



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

“There is no exercise better for the heart than reaching down and lifting people up.”  
-John Holmes

I can't believe it is April already! I think I start every month that way, but this year is just so exciting for many reason. As I stated in my last newsletter, I have hired an Assistant Executive Director who will be taking my office here at Maple Ridge Memory Care. Her name is Jennifer Hanley and she is very excited to become a part of our team. I want to take the time to introduce her to you all!

*Hello,*

*My name is Jennifer Hanley. I have worked in Geriatrics since 2007. I have had many roles in this field starting out as an LNA, Med Tech, Business Office Director, and now the absolute honor of assuming the role of Assistant Executive Director here at Maple Ridge Memory Care. It is my heartfelt intention to continue to provide a safe and nurturing home for our residents and continue to build a positive and cohesive team.*

*Outside of work, I am a mom to four amazing kids. I have three girls and one boy ages 19, 17, 15, and 8. I keep telling myself that they are getting older and I've stopped aging lol. In my free time you can find me discovering new hiking trails, sitting on the beach watching a sunset, reading a good book in my hammock, trying out new recipes on my kids, or working on my next DIY project.*

*I am genuinely looking forward to meeting and getting to know the staff and residents here at Maple Ridge and continuing my calling of caring for others.*

Please stop by and introduce yourself to Jennifer and get to know her. I will still be with her for most of April but will slowly transition to the Welcome Center at the Essex for Maple Ridge Lodge. BUT I promise you all I am not going anywhere and I am excited to see all the changes that are coming to the Maple Ridge Campus.

Thank you all,  
Katy Munzir, CDP  
Executive Director

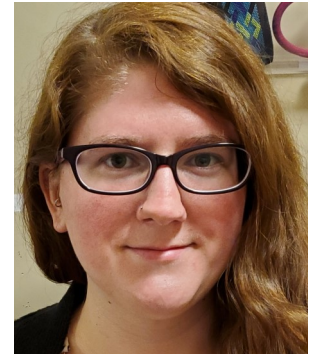


April 2021

## New Faces and Promotions



Lilac Brown-Fisher  
Care Provider



Megan Kittell  
Care Provider



Hailey Morgan  
LNA



Jennifer Hanley  
Assistant Executive Director



Kyra Wright  
LNA

## Anniversaries

### 1 Year

4/1 Kayleigh Covillion

### 2 Years

4/29 Brianna Wigmore



## Birthdays

4/1 Jane Samuelsen  
4/8 Kayleigh Covillion  
4/17 Harold Stewart  
4/20 AJ Spellman  
4/20 Lea Williams  
4/22 Jack Stano

April 2021

## Big Changes Ahead

With the opening of Maple Ridge Lodge in July we are planning ahead for what the campus will look like. This means bringing new people onto the team. I introduced Jennifer in my article, but we have also welcomed Kate Driver as the Director of Community Relations for the Lodge.



We are sad to see Paul Krcmar and Justin Fisher move on from Maple Ridge, but we wish them all the best in their new endeavors in life. We are currently looking for both a Food Service Director and Maintenance Director for the campus. But we can't wait to bring them on and introduce them in the coming weeks.

We know this might seem like a lot of changes, but we assure you that we all have the same goal in mind and that is giving the best life to everyone in the Maple Ridge family.

Any questions please let me know.

Thank you all,  
Katy Munzir, CDP  
Executive Director

## From the Director of Community Relations

Spring has finally arrived, although it's not quite sure if it's staying.

Bekah and I are working on a few exciting events in the coming months, one of which is a the Longest Day fundraiser for the Alzheimer's Association (June 20, 2021). Stay tuned for the details.

So great to see you back in the community!

Jane Samuelsen  
Director of Community Relations



## Director Spotlight

**Kari Orst, RN**



**Resident Care  
Director**

1. If you could listen to one song for the rest of your life, what would it be? **Beautiful Crazy- Luke Combs**
2. What are three items you would take with you to a deserted island? **Phone, Books, Matches**
3. What's the farthest you have ever been from home? **Hawaii**
4. What did you want to be when you grew up when you were in elementary school? **Pediatrician**
5. What motivates you? **My bills (hahaha)**
6. What's your favorite thing to do when you are not working?  
**Spend time with family**
7. What's the best concert you have ever attended? **Luke Combs**
8. If you could be any animal, which would you be? **Bird (Any Bird)**
9. What's the next travel place on your bucket list? **Ireland**

## Resident Spotlight

**Janice  
Jordan**



1. Where did you grow up? **Newport, VT**
2. Children? **Yes. Boy/Girls? 1 Son, 1 Daughter**
3. What is your profession? **Speech Language Pathologist**  
**Worked with VNA for 18 years**  
**Tested hearing and taught swallowing techniques**
- What are your hobbies? **Plays organ - self taught**  
**Writing emails, Reading mystery and romance novels**
5. What is your favorite food? **Spaghetti and Meatballs**
6. What is your favorite color? **Blue**
7. What is your favorite music? **1950s & 1960s Music**
8. What are you most proud of in your life?  
**Cooked for Richard and Pat Nixon when doing 4H at New England Fair - had flour on hands when she shook their hands**
9. Anything else people should know about you?  
**Traveled 47 of the Continental US States**  
**Been to Hawaii**  
**Bucket List: Alaska and Louisiana**



**McKayla  
Whitney-Coolbeth**



**Care Provider**

1. If you could listen to one song for the rest of your life, what would it be? **Grandpa Tell Me 'Bout the Good Ol' Days**
2. What are three items you would take with you to a deserted island? **Dog, Camera, Music**
3. What's the farthest you have ever been from home?  
**Alabama**
4. What did you want to be when you grew up when you were in elementary school? **Farmer**
5. What motivates you? **Family**
6. What's your favorite thing to do when you are not working?  
**Work around farm**
7. What's the best concert you have ever attended?  
**Country Fest**
8. If you could be any animal, which would you be? **Elephant**
9. What's the next travel place on your bucket list?  
**Anywhere with blue water**

**Available Services**

**Sandy Starr  
Hair Services  
Every Tuesday**

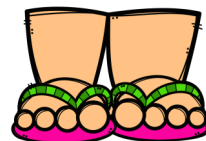
For an appointment:  
Contact Sandy  
(802)734-1667 or  
starrstyles2013@yahoo.com



**UVM Foot Clinic  
Specialty Foot Care Services  
Once Per Month**

Next Visit: March 25th  
\$50 per visit  
Visits will resume with the safe protocols we  
have put together to ensure everyone's health  
and safety.

For an appointment:  
Contact Jess  
(802)872-1700  
Or  
jjennings@mapleridgessex.com





## **From the Director of Nursing APRIL 16th - NATIONAL HEALTHCARE DECISIONS DAY**

National Healthcare Decisions Day educates and empowers the public and healthcare providers to take part in important advance care planning.

In the absence of an advanced directive, medical personnel rely on family members to determine what a patient's wishes might be. Family members also often struggle to make these difficult decisions. However, many of these difficult decisions can be avoided with advanced planning.

The observance emphasizes the importance of advance directives, and national, state and community organizations come together in a collaborative effort to promote the day. These entities are working together to ensure the availability of the information, opportunity, and access needed to document health care decisions.

While advance care planning seems like a difficult discussion, the alternative leaves family members struggling to make the decision for you. Completing an advanced directive removes the burden from our loved ones. It also frees us to have more pleasant conversations in the future.

### **HOW TO OBSERVE #HealthcareDecisionsDay**

Plan ahead for your important healthcare decisions. Find the documents you need now, complete them, and put them where they are easily accessible. Discuss your decisions with your loved ones. Let them know where your documents are in the event you have a healthcare event, too. Encourage other family members to complete an advance directive, too.

**You can locate the Vermont Health Care Form here:**

**<https://vermont-directive-health-care-form.pdfFiller.com/>**

Source: <https://nationaldaycalendar.com/national-healthcare-decisions-day-april-16/>

Jessica Jennings, RN, CDP  
Director of Nursing



## From the Maintenance Office

# APRIL IS DISTRACTED DRIVING AWARENESS MONTH



of drivers believe “infotainment” dashboards and hands-free technology in vehicles must be safe.



When listening or talking on a phone while driving, brain activity decreases by up to 1/3 causing drivers to lose focus.



of drivers believe talking on a cell phone while driving makes no difference on their driving performance, but texting or emailing does.



When using a mobile device, drivers can miss seeing up to 50% of what’s outside the vehicle.

Sources: National Safety Council and National Highway Traffic Safety Administration

Remember: Hands free is not risk-free. Hands-free cellphone technology includes an ear piece, a speaker-phone and using dashboard features that allow you to talk, text, even email, and access social media.

Image Source: American Family Insurance

Justin Fisher

Maintenance and Housekeeping Director

April 2021

## March Scrapbook

