Danner. Earl continues to contribute to our positive self-esteem by reminding all of us how nice we are. Thank you, Earl, for the uplifting message! Gretchen recently taught us a fun song called "Two Irish Men." We love when residents teach us something new. Thank you, Gretchen, for sharing your knowledge with us! From all of us at Hillcrest Silver Ridge, we hope you have a fantastic September.

**-Heather Selby, Memory Care Coordinator**



Residents and team members play balloon volleyball.



Norma and Jay dance together.



Earl and Jay move to the music.



Residents enjoy entertainment by the Houston Solutions.



Residents play one of their favorite games, bingo.