



Maple Ridge Memory Care
6 Freeman Woods
Essex Junction, VT 05452
(802) 872-1700

From the ED's Desk

My favorite color is **OCTOBER!**

Oh it has been a long 7 months since the world changed. I am ready for a little normal- at least whatever the new normal is going to be. Masks of course, but we miss all of you. All of our families who help make Maple Ridge all that it is!

And it is time. As you all know, Monday, September 28, we opened the doors. At least a little bit! It will be strange, but so good to see you all in the building again. It hasn't been the same without you.

I just want to remind you all what coming into the building looks like:
Here is the guidance for PHASE III:

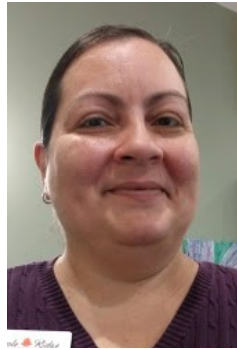
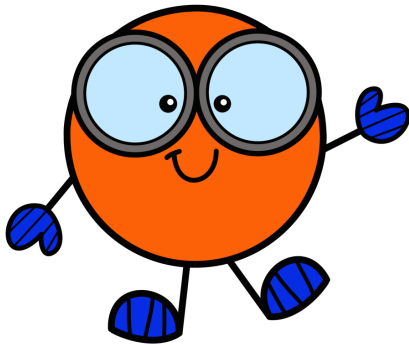
- Please call the front to schedule your 20 minute inside visit. The schedule will be the same. Visits every 20 minutes with 10 in between to sanitize.
- Visits begin at 9am and the last visit will be at 4:30pm
- 2 Visitors off the designated visitor list may come at a time-
The designated visitor list is still 4 people
- 3 residents may have visits at the same time
- Visits can **ONLY** take place in the resident's apartment.
Visits will not be permitted in the common areas.
- Check in process will be the same.
Ring the bell, have temperature taken and fill out the assessment form
- We will ask that you sanitize your hands upon arrival and, if possible, please stop in the dining room on your way to the apartment to wash your hands.
- Masks must be worn at all times
- You may bring food for the resident, but please do not eat with them-
this will require you to remove your mask.
- You may still take them out for a ride
- As a reminder to please, follow Vermont Travel guidance. If you need additional information please visit:
<https://accd.vermont.gov/covid-19/restart/cross-state-travel>

We know that this will be a work in progress for all of us. If you have questions please reach out and know that as we need to update the process we will. Thank you all for your patience and understanding! Here is to never having to close for 7 months again!

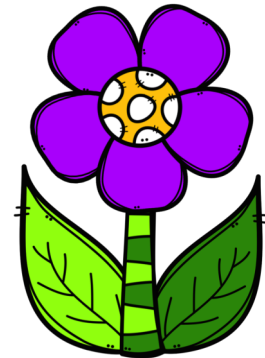
Katy Munzir
Executive Director



New Faces and Promotions



Maria Vargas



From the Maintenance Office

Halloween Safety Tips

Adults:

- Slow down and be especially alert for kids in neighborhoods
- Turn on your headlights
- Take extra time...look for kids in intersections, medians and on curbs
- Enter and exit driveways and alleys slowly
- Popular trick-or-treating hours: 5:30pm-9:30pm

Kids:

- Always trick-or-treat with an adult
- Only trick-or-treat in well-lit, familiar areas
- Never enter a stranger's home
- If trick-or-treating after dark, fasten reflective tape to costumes/bags
- Only eat treats after they have been checked out by your parents



Wishing you
a Safe and
Happy Halloween!

Justin Fisher
Maintenance and Housekeeping



From the Director of Nursing

This year with the pandemic of the Corona Virus it is even more important than ever to get the flu shot. Being vaccinated can increase the chance of staying healthy through the winter months.

When is the best time to receive the flu vaccine? Late October, explains Dr. Favini. Here's why: There's some evidence that getting a flu shot too soon in the season — such as August or September — might leave you with waning immunity by January or February, he says. That can be a problem, because flu season typically lasts through March, according to the Centers for Disease Control and Prevention. "This might be especially true for people over 65 who don't tend to have as strong of an immune response to vaccines," Dr. Favini says.

"On the other hand," he continues, "getting a shot early is dramatically better than not getting a shot at all. So while I tend to think that late October is the optimal time to get a flu shot, if you have a chance to do it sooner and might miss it later in the season, just go for it now." After getting poked, it'll take you about two weeks to build up immunity.

Jessica Jennings, RN
Director of Nursing

Anniversaries



4 Year

10/4 - Paul Krcmar

Birthdays

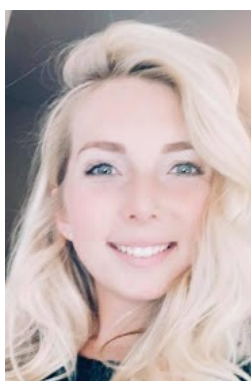


10/5 - Vedad Cicak
10/9 - Katie Usher
10/10 - Ashley Owens
10/11 - Skip Davis

10/20 - Beth Patterson
10/23 - Theresa Gabert
10/26 - Justin Fisher
10/31 - Avonlea Perretta



Shelby Sheridan



Care Provider

1. If you could listen to one song for the rest of your life, what would it be?
"Drop of Jupiter" - Train
2. What are three items you would take with you to a deserted island? **Snacks, Whiskey, My Dog Bella**
3. What's the farthest you have ever been from home?
Naples, Italy
4. What did you want to be when you grew up when you were in elementary school? **Dolphin Trainer**
5. What motivates you? **My Family and Friends**
6. What's your favorite thing to do when you are not working?
Play Softball!
7. What the best concert you have ever attended?
Jason Aldean and Luke Bryan
8. If you could be any animal, which would you be? **Koala**
9. What the next travel place on your bucket list? **Lake Tahoe!**



Resident Spotlight

Barbara Crowe

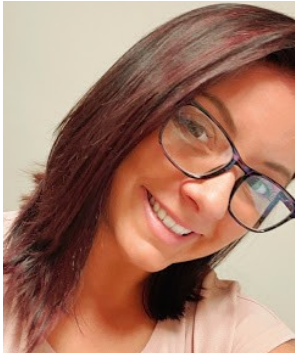


1. Where did you grow up? **Rothsay New Brunswick Canada**
2. Children? **Yes.** How many? Boys/Girls? **Three Girls**
3. What is your profession? **Nurse Administrator**
4. What are your hobbies?
Skiing, Skating, Sailing, Sewing, Knitting, All Sports, and Long Walks
5. What is your favorite food? **Chocolate**
6. What is your favorite color? **Blue**
7. What is your favorite music? **Classical Music**
8. What's one thing you are the most proud of in your life?
My Three Children
9. Anything else people should know about you?
 - **Married to one man for 43 years.**
 - **Traveled all over the US and Canada.**
 - **Bought a house in Exeter, NH and raised the children.**
 - **All three of the children went to college and are successful.**
 - **She has 4 grandchildren.**



Director Spotlight

Brianna Wigmore



**Business Office
Director**

1. If you could listen to one song for the rest of your life, what would it be? **Far Away by Nickleback**
2. What are three items you would take with you to a deserted island? **Phone, Water, My Dog**
3. What's the farthest you have ever been from home?
Dominican Republic
4. What did you want to be when you grew up when you were in elementary school? **A Vet**
5. What motivates you? **Stability**
6. What's your favorite thing to do when you are not working?
Volleyball
7. What's the best concert you have ever attended?
I Love the 90's
8. If you could be any animal, which would you be? **A Horse**
9. What's the next travel place on your bucket list? **Hawaii**



From the DCR Office

Thank you to our wonderful families for supporting and participating in our first "Maple Ridge Mini" Alzheimer's walk. It was a fun and windy day with a surprise visit from channel 5 news! The generosity of our families at the walk and donations received through the Maple Ridge Team is now over \$3000. It's an honor to be a part of such a great community.

Enjoy the beautiful colors of Fall and take the time to go apple picking!

Jane Samuelsen, CDP
Director of Community Relations

