



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

From the ED's Desk

Happy November! I can't not believe that it is November and that my cute little nugget, Ezra, is turning 2! Wasn't he just born and I was on maternity leave. Baby Shark birthday party here we come!

I am sad he hasn't been able to be around these last few months, with all that is going on in the world, but I love showing his pictures and videos off to the residents. And hopefully, with all of you too, he will be able to visit soon.

With that said! Let's talk about visitations. I know it has been so hard for some of you to get here during visiting hours and that makes it impossible for you to see your loved ones. So, effective November 1st, I will be changing the hours. Visiting hours will be the same as the hours before COVID, 8am-8pm.

I request that you still follow the protocol of calling and scheduling your visit. 20 minutes for the visit and ALWAYS have your mask on. Staying in your loved ones room is always important. I know it can be hard, and I am ok with them walking you to the door, but please do not walk around the facility during your visit.

We are starting to test the staff monthly, just as a precaution. It is not a requirement, but we feel a good idea. I am happy to announce that our OCTOBER testing was 100% negative! We will continue to test all the staff monthly until further notice.

I know the holidays are coming and this is so hard to know you can't take loved ones home, but please know we will be making Maple Ridge as festive as possible for all holidays this holiday season. We will post pictures and do all we can to make you a part of this holiday season!

As always, thank you all for your support during this time and understanding as we navigate all of this together.

Katy Munzir
Executive Director



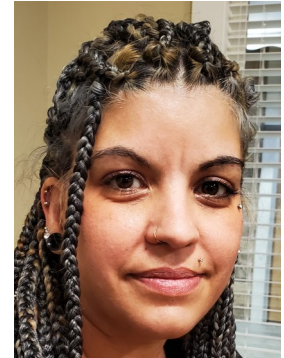
New Faces and Promotions



Taviah Williams
Activities Assistant



Katherine Parker
LNA



Patricia Wiggins
LNA



Stephanie Wilson
LNA



From the DCR Office

It's wonderful to see our Maple Ridge families back in the community. We've missed seeing you and the joy you bring to the residents. We have welcomed a few new residents to the community and look forward to getting to know their families as well.

As November approaches, it's a great time to think warm thoughts and to remind ourselves of all that we are thankful for.

See you around Town,

Jane Samuelsen, CDP
Director of Community Relations



From the Memory Care Director

The Benefits of an Attitude of Gratitude

During the season of Thanksgiving, we tend to focus on those things in our life. However, did you know that *Psychology Today* says there are 7 scientifically proven benefits to having an attitude of gratitude?

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.



For more information about these benefits or how they reached these conclusions, visit <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>

Teri Litchfield, LPN
Memory Care Director

Anniversaries



4 Year

11/2 Angela Howard
11/8 David Fuqua

2 Year

11/20 Blake Chouinard

1 Year

11/7 Avonlea Perretta
11/20 Laurence Wallace

Birthdays



11/3 Don Lorraine
11/7 Rich Reed
11/7 Jan Villeneuve
11/11 Jim Rush

11/18 Shannon Huston
11/24 Naya Ubushin
11/27 David Fuqua



Avonlea Perretta



Med Tech

1. If you could listen to one song for the rest of your life, what would it be?
"Mood Swings" by a boogie wit a hoodie.
2. What are three items you would take with you to a deserted island? **Knife, Tent, Soap!**
3. What's the farthest you have ever been from home?
Florida
4. What did you want to be when you grew up when you were in elementary school? **Vet / Teacher**
5. What motivates you? **My Boys 9 & 5**
6. What's your favorite thing to do when you are not working?
Cook & Dance with my kids
7. What the best concert you have ever attended?
She's never been to one.
8. If you could be any animal, which would you be? **Cheetah**
9. What the next travel place on your bucket list?
Michigan / Australia



Resident Spotlight

Jim Young



1. Where did you grow up? **South Burlington, VT**
2. Children? **Yes.** How many? Boys/Girls?
1 Boys (Peter). 1 Grandson (Josh).
3. What is your profession? **Air Traffic Controller in VT Burlington Tower and NY Kennedy Tower.**
4. What are your hobbies?
Swimming, and Hiking.
5. What is your favorite food? **A lot. Fond of BBQ Chicken Wings.**
6. What is your favorite color? **Dark Blue.**
7. What is your favorite music? **Country.**
8. What's one thing you are the most proud of in your life?
Ed, his older brother. They would hike in the beautiful Colorado Mountains. Ed had a huge impact on his life.
9. Anything else people should know about you?
 - **Jim loves happy people and lifting weights.**
 - **He has been to Puerto Rico.**
 - **He has a beautiful wife name Diana.**

From the Maintenance Office

10 Tips To Winterize Your Home

1

Inspect Your Roof And Clean Out The Gutters

Check for broken shingles and holes. Seal holes with a water tight caulk. Scoop out the leaves and debris from the gutters.

6

Winterize Exterior Faucets And Sprinkler Systems

Insulate your outdoor faucets with a foam cover. Drain any excess water from your sprinkler system or garden hoses.

2

Check Out Snow And Ice Removal Supplies

Stock supplies, including salt for de-icing, as well as, a snow blower or shovel for clearing the driveway.

7

Check Your Windows And Door Seals

Check windows and door seals for drafts or air leaks. Caulk over troubled areas or call in a professional for replacing a window.

3

Clean Out Your Air Ducts

Clean out air ducts at least once a year. Replace the furnace filters and check the connection between the furnace and the thermostat.

8

Replace Batteries

Change your batteries in all of your smoke alarms and carbon monoxide detectors. Change these batteries every six months, and test them monthly.

4

Check Your Dryer Vent To Prevent Fires

Clear that thick layer of lint. Check the dryer's lint trap and ductwork, and clean out any built-up lint or debris.

9

Wrap Pipes To Prevent Freezing

Insulating exposed pipes with foam covers or towels could save you the damage and hassle of a busted pipe.

5

Have Your Fireplace And Chimney Checked

Check for buildup and make sure the damper and flue are functioning properly. If needed, call a professional chimney sweeper.

10

Add Insulation To The Attic And Basement

Add extra insulation to your attic ceiling and basement walls. Use traditional insulation or spray-foam as a barrier.



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