



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

Happy June!

I can not believe we are already half way through 2021! Does that seem possible?? Maybe just because 2020 seemed to last forever!

The sun is shining and warmer weather is here. It feels so good to be in the sun. Vermont is still moving the direction of opening up. May saw the lift of the mask mandate if you are fully vaccinated. I think this is both exciting and scary! Fun to see so many faces especially people who I have never seen without a mask on...that has been very interesting.

I appreciate everyone understanding that as a healthcare facility we follow different guidelines. So, just gonna take this time to remind everyone to please wear your mask when you are coming into the facility and in any common areas. If you are in a resident's room or outside please just be aware of whether others are around you, but feel free to remove your mask if you wish. I would ask that you follow the same guidelines that the Governor has put out and if not vaccinated keep your mask on.

We are a month away from opening Maple Ridge Lodge so I hope you have enjoyed watching the building go up as much as we have, but I think we are all ready to move forward and not see all the construction anymore! We look forward to the day we can let you in to see the final masterpiece inside.

Enjoy all that June has to offer with Father's Day, graduations, the Longest Day! A lot to celebrate this month. So, Enjoy! ☺

Katy Munzir, CDP
Senior Executive Director



New Faces and Promotions



Chad Beisswanger
Housekeeping / Maintenance Director



Ingrid Gilliam
Concierge



Mark Zachary
MedTech



Megan Rachek
Care Provider

Anniversaries

2 Year
6/26 Makaela Buldoc



Birthdays

6/1 Fabrice Matata
6/2 Mark Giroux
6/13 Shelby Sheridan
6/24 Carla Hultstrom
6/25 Joyce Rowe
6/28 Janet Bouffard
6/28 Mallorie Menard
6/28 Brianna Wigmore
6/29 Amy Macbeth



Allie Begins



Med Tech

1. If you could listen to one song for the rest of your life, what would it be? **Fall in the Fall by Jellyroll**
2. What are three items you would take with you to a deserted island? **Food, Water, Fire Starter**
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? **Teacher**
5. What motivates you? **Family and Friends**
6. What's your favorite thing to do when you are not working?
Spending Time with Family and Friends
7. What's the best concert you have ever attended?
Brantley Gilbert
8. If you could be any animal, which would you be? **Tiger**
9. What's the next travel place on your bucket list?
Louisiana



Resident Spotlight

Peggy Bechard



1. Where did you grow up? **On a farm in St Albans, VT**
2. Children? **Yes** Boy/Girls? **2 Boys 2 Twin Girls**
3. What is your profession?
Stay Home Mom and Worked as a Clerk at Immigration
4. What are your hobbies?
Gardening, Quilting, DIY Projects, Church Activities
5. What is your favorite food? **"I like to eat."**
6. What is your favorite color? **Red**
7. What is your favorite music?
All types, but quieter and with not too many people
8. Anything else people should know about you?
Used to like taking little trips
Middle name is Annis - it's a family name

Director Spotlight

Jennifer Hanley



**Assistant Executive
Director**

1. If you could listen to one song for the rest of your life, what would it be? **A Thousand Years by Christina Perri**
2. What are three items you would take with you to a deserted island? **Coffee, Books, Rosary**
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? **Fashion Designer**
5. What motivates you? **My Kids!**
6. What's your favorite thing to do when you are not working? **Reading and watching the sunset**
7. What's the best concert you have ever attended?
Brad Paisley
8. If you could be any animal, which would you be?
A Bunny
9. What's the next travel place on your bucket list?
Kentucky

From the Director of Community Relations

The warm weather has finally arrived! We have some wonderful events planned for the Summer and the first one is coming soon. On June 19th we will come together to celebrate the Longest Day (a couple of days early). The Longest Day is the day with the most light - the summer solstice. On the Longest Day people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice. This year our Longest Day event will be a 50's themed dance-a-thon! So dust off your poodle skirt and your saddle shoes and join us on Saturday, June 19th from 2:00pm – 4:00p on the front lawn. We will have a DJ playing 50's music and lots of dancing. The donation amount for the fundraiser is \$5.00 per person or \$10.00 per family. Donations will be collected at the dance when you "register" to enter the dance contest.

We will need an enthusiastic audience to cheer on our dancers so all are welcome! If mandated at the time of the dance, social distancing will be arranged for as well as any necessary COVID related precautions.

See you around town,
Jane Samuelsen
Director of Community Relations



From the Director of Nursing

June is National Alzheimer's Awareness Month

What is Alzheimer's disease?

Alzheimer's disease is a progressive form of dementia. Dementia is a broader term for conditions caused by brain injuries or diseases that negatively affect memory, thinking, and behavior. These changes interfere with daily living.

According to the Alzheimer's Association, Alzheimer's disease accounts for 60 to 80 percent of dementia cases. Most people with the disease get a diagnosis after age 65. If it's diagnosed before then, it's generally referred to as early onset Alzheimer's disease.

Symptoms of Alzheimer's disease

Everyone has episodes of forgetfulness from time to time. But people with Alzheimer's disease display certain ongoing behaviors and symptoms that worsen over time. These can include:

- memory loss affecting daily activities, such as an ability to keep appointments
- trouble with familiar tasks, such as using a microwave
- difficulties with problem-solving
- becoming disoriented about times or places
- trouble with speech or writing
- decreased judgment
- decreased personal hygiene
- mood and personality changes
- withdrawal from friends, family, and community

Symptoms change according to the stage of the disease.

Alzheimer's stages

Alzheimer's is a progressive disease, which means the symptoms will gradually worsen over time.

Alzheimer's is broken down into seven stages:

Stage 1. There are no symptoms at this stage but there might be an early diagnosis based on family history.

Stage 2. The earliest symptoms appear, such as forgetfulness.

Stage 3. Mild physical and mental impairments appear, such as reduced memory and concentration. These may only be noticeable by someone very close to the person.

Stage 4. Alzheimer's is often diagnosed at this stage, but it's still considered mild. Memory loss and the inability to perform everyday tasks is evident.

Stage 5. Moderate to severe symptoms require help from loved ones or caregivers.

Stage 6. At this stage, a person with Alzheimer's may need help with basic tasks, such as eating and putting on clothes.

Stage 7. This is the most severe and final stage of Alzheimer's. There may be a loss of speech and facial expressions.

Preventing Alzheimer's

Just as there's no known cure for Alzheimer's, there are no foolproof preventive measures. However, researchers are focusing on overall healthy lifestyle habits as ways of preventing cognitive decline.

The following measures may help:

- Quit smoking.
- Exercise regularly.
- Try cognitive training exercises.
- Eat a plant-based diet.
- Consume more antioxidants.
- Maintain an active social life.

For more information :

<https://www.healthline.com/health/alzheimers-disease#prevention>

Jessica Jennings, RN, CDP
Director of Nursing



From the Maintenance Office

3 Easy Home Improvement Projects

Window Repair:

Adding caulk around windows and doors can help you save on energy bills and make your home more comfortable. This is a fairly simple project that just requires caulk, a caulking gun and putty knife. If this is your first time, practice on a piece of lumber first. The trick is to use the same pressure when squeezing out the caulk and moving your hand along at a steady pace. If your windows are beyond repair and it's time to replace them, learn more about how to replace your windows with Stanek Windows.

Deck/Porch Updates:

Another simple home improvement project is nailing down loose deck boards. Loose boards can be a hazard, but they're easy to fix. Using a nail or screw that will go through the board and into the framing, refasten any loose boards with a hammer or screwdriver. If you're ready to make larger improvements to your outdoor living space, learn more about adding a screen room or three-season room to your home.

Landscaping Improvements:

Landscaping is another home improvement project ideal for summertime. Updating your yard is an inexpensive way to add curb appeal to your home. Add some colorful flowering plants such as asters, daisies, dahlia, and iris. The coreopsis grandiflora or sunray is a lovely bright yellow perennial that will brighten up even the darkest corner of your yard. Be sure to trim bushes and trees that require it. Normally pruning will help plants to grow more vigorously. As you move around the yard, keep an eye out for pests like bees, termites, and other insects that might harm you or your family.

Source: <https://www.greatdayimprovements.com/>

Chad Beisswanger
Housekeeping and Maintenance Director



Upcoming Events

Old Fashion Dance-a-Thon (a fundraiser for Alz Association)

June 19th

2pm - 4pm

Join us for two hours
of dancing!



To register your team for the
dance competition:

\$5 per person or \$10 per family

Payable the day of the event

50/50 Bingo Night!

(a fundraiser for Alz Association)

Join us for an evening of Bingo!

July 16th 6pm - 7pm

Cost: \$5 per person or

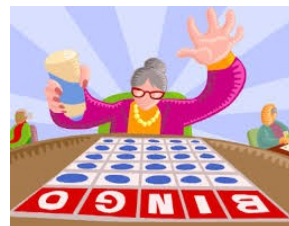
\$10 per family

Prizes each game.

50/50 game will be the

last game

of the evening.



Summer Block Party

Our Summer Block Party is Back!

July 30th

530pm - 7pm

Join us for an evening of music, fun, and
games!

Outdoor Concert

Jacob Green

June 25th

3pm - 4pm



Please bring your own chair and join our
residents out in the front of our building for this
free outdoor concert!

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

\$50 per visit

Visits will resume with the safe protocols we
have put together to ensure
everyone's health and safety.

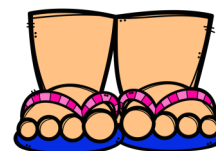
For an appointment:

Contact Jess

(802)872-1700

Or

jjennings@mapleridgessex.com



June 2021

May Photo Album



At my age
I've **seen** it all;
I've **heard** it all;
I've **done** it all;
I just can't
remember it all

