

Sierra Ridge Memory Care
3265 Blue Oaks Dr.
Auburn, CA 95602

Postage
Information

Sierra Ridge Newsletter

November 2019

3265 Blue Oaks Drive, Auburn, CA 95603 [Tel:530-887-8600](tel:530-887-8600) License# 317005531

Community News

Welcome Amy!!



Meet **Amy Papp**, our new Director of Sales and Marketing.

Welcome Amy, we are very happy to have you as part of the Sierra Ridge management team!

Amy grew up in the Bay Area and moved to Roseville in 1998.

Amy has two daughters and an adorable black cat named Cleo.

Her Grandmother developed Alzheimer's in 1997-which lead her to work in the Assisted Living field.

In 2013, she worked with Joyce in a different Senior Community, found her passion and never looked back. She is thrilled to be part of our team.

Employee of the Month.



Congratulations Susy! We appreciate your hard work at being both a med-aide, as well as a caregiver!

Opportunities to celebrate in November.

Inspirational Role Models Month
American Indian Heritage Month

Author's Day
November 1

Men Make Dinner Day
November 7th



Veterans Day: U.S.
November 11

World Kindness Day
November 13

Rock Your Mocs Day
November 15

Thanksgiving: U.S.
November 28



Sierra Ridge Management Team

Joyce Perkins
Executive Director

Lynda Murray
Health & Wellness Director

Amy Papp
Sales & Marketing Director

Jennifer Fuston
Senior Business Office Manager

Colleen Magda
Senior Lifestyle and Leisure Director

Robert Selvester
Culinary Director

Mathew Ashtari Rad
Maintenance Director

Shannon King
Resident Care Coordinator

Mission Statement

Sierra Ridge is committed to being the leader in providing quality personal service for our residents while honoring the experience of aging through our In the Moment program.

Thanksgiving Lunch

Please join us for a
22nd of November
At 12 noon.

Please RSVP by 11/13 at slld@sierraridg.net or call 530-887-8600

We look forward to seeing you here!!

Fun Photo



Shannon enjoying time with Buzz while he eats his meal.

Grow a Mo, Bro



This November, you may notice more men than usual are sporting moustaches. These facial hair aficionados may be following the premise “Grow a Mo, Save a Bro,” in honor of Movember, a worldwide movement to raise awareness of men’s health issues.

The Movember movement began in 2003, when two Australian men, Travis Garone and Luke Slattery, shared a laugh over the demise of the moustache. Moustaches had not just fallen out of fashion, but they were deemed corny. Inspired by a friend who was fundraising for his mother’s breast cancer, these two friends decided that

they would grow big and funny moustaches as a fundraiser for men’s health issues. They asked people to donate 10 dollars per moustache. Before long, they had found 30 friends willing to grow a “mo” in support of their cause. Today, their worldwide moustache movement numbers five million “mo bros,” and over the past 15 years, they have raised \$837 million to combat men’s health problems such as prostate and testicular cancer, mental health problems, and suicide prevention. Whether you decide to grow a handlebar, a walrus, a goatee, or a pencil moustache, your facial hair will help men live longer and healthier lives.

Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew’s Day in Scotland, and many others. These holidays offer the perfect opportunity to “break bread” with loved ones. While many will literally be breaking bread at their feast tables, the expression “break bread together” denotes sharing more than just food, but also feelings of love, trust, and togetherness. Many believe that the phrase “breaking bread” originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or “Holy Communion.”

However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression “breaking bread.”

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. Baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. It is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.

Notable Quotable

“A kiss without a moustache is like an egg without salt.”

~ Old English Saying



Fun Photos



Kelly getting Halloween candy ready for the kids.



Carol tried hard not to eat the Halloween candy.

Jukebox Heroes

The day before you gather around the dining table for Thanksgiving, gather around the jukebox for Jukebox Day, and celebrate another American pastime!

The very first jukebox was installed by Louis Glass in San Francisco’s Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass’s own invention, a coin slot.

The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-slot phonograph machine earned over \$1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. His invention was a hit! So why was this device

called a “jukebox”? The term *juke* comes from the Elizabethan English word *jouk*, meaning “to dance or act wildly.” Before the jukebox, there were juke bands that played in seedy and boisterous juke joints. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to the far cheaper jukeboxes, which suddenly seemed to appear in every juke joint in America.

Notable Quotable

“Ninety-nine percent of the world’s lovers are not with their first choice. That’s what makes the jukebox play.”

~ Willie Nelson, country musician

