



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

"Act as if what you do makes a difference! Because it does!"
William James

May flowers...right?? At least that is what we are hoping for. Although, as I write this we are watching the snow melt that we got this week. So, here is to hoping we have May flowers!

April we said Happy Retirement to our glue that keeps us all together, Barbara Hanson! Barb was with us for almost 5 years and to say she did a lot is an understatement. Barb kept all of us in line and made sure all the needs were met across the board. She will be greatly missed and we look forward when she comes back to visit, as she will always be family.

Michele Larmay, who many of you know from working the front desk in the evening, will be taking over the full time day shift head concierge position. We are excited to see Michele grow with us and look forward to having her around more.
Congratulations Michele!

We have also promoted AJ Spellman to be the Memory Care Food Service Director. AJ has been with us for 4 years and he has grown and learned so much in his time with us. We already see so many amazing ways he is incorporating the kitchen into the community. Thank you AJ and Congratulations!

We have hired a Senior Food Service Director who will be primarily at the LODGE when it opens, but also will have a hand in the kitchen here with AJ. His name is Tim Brockmyre.

Chad Beisswanger has joined the team as our new Maintenance Director. So, please make sure to say hi or introduce yourself as you see them around the community.

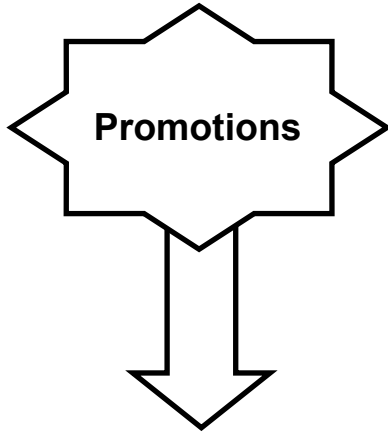
I hope you have all gotten a chance to meet Jennifer also! If not please do stop in her office (formally my office!) and say hi! She has been a great addition to the Maple Ridge family.

Hope we are all enjoying warmer weather while you are reading this!

Katy Munzir, CDP
Senior Executive Director



New Faces and Promotions



Timothy Brockmyre
Food Services Director



AJ Spellman
Assistant Food Services Director



Allie Begins
Med Tech



Michele Larmay
Head Concierge

Anniversaries

1 Year
5/6 Emily Rachek

4 Years
5/9 Amy Macbeth



Birthdays

5/3 Hailey Morgan
5/5 Pamela Ainsworth
5/6 Charles Amico
5/19 Alice Thomas
5/25 Nancy Bredice



**Joyce
Hemingway**



Care Provider

1. If you could listen to one song for the rest of your life, what would it be? **Amazing Grace**
2. What are three items you would take with you to a deserted island? **Water, Bible and a sharp knife**
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? **A dancer**
5. What motivates you? **Love**
6. What's your favorite thing to do when you are not working?
Nothing ☺
7. What's the best concert you have ever attended?
Newsboys, close second is MercyMe
8. If you could be any animal, which would you be? **A horse**
9. What's the next travel place on your bucket list?
Israel and then Ireland



Resident Spotlight

Helen Tart



1. Where did you grow up? **Essex Junction, VT**
2. Children? **Yes** Boy/Girls? **3 Sons**
3. What is your profession? **Worked at IBM**
4. What are your hobbies?
Gardening, Quilting, Singing, Reading
5. What is your favorite food? **Seafood**
6. What is your favorite color? **Lavender**
7. What is your favorite music? **John Denver**
8. Anything else people should know about you?
**Straight Shot at Archery
Lumberjack Games Champion**

Available Services

Sandy Starr
Hair Services
Every Tuesday

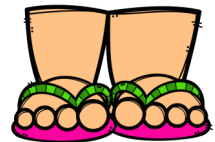
For an appointment:
Contact Sandy
(802)734-1667 or
starrstyles2013@yahoo.com



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



Happy Mother's Day

From the Director of Nursing May is National Arthritis Month

What is arthritis?

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA).

The symptoms of arthritis usually develop over time, but they may also appear suddenly. Arthritis is most commonly seen in adults over the age of 65, but it can also develop in children, teens, and younger adults. Arthritis is more common in women than men and in people who are overweight.

Joint pain, stiffness, and swelling are the most common symptoms of arthritis. Your range of motion may also decrease, and you may experience redness of the skin around the joint. Many people with arthritis notice their symptoms are worse in the morning.

How is arthritis diagnosed?

Seeing your primary care physician is a good first step if you're unsure who to see for an arthritis diagnosis. They will perform a physical exam to check for fluid around the joints, warm or red joints, and limited range of motion in the joints. Your doctor can refer you to a specialist if needed.

How is arthritis treated?

The main goal of treatment is to reduce the amount of pain you're experiencing and prevent additional damage to the joints. You'll learn what works best for you in terms of controlling pain. Some people find heating pads and ice packs to be soothing. Others use mobility assistance devices, like canes or walkers, to help take pressure off sore joints.

Improving your joint function is also important. Your doctor may prescribe you a combination of treatment methods to achieve the best results.

Medication

A number of different types of medication treat arthritis:

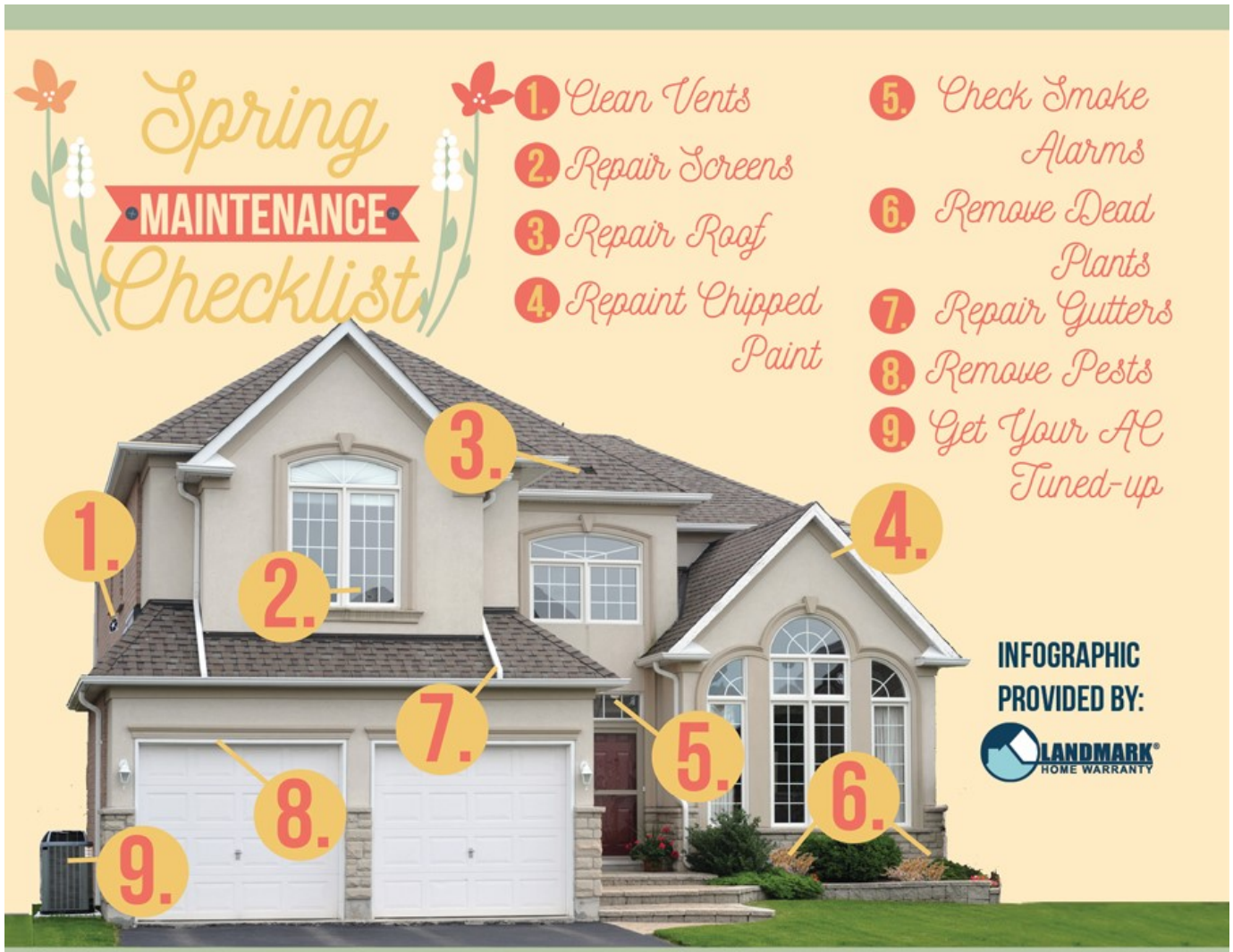
- *Analgesics*, such as hydrocodone (Vicodin) or acetaminophen (Tylenol), are effective for pain management, but don't help decrease inflammation.
- *Nonsteroidal anti-inflammatory drugs (NSAIDs)*, such as ibuprofen (Advil) and salicylates, help control pain and inflammation. Salicylates can thin the blood, so they should be used very cautiously with additional blood thinning medications.
- *Menthol or capsaicin creams* block the transmission of pain signals from your joints.
- *Immunosuppressants* like prednisone or cortisone help reduce inflammation.

Source: <https://www.healthline.com/health/arthritis#causes>

Jessica Jennings, RN, CDP
Director of Nursing



From the Maintenance Office



From the Director of Community Relations

Happy May!

Looking forward to the Spring flowers and seeing more of our Maple Ridge families out and about. We had the pleasure of welcoming a few new residents and family members recently and always enjoy expanding our Maple Ridge Family. So many interesting and unique individuals to get to know. If you know of someone who may need our help, please don't hesitate to reach out.

Be well & see you around town,

Jane Samuelsen
Director of Community Relations

