

September I have never been so happy to see you! I am going to assume a few of you agree. To say that August was a long month is an understatement.

COVID came and went for us in 3 weeks but they were a long 3 weeks. I would like to take the time here to send a huge shout out to the amazing staff at Maple Ridge Memory Care. The staff got everyone through August and they stepped up across the board. The directors, floor staff, housekeeping, concierge, activities really worked as a team and just got everything done. I could not be more proud of the team that is over there and you should be too. You should know that they have treated your loved ones as their own during this time. As amazing as the team was, we are happy that it is over.

HallKeen has created a new policy and we are now requiring all staff to be vaccinated by September 5th. We feel this is just good practice and continues to keep the building and your loved ones as safe as possible. Currently, we do not have a policy against visitors who are not vaccinated, but we would ask that you please think about the community as a whole and if you are not vaccinated to please either reconsider visiting or keep your visit outside.

This is a new world we are all living in, but we know that together we are stronger. So, again we thank you for all your support and understanding as we continue to navigate the world of COVID.

Katy Munzir, CDP
Senior Executive Director



New Faces and Promotions



David Burrige
Memory Care Cook



Angela Campbell
Memory Care CP



Mariah Ovitt
Memory Care CP



Christine Nichols
Memory Care LPN

Anniversaries

5 Years

9/27 Michele Larmay



Birthdays

- 9/1 Max Bolduc
- 9/13 Candace Bourdeau
- 9/15 Alyssa Audet
- 9/15 Virginia "Ginger" Graham
- 9/16 Bekah Gwozdz
- 9/17 Elaine Boudreau
- 9/20 Ray Carpenter
- 9/23 Deidre Curti
- 9/24 Joan O'Keefe
- 9/27 Janice Jordan
- 9/28 Sandra Herr



Katie Forsberg



**Lodge
Administrative
Assistant**

1. If you could listen to one song for the rest of your life, what would it be? **Better Together by Luke Combs**
2. What are three items you would take with you to a deserted island? **Fire starter, good book, my family**
3. What's the farthest you have ever been from home?
North Carolina
4. What did you want to be when you grew up when you were in elementary school? **Forensics Specialist**
5. What motivates you? **My goals**
6. What's your favorite thing to do when you are not working? **Spend time with family & First Response**
7. What's the best concert you have ever attended?
Rascal Flatts
8. If you could be any animal, which would you be? **Koala**
9. What's the next travel place on your bucket list?
Las Vegas



Resident Spotlight

Murray Edelstein



1. Where did you grow up? **Peabody, Massachusetts**
2. Children? **2 sons and 5 grandchildren**
3. Profession? **Murray joined the Navy Reserve after high school. He served for 6 or 7 years, as an auxiliary man on fast attack submarines. Worked at IBM in Memory Development building computer chips and other equipment.**
4. Hobbies? **Woodworking!**
Murray has built furniture and toys for his children. His biggest project was 16-foot sea kayak. It took about 500 or 600 hours to build.
5. Favorite Food? **Steak**
6. Favorite Color? **Navy Blue**
7. Favorite Music? **Classical**
8. What's one thing that you are the most proud of in your life?
His kids and his wife, Bernice had her Bachelors and Masters degrees from UVM taught third grade in So Burlington.
9. Anything else people should know about you?
Murray says he is a quiet man, but he is proud of some of his accomplishments.



Resident Spotlight

Jim Rush



1. Where did you grow up? **Long Beach California**
2. Profession: **Music Teacher - Worked for the US State Dept teaching on military bases**
3. Hobbies: **Trumpet**
4. Favorite Food: **Cheese and Crackers**
5. Favorite Color: **Blue**
6. Favorite Music: **Classical**
7. What's one thing that you are the most proud of in your life?
Being married to Inez
8. What else should we know?
Loves classical movies and symphonies
Played in numerous bands
Lived in Bermuda where he met his wife Inez
After they got married they moved to Iceland until they retired
Enjoys traveling (especially in Europe) - visiting museums, vineyards, and wineries

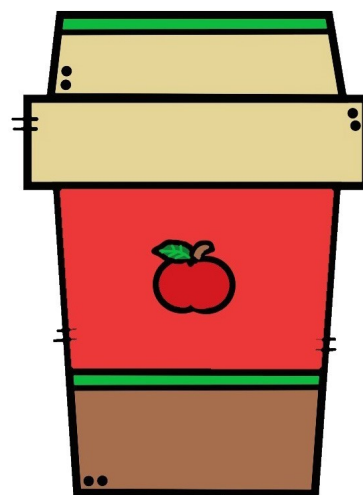
From the Maple Ridge Kitchen

How to Make Apple Cider at Home

What you'll need:

- 1 dozen apples
- 2 oranges
- 4 cinnamon sticks
- 1 teaspoon of cloves
- ½ cup Vermont maple syrup

1. Put a gallon of water in a large stock pot.
2. Add the apples, cinnamon, cloves, and peeled oranges.
3. Bring to a boil, then turn down heat. Cover and simmer for 2 hours.
4. Use a potato masher or wooden spoon to mash up the fruit.
5. Let simmer for 1 more hour covered.
6. Strain it thru a fine strainer. Press the fruit to get most of the juices than compost the solids.
7. Add your maple syrup and it is ready to drink!



Tim Brockmyre
Food Service Director

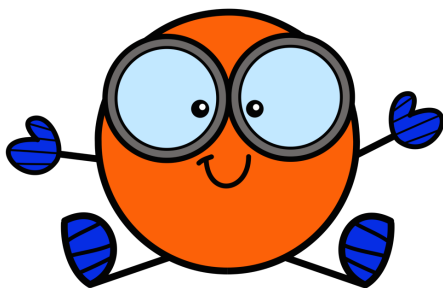
From the Director of Nursing September is Self-Care Awareness Month

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...guilt free.

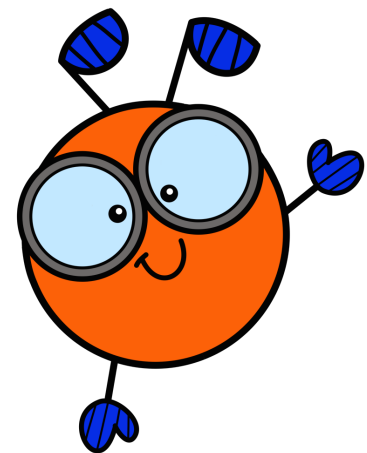
HOW TO OBSERVE

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. It can be as simple as a conscious breathe in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.



10 Self Care Ideas Anyone Can Do

- Sleep
- Exercise Regularly
- Maintain a Nutritious Balanced Diet
- Slowly Organize Your Life
- Spend Time Outside
- Volunteer
- Limit Alcohol
- Mindful Meditation
- Take a Short Trip
- Do Things You Find Enjoyable



During Self Care Awareness Month in September, take the opportunity to build a new habit of taking care of yourself in the most important ways possible by using some of the self care ideas included here.

Source: <https://nationaldaycalendar.com/self-care-awareness-month-september/>

Jessica Jennings, RN, CDP
Director of Nursing

September 2021

From the Directors of Community Relations

We are grateful for the amazing staff who have kept our residents safe and cared for during this challenging time. Thank you for your understanding and support. We realize how difficult this time was for you.

Although disappointing to have to cancel our Maple Mini walk this year, I'm hopeful we can continue to raise awareness and funds through our Alzheimers Walk team. The Walk to End Alzheimers is still on track to take place on Sept. 19 at the Shelburne Museum. As always, Maple Ridge will be there! This year we will be joined by the Maple Ridge Lodge. It will be wonderful to have our Campus represented at the walk. Join us if you can or create your own way to support this important campaign.

Here is the link to the Maple Ridge team:

https://act.alz.org/site/TR/Walk2021/VT-Vermont?team_id=676398&pg=team&fr_id=14853

Be well and see you around town,
Jane Samuelsen
Memory Care Director of Community Relations



This fall sure is going to be busy here at the Lodge with move-ins! We have been open a little over a month and have over a dozen residents and more coming in! We are filling up; if you know anyone who would be interested, be sure to have them reach out to me to get a tour!

It has been such a pleasure getting to know all the residents. One of my favorite things is going around on tour and how all the residents are saying hello; so many times, I have heard from potential residents, everyone is so lovely and friendly.

I am looking forward to September football season about to start... we have a big theater with surround sound, a great place to watch some football games!!! Go PATS!

Kate Driver
Community Relations Director
Maple Ridge Lodge Assisted Living



From the Maintenance Office



Take time to prepare for fall with this helpful checklist:

- ▣ Inspect your furnace or heat pump to ensure that it can achieve maximum efficiency.
- ▣ Schedule to have the chimney serviced and cleaned.
- ▣ Clean your gutters and downspouts throughout the season.
- ▣ Repair any window cracks or holes in weather stripping or caulking. If the gap is bigger than the width of a nickel, reapply exterior caulk.
- ▣ Check to make sure your thermostat works properly.
- ▣ Check crawlspace for flooding after the first long rainfall.
- ▣ Make sure you have new batteries in all flashlights place them where they can be easily found around the house.
- ▣ Have your lawn-irrigation system professionally drained/winterized.
- ▣ Turn your gas fireplace pilot light ON.
- ▣ Make sure your attic and crawlspaces have adequate insulation.
- ▣ Continually check your air vents to make sure they aren't blocked.
- ▣ Clean out the bathroom fan/filter.
- ▣ Test all smoke detectors and carbon monoxide detectors.
- ▣ Make sure you have at least one fire extinguisher on each floor of the house and in the garage.
- ▣ Make a fire escape plan for your house and take time to review it with all family members.
- ▣ Disconnect garden hoses and drain water still in faucets. If you do not have frost-proof faucets, turn the shut-off valve to off inside your home.

Source: <https://www.windmereshoreline.com/2014/09/03/fall-home-maintenance-tips>

Chad Beisswanger
Housekeeping and Maintenance Director