

A Trilogy Senior Living Community



May 2019



Getting Involved with Theme Week

From April 29th to May 3rd, we celebrated our Chicago Speakeasy Theme Week. As the latest destination in our "Party in the USA" year, this event took us back to the 1920s for five days of jazz, black sequin headbands, and The Great Gatsby.

If you didn't have the chance to participate, or simply want to know more about similar events in the future, look no further! Here's everything you can expect when we celebrate our next Theme Week.

Party in the USA

As you've probably already noticed, we've designed each Theme Week this year to take you to a different place and celebration in America. In February, we brought out our gold and green to make our home look like New Orleans during Mardi Gras. With our latest Theme Dinner, everyone came together to discuss Manhattans and Martinis in our dining room-turned- Chicago speakeasy. We're already planning for our next destination, and we can't wait for you to see it!

Dressing Up

To make you truly feel like you're experiencing an extraordinary night in a new city, we encourage all of our residents to dress in their bestthemed outfits. Don't worry - your invitation will include additional details on how to best dress for the theme! Our staff will also help you look the part by handing out necklaces, hats, and other wardrobe pieces prior to the Theme Dinner.

Activities Galore

With the help of our Life Enrichment Team, we'll make sure that you're fully immersed in the theme that we're celebrating. In the past, we've had a Cajun lunch outing, created parade floats out of cardboard, hosted jazz bands, and taught each other how to do The Charleston.

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Happy Birthday!

Residents

Irene B.	May 02
Wilma D.	May 07
John S.	May 19
Katherine M.	May 19
Mary Sue C.	May 24
David L.	May 24
Staff	
Alexandra C.	May 03
Elisha B.	May 05
Shelby H.	May 06
Cheznie F.	May 11
April G.	May 17
Sydney P.	May 18
LeighAnn M.	May 24
Fran D.	May 27
Ashley B.	May 29
LimmieLynn Y.	May 31

Taste of Town

McDonald's brought back some memories to our residents. They told stories of taking the grandkids out for Happy Meals and milkshakes. An interesting fact we learned was that McDonald's originally sold hot dogs rather than the famous hamburger.





Greetings from Cedar Ridge Health Campus! Happy May!

As summertime approaches, we encourage you to enjoy the warm weather by taking a stroll through our garden. With grandkids about to be on vacation, you'll need all the "me time" you can get! It's an exciting time to be a member of our community, and we're excited to be kicking this month off in a very special way.

You might have noticed that some members of our staff have added a fedora to their uniform. Maybe you're wondering why your friend is donning a purple necklace with a feather boa to boot. If it feels like everyone has suddenly stepped back in time, you'd be right! With our latest Theme Week, the roaring 20s have come alive again to provide you with an authentic Chicago Speakeasy Experience.

Executive Director Corner

Flappers and gangsters alike recently sat side by side in our dining room to fully immerse themselves in the Theme Dinner. We served up Capone's Baked Ziti with Red Sauce, along with Breaded Veal Cutlet. The dessert, Bootleg Pineapple Upside Down Cake with Tommy Gun Rum Sauce, had everyone talking in what looked like a scene pulled straight from a noir film. And like most of my favorite films, I felt like I could've watched it forever.

Thank you to everyone who joined us for this adventure into the prohibition era. We can't wait for you to see the other Theme Weeks that we have planned for this year. If you're interested in participating, contact a member of our Life Enrichment to learn about how you can save yourself a seat!

Yours in Service,

Gomer Hurston Executive Director

SMILE OF THE MONTH

Brenda H. brings a smile everywhere she goes. She lights up when her husband Walter comes in the room (he's usually doing something to make everyone laugh). Brenda is active with crafts, singing hymns, going on road trips and playing Bingo.



Life Long Learning



Madeline M.-B. was a woman who stood for women and children Humanities

Chitaqua program presented Madeline to Cedar Ridge residents. During her short life she made a huge difference in Kentucky with women's rights and children in need.

Family Night

in the 1930's. KY

Out and About



A day trip to Mt. Sterling was a fun affair. We toured the Ruth Hunt candy factory, famous for the Blue

Monday candy bar. We watched the candy be made and was able to be the taste testers for the days fresh batch of cream candies. We had lunch at Cracker Barrel and enjoyed the ride home watching the rolling hills and the horse farms along the way.

Adolf Rupp and Dontaie Allen are two names you may hear in the same sentence as the University of Kentucky. During our family night we were visited by them both. Of course Asolf Rupp was a wonderful actor from the KY Humanities program. He recalled stories and told all about the life Coach Rupp. Dontaie is a name name to UK. He is a current high school basketball player in Pendelton County who has been name Kenucky's Mr. Basketball 2018/19. He will be joining the UK Wildcats after he graduates in May. Families enjoyed the special visitors as well as the delicious food, basketball themed décor and photo opportunities with the basketball legends and family members.



In May

You will see us begin our Campus in Color program. Resident will be planting flowers and maybe even an herb or vegetable garden.

Chicago is where we will theme our special dinner around on May 2, with 1920's style dress and dance.

Mother's Day Brunch will be on Mother's Day.

Take Note

Anyone wanting to volunteer to help with resident activities and road trips should contact **Crystal Prather in the activities** department. Families are encouraged to volunteer for any daily activity such as crafts, painting fingernails, calling bingo and going on road trips.

Eagle Award Winner



Brooke M. is being named May's Eagle award winner, during her short time here with

us, she's shown her compassion, dedication, and willingness to assist every resident here at Cedar Ridge. Brooke is always willing to help her fellow coworkers. She's always gives 100% while she's here and has the biggest heart which is why she is such a valued employee.



A Trilogy Senior Living Community

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> Somer Hurston Executive Director

Andrea Harkins, RN Director of Health Services Kacey Tucker Customer Service Representative

> Marilyn Carstens Business Office Manager

Crystal Prather Life Enrichment Director

Mary Martin Director of Food Services

Stay in the Loop 🛩 f

Keep up with latest campus news and happenings by following us on your favorite social networks!

We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call or email our Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

Newsletter Production by PorterOneDesign.com

'Theme Week'

It's natural to crave adventure, and we're always looking for new ways to bring that adventure to you. So while you wait for our next Theme Week, let us take you for a trip to town. Visit the Farmer's Market, or enroll in an art course with our *Lifelong Learning* program. And while you're enjoying yourself, we'll already be making plans for what you can do next.



Word Gearch

CELEBRATE

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ADVENTURE					DINNER				JAZZ				SPEAKEASY					
AMERICA					EXPERIENCE				MARTINI				THEME					

OUTFITS

WEEK

GALORE

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