



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

"Nobody claim 2021 as their year! We're gonna be good, walk in real quiet, and don't touch anything!"

This is hopefully how everyone is going to enter 2021! When I first saw this I giggled and then I thought "Yes...please if we are all quiet about it maybe everything will turn around"

2020 was a year...I am not sure there is one word to describe it - But it wasn't all bad. I think the majority of us learned to appreciate the small things, appreciate each other, appreciate time whether you have been home for months or working in this pandemic- time has become precious.

I was hoping that by the time I sent this I would have more information on a date for the vaccine. But as of right now I do not. I did speak to the pharmacy and they are hoping to have a date for us in early January. Thank you to everyone who has gotten us back the consent forms. If you have not or have any questions please reach out.

I will alert you all as soon as I know when our first clinic for the first dose will be. I hope to be able to make some adjustments to visitation in early January also. I keep an eye on the numbers in Chittenden county everyday and I am just waiting for them to turn a corner!

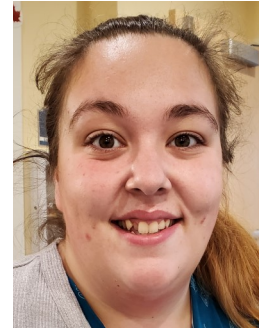
I am hopeful for a bright and non-social distanced 2021! I am a hugger and I miss hugging so here is to hoping we can all hug again in 2021!

Happy New Year!

Katy Munzir, CDP
Executive Director



New Faces and Promotions



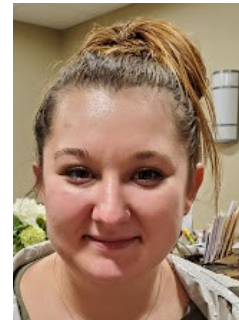
Allie Begins
Care Provider



Tasha Stallings
LNA



Kari Orost, RN
Resident Care Director



McKayla Whitney-Coolbeth
Care Provider

Anniversaries



3 Year

1/2 Amber Giroux

1 Year

1/2 Kirsten Fuller
1/15 Ashley Owens

Birthdays



1/9 Carol Upham

1/23 Jim Young

1/29 Marge Beck



Changes at Maple Ridge

I would like to take a minute to let you all know about some changes in the nursing department.

> Teri Litchfield has stepped into our Day Charge Nurse position. Teri is an asset to the team and we are excited to see her back in the nursing role.

> Jessica Jennings, RN joined the team in August as the Director of Nursing. Jessica will be the campus DON when the new building opens this summer spending time at both locations.

> In December, we welcomed Kari Orost, RN to the team as the new Resident Care Director. Kari will be overseeing the day to day nursing department here at Maple Ridge. She is in charge of both care needs and nursing needs. If you have any questions or concerns about your loved one or simply want to introduce yourself please reach out to Kari at korost@mapleridgeessex.com.

We look forward to opening up and letting everyone meet in person!
Thank you,

Katy Munzir, CDP
Executive Director

Resident Spotlight

Jan Villeneuve



1. Where did you grow up? **Fairfield, VT**
2. Children? **Yes**. How many? Boys/Girls?
1 Boy (Tom) - 1 Girl (Julie)
3. What is your profession?
Secretary for Immigration
4. What are your hobbies?
Music - Billy Joel
5. What is your favorite food? **Hot Dogs**
6. What is your favorite color? **Blue**
7. What is your favorite music? **Jazz**
8. What are you most proud of in your life?
Job, Kids, and Traveling to Europe
9. Anything else people should know about you?
Not that she can think of.



David Fuqua



Concierge

1. If you could listen to one song for the rest of your life, what would it be? **I have eclectic taste in music; currently The Doctor by the Doobie Brothers gets me through the day.**
2. What are three items you would take with you to a deserted island? **A large Bowie knife, an Axe and the Boy Scout Handbook.**
3. What's the farthest you have ever been from home? **In March of 2013, I inadvertently got my feet wet in the incoming North Sea tide near the Bay Hotel in Robin Hoods Bay, County North Yorkshire, UK.**
4. What did you want to be when you grew up when you were in elementary school? **U.S. Forest Service Ranger.**
5. What motivates you? **I would have say Family and Coffee.**
6. What's your favorite thing to do when you are not working? **Going on Drive Abouts with my wife.**
7. What's the best concert you have ever attended? **Chris Thile and the Punch Brothers at the Flynn; we even had the chance to meet with them after the show.**
8. If you could be any animal, which would you be? **A Wolf.**
9. What's the next travel place on your bucket list? **I'd like to pack the car and drive around exploring the U.S.A. with my wife, the Ultimate Drive About.**



From the Director of Nursing

What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-nCoV/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is ____ °F or ____ °C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.
(type and dose or amount)



Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose.

Learn more about v-safe.
www.cdc.gov/vsafe



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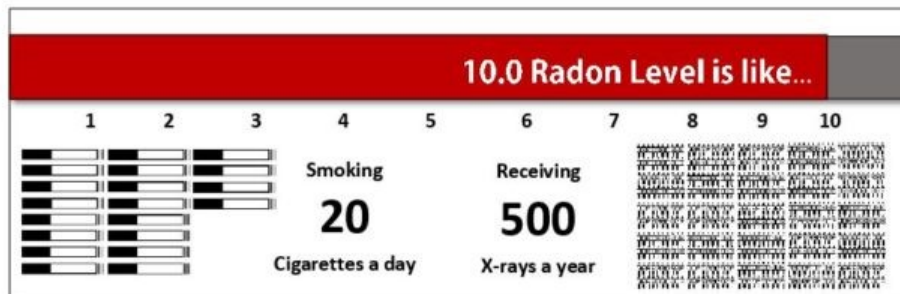
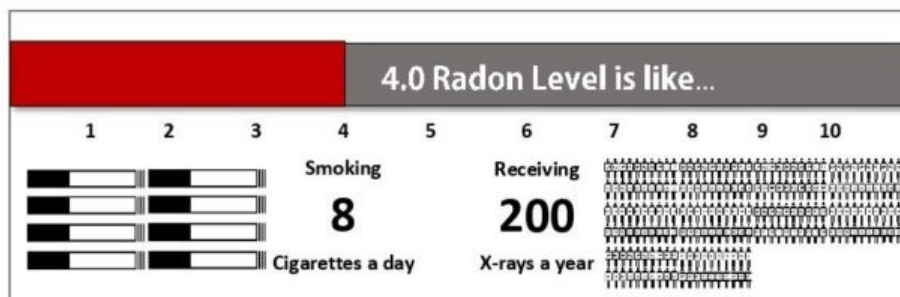
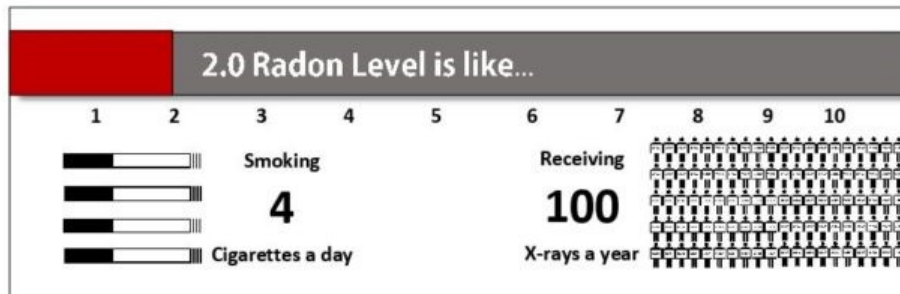
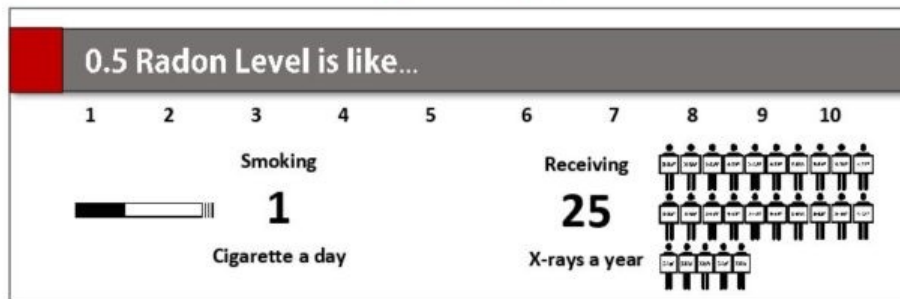
cdc.gov/coronavirus

Jessica Jennings, RN
Director of Nursing

From the Maintenance Office
January is Radon Awareness Month

RADON FACTS

How low do you want your levels?



www.AmericanRadonMitigation | 612.790.2928
Source: Healthy Air Solutions <http://www.indoor-air-health-advisor.com/>

For more information about radon, please visit
<https://www.epa.gov/radiation/what-radon-gas-it-dangerous>

Justin Fisher
Maintenance and Housekeeping Director