"May, more than any other month of the year, wants us to feel most alive." -Fennel Hudson

May is Full of Life and Celebrations

The month of May likes to enter with a bang. May Day happens on the first of the month, with Cinco de Mayo close behind and Mother's Day on the 14th.

May is a rather patriotic month. It's known as Military Appreciation Month and culminates in Memorial Day weekend. But did you know May is also known as Older Americans Month?

This title was bestowed on our fifth month in 1963 by President John F. Kennedy and members of the National Council of Senior Citizens. The month was initially termed Senior Citizens Month and was observed as an appreciation of past and present older Americans for their contributions to their country. The theme this year is "Aging Unbound," which will focus on exploring an array of aging experiences and discussing the positive aspects of growing older.

We also celebrate National Nurses Week, which takes place every year from May 6 to May 12, so be sure to thank our hardworking nurses.

For entertainment buffs, May means getting to honor "Star Wars" one of the largest film franchises out there, by saying the phrase, "May the fourth be with you," all of May 4. Or if international music sounds more appealing, the Eurovision international song contest also takes place in May. For those who don't know, that's how ABBA got its start!

May is National Hamburger Month. Why? Because May is the perfect month to start firing up the grill and indulging in one of the most American meals around.

Perhaps the best aspect of May is simply that it brings the hope and warmth of life blooming all around.



MAY BIRTHDAYS

May 6: Pat L. May 11: Donna A. May 13: Gerry Lu M. May 30: Dixie M. May 18: Kay S.

May 20: Joe C. May 21: Janet S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Matt Lucero, mlucero@hillcresthealth.com **Assisted Living Recreation Director:** Brianna Erickson, berickson@hillcresthealth.com **Memory Support Recreation Director:** Rachel Branton, rbranton@hillcresthealth.com **Assisted Living Director:** Brian Splater, bsplater@hillcresthealth.com **DIRECTOR OF ENVIRONMENTAL SERVICES:** Robert Roseland, rroseland@hillcresthealth.com **DIRECTOR OF CULINARY:** Hillana Hilaire, hhilaire@hillcresthealth.com **DIRECTOR OF MARKETING:** 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!



MAY HIGHLIGHTS

May 5: Cinco de Mayo (AL) (MS) May 9: Entertainment - Papillion Singing Seniors (AL) May 10: Audiologist Workshop (AL) May 15: National Cheesecake Day (AL) (MS) May 29: Memorial Day (AL) (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 10 a.m. & 10:45 a.m. - Morning Bible Study (MS) Sunday, May 7 & 21 3:30 p.m. - Worship Service with Pastor Tom (AL)

FEATURED EVENT



Making Bird Feeders

Tuesday, May 16, 2 p.m. **Party Room**

Residents will be making bird feeders in the party room that will hang outside for all to enjoy.

Twitter: @HillcrestHealth facebook.com/SilverRidge

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May 2023

The SILVER RIDGE Report

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

Matt's Column



Greetings, Silver Ridge residents and families! I want to let everyone know how sorry we are that we had to postpone the Walking Bingo Health and Information Fair. We will be rescheduling this event, hopefully in June. It will be a time for residents and families to learn

about the services provided in the community, and we want everyone to be able to attend.

We are excited to announce two new leadership team members. Brian Splater is our new assisted living director. He comes with vast knowledge and experience in health care. We look to him to provide leadership, training and coaching to our team members, as well as be a point person for all of our assisted living and memory care residents. Hillana Hilaire is our new culinary director. She comes with professional executive chef training and clinical menu planning. Hillana is a skilled pastry chef, and we look forward to the nutritious and delicious meals she will be providing our residents.

A few other updates: Hillcrest Silver Ridge will host hiring events over the next couple months to continue looking for talent. We will be getting the rolloff dumpster in the next two weeks and will put out a notice to all residents once we know the exact date.

Have a very happy May, and please stop in or call with any questions!

-Matt Lucero, Administrator

Residents in Action

The sun has been shining and it feels like summer is almost here. Last month, residents had fun crafting Easter projects and going on a scavenger hunt around the building. Woody from Merrymakers came to entertain, and we even had a baby goat visit us from Scatter Joy Acres. Residents sipped lemonade in the courtyard while enjoying the pleasant weather.



Alice becomes a flower for Good Friday.



Jim sprouts some petals on Good Friday.



Carol and Gretchen are a couple of flower gals.

Time really does fly! This past month our resident Mable turned 101, and we were happy to celebrate with her. In May, we are looking forward to hosting entertainers, enjoying the sun and playing games. From everyone at Hillcrest, we wish you a happy and safe May!



A curious baby goat visits us from Scatter Joy Acres.



Happy Birthday to Mable, who celebrated her **101st birthday this month!**

COTTAGES HAPPENINGS

We may have had showers, but we didn't let that This next month we look forward to doing more dampen our fun! This April was very Easter-centric. activities outside and creating more fun crafts, such Even our bingo and word searches were Easter themed! as the cards we made for some of our Hillcrest Home In May, we plan to play many more games of bingo and, Office friends. We wish everyone a joyful May full of hopefully, have many more visits from Pluto the Dog, who subbed in for the bunny on Easter day. comfort, good health and good weather!



Claudie shows off her Easter crafing skills.





Carroll and Pluto share a bonding moment.





Residents prep for some spring-themed card making.

Volunteer Zoey plays some Easter bingo with Carol.

Carol and Penny oblige Pluto with some belly rubs.

Betty and Sheila team up for Easter bingo.