

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

Postage
Information



**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

Shannon King
Resident Care Director

Ryan Countz
Maintenance Director

Sierra Ridge Newsletter

April 2020

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

Community News

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.



SMILE!

Congratulations!!



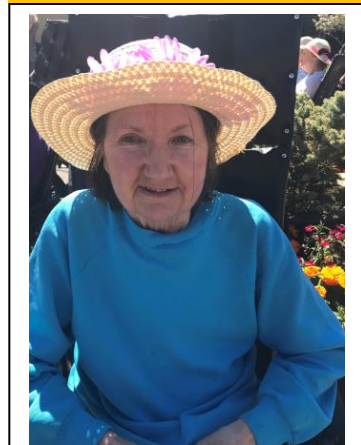
Ryan

Congratulations on your well-deserved promotion to Maintenance Director! Thanks for your diligent studying and for taking on this new responsibility. Families and coworkers appreciate everything that you do.

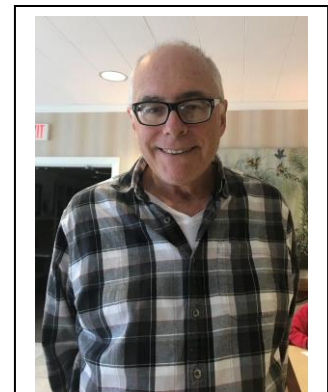
Happy Spring!

During stressful times like this, we want to remember to:

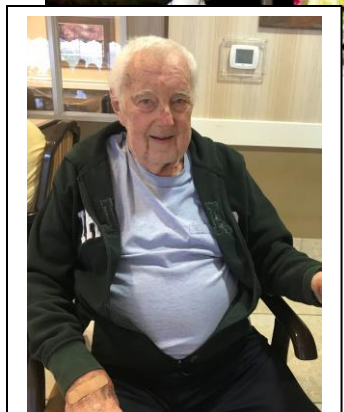
smile OFTEN
think POSITIVELY
give THANKS
laugh LOUDLY
love OTHERS
dream BIG



Penny



Tom



Jim

Celebrating April

Arab American Heritage Month

Poetry Month

Jazz Appreciation Month

Passover Begins
April 8



Easter
April 12

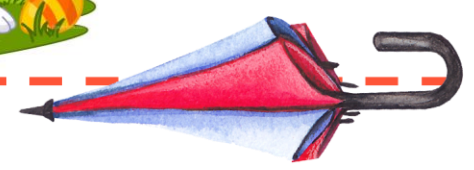
Gardening Day
April 14

Bulldogs Are Beautiful Day
April 21

Earth Day
April 22

Arbor Day
April 24

International Dance Day
April 29

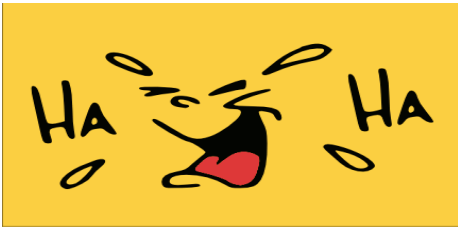


Out of the Mouths of Babes



Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit. Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a

healthy way to engage the world. And this may be why kids laugh so much more than adults. Children are filled with the sense of wonder that comes with learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the healthier we will be.



The Flying Debutante



Ruth Rowland Nichols was a pioneer of aviation during the 1920s and '30s, setting world records for speed, altitude, and distance. She received her pilot's license in 1924 after graduating from Wellesley College, becoming the first woman to receive such a license in the state of New York. It was on April 13, 1931, that Nichols established perhaps her most daring record of all. Flying a state-of-the-art 1928 Lockheed Model 5 Vega Special at a three-kilometer course in Carlton, Minnesota, she recorded a speed of 210.64 mph, a new world record. Nichols was dubbed "The Flying Debutante." Her Lockheed Vega is on display today at the Smithsonian's Air and Space Museum.

The "Surgeon's Photograph"

On April 21, 1934, *The Daily Mail* newspaper published the "Surgeon's Photograph," a photo snapped by London surgeon Kenneth Wilson that showed the neck and head of the Loch Ness monster plying the waters of the Scottish lake.

Although it was the most popular and exciting "evidence" of the Loch Ness monster, the Surgeon's Photo was not the first historical

mention of such a beast. A seventh-century biography of Saint Columba, an Irish missionary who brought Christianity to Scotland, tells of how St. Columba faced off with a monster at the Ness River that flows into Loch Ness. Then, in April of 1933, a couple traveling alongside Loch Ness witnessed "an enormous animal plunging and rolling on the surface" of the loch. The Surgeon's Photograph was

published a year later and rumors of a creature lurking the depths of the lake excited the world.

In 1994, after 60 years and countless expeditions to Loch Ness, the photo was revealed to be a hoax. The Surgeon's Photograph was a picture of a toy submarine affixed with a plastic sea serpent's head. Revelations of the fake, however, have not put off Nessie's many true believers.



Notable Quotable

"Whatever the truth, there is no denying that Nessie will continue to intrigue the world for years to come."

~ Jonathan, Bright, purported photographer of the Loch Ness monster

Beautiful Smiles from our Residents



Georgie getting a ride from Kelly in Kelly's chair. Friends having fun with friends.



Neske enjoying a snack while working on her puzzle