



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

"Patience is not passive. On the contrary, it is concentrated strength."
- Bruce Lee -

Happy February!

Wow...it has been almost a year since we have all changed our lives due to the COVID pandemic. Hard to imagine! But as I write this Maple Ridge is one vaccine down and scheduled for our 2nd on February 3rd! We are happy to report that out of 78 vaccines given out only 1 had a reaction. We are hoping for the same (or less!) the next round. We are hopeful for the day all our loved ones can get the vaccine too.

I continue to watch the numbers in Chittenden County daily and so far they are not moving. I am hopeful that more people who get vaccinated and the more people who continue to follow the safety protocols in place by our state that we will see numbers decrease soon. I anxiously wait for the day to say to all of you that you can come back in and enjoy life inside Maple Ridge.

As we wait for our first big Nor'easter of the season - hard to imagine it is February we haven't had one yet- I hope you all stay safe and warm in the Vermont winter.

Until next time...

Katy Munzir, CDP
Executive Director



New Faces and Promotions



Daniel Ortiz
LPN



Abbigail Boyd
Care Provider



Joyce Hemingway
Care Provider



Kassidy Jordan
Care Provider



Katie Driver
DCR - Maple Ridge Lodge

Birthdays



2/3 Barb Hanson
2/8 Joanne Magoon
2/8 Carolyn Church
2/9 Stanley Barrows
2/19 Peggy Bechard
2/19 Jane Lacaille
2/22 Michele Larmay
2/22 Ethan Brill
2/27 Kari Orost

From the Director of Community Relations

I hope you are all staying warm and finding creative ways to spend time with your loved ones.

We have been very fortunate to be able to, under precautionary measures welcome new residents and family members during this difficult time. Most of all we look forward to welcoming all of you back!

I'm sure you have noticed the new Assisted Living Building under construction next door. It's going to be a beautiful residence and a wonderful addition to our campus.

See you around town,
Jane Samuelsen
Director of Community Relations



Resident Spotlight

Inez Rush



1. Where did you grow up? **Brownsville, TX**
2. Children? **No.**
3. What is your profession?
English Teacher for the military in Iceland
4. What are your hobbies?
Swimming in a pool
5. What is your favorite food? **Steak, Fish, Chicken**
6. What is your favorite color? **Redish Orange**
7. What is your favorite music? **Used to like rock and roll, but now likes something smoother**
8. What are you most proud of in your life?
Speaking 2 languages, teaching, and traveling
9. Anything else people should know about you?
Likes Burger King. Close to her Niece.



Alyssa Audet



LNA / MedTech

1. If you could listen to one song for the rest of your life, what would it be? **7 Summers by Morgan Wallen**
2. What are three items you would take with you to a deserted island? **Phone, pup, and coffee**
3. What's the farthest you have ever been from home?
Texas
4. What did you want to be when you grew up when you were in elementary school? **Hair Dresser**
5. What motivates you? **Family**
6. What's your favorite thing to do when you are not working?
Shopping and playing with puppy
7. What's the best concert you have ever attended?
Never been to a concert
8. If you could be any animal, which would you be? **Cat or Dog**
9. What's the next travel place on your bucket list?
Las Vegas!



Director Spotlight

Jessica Jennings



Director of Nursing

1. If you could listen to one song for the rest of your life, what would it be? **Wild Child by Grace Potter and Kenny Chesney**
2. What are three items you would take with you to a deserted island? **My Dog- Kyrie, Cell Phone, Blender**
3. What's the farthest you have ever been from home? **Guam**
4. What did you want to be when you grew up when you were in elementary school? **Athletic Training for the Boston Celtics**
5. What motivates you? **My boys**
6. What's your favorite thing to do when you are not working?
Spending time with family and Spinning
7. What's the best concert you have ever attended?
U2 or Tom Petty
8. If you could be any animal, which would you be? **Dog**
9. What's the next travel place on your bucket list?
Key West, Scotland or Ireland

From the Director of Nursing

Heart Healthy Living ♥

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being.



Learn more about living a heart-healthy lifestyle, our role in research and clinical trials to improve health, and where to find more information visit <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>

To be heart healthy:

- ♥ Understand Your Risks
 - ♥ Get your Blood Pressure and Cholesterol taken with your physician.
 - ♥ Choose heart healthy foods.
 - ♥ Maintain a healthy weight.
 - ♥ Manage Stress
- ♥ Exercise: Walking is a great way to stay in shape.
 - ♥ Quit Smoking.
- ♥ Get a great nights sleep.

Jessica Jennings, RN
Director of Nursing

From the Maintenance Office Hydration is Essential

There are countless physical and mental health benefits of keeping hydrated, which have significant influence on performance.

Your body needs water!

When you take a look at the amount of water present in the various parts of a healthy, hydrated body, you will begin to understand the importance of being properly hydrated at all times. Overall, the human body is made up of approximately 70% water, with certain organs containing much higher ratios than this.



90%
of the mass of
your lungs is
actually water.



85%
of your blood is
water, believe
it or not.



80%
of your skin's
mass is made
up of water.



75%
of your brain's
composition is
in fact water.



75%
of your muscles
are made up of
water.



24%
of human
bones consist
of water.



4 cups of coffee

Try to persuade employees to drink no more than 4 cups of coffee a day as caffeine is a leading cause of dehydration.

A hydrated body is a healthier body



2 litres of water

Most experts agree that drinking at least 2 litres of water a day will prevent dehydration.



Physical performance

It is not unusual to lose 5% to 10% of your body's water content during vigorous exercise.



Energy, focus, & brainpower

Dehydration can lead to lack of energy, difficulty in concentrating, and sub-optimal brain function.



Headache relief

Dehydration is believed to be a major factor in the occurrence of headaches and migraines.



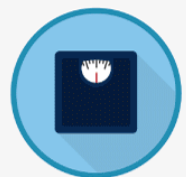
Better metabolism

Correctly hydrated people are less likely suffer from constipation, which is an excellent reason to increase your water consumption.



Regulating moods

Several studies have proven dehydration can lead to negative moods and interfere with a person's ability to think rationally.



Faster weight loss

If you are on a calorie-controlled diet, research has shown drinking several litres of water can help boost your metabolism.

Source: waterlogicaustralia.com.au

Justin Fisher
Maintenance and Housekeeping Director