

“As we express our gratitude, we must never forget that  
the highest appreciation is not to utter words, but to live by them.”  
- John F. Kennedy

Happy November. November is the month of thankfulness and I truly believe, regardless of all we have been through these last 2 years, we still have a lot to be thankful for.

I am thankful for my Maple Ridge Family. If I had to go through these last 2 years with anyone, I am thankful it was with all of you. We have been able to support each other, lift each other up and at times cry together. And that is what family does. Through it all we come out stronger and for that I am so thankful for all of you.

As we continue to navigate the world of COVID and what our new normal is, I also thank you for all your patience. The guidelines we follow change so often sometimes it is hard to keep up. But we are keeping everyone safe and healthy in each of our buildings and thank you for being a key role in that. And thank you for understanding where we are coming from when things do change.

We can be hopeful that eventually things will go back to what normal used to be, but I am not sure when or if that will happen. I hope you all take time this month to give thanks. Really stop and look around and be thankful for all you have and all you off to all of us each day!

Happy Thanksgiving!

Katy Munzir, CDP  
Senior Executive Director



## New Faces and Promotions



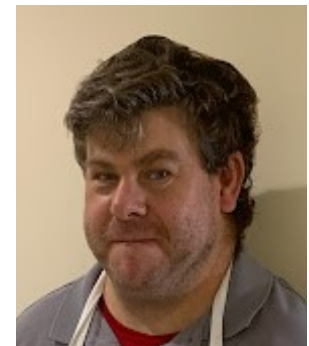
Brian McClintock  
Lodge Transportation / Activities Asst



Dalia Elhashami  
Memory Care Concierge



Dawn Klein  
Lodge MedTech



Aaron Bergeron  
Memory Care Kitchen Assistant

## Anniversaries

### 1 Year

Beth Patterson

### 2 Years

Laurence Wallace

### 4 Years

Teri Litchfield

### 5 Years

Angela Howard  
David Fuqua



## Birthdays

11/3 - Don Lorraine

11/4 - Bill Wallace

11/6 - Mariah Ovitt

11/7 - Jan Villeneuve

11/7 - Rich Richards

11/11 - Jim Rush

11/13 - Terry Ashline

11/22 - Morgan Bascom

11/23 - Djormo Munzir

11/27 - David Fuqua

11/28 - Mark Zachary



## Resident Spotlight

### Jean Robotti



1. Where did you grow up? **Stamford, CT on Long Island Sound. Jean retired to VT, but had always come up to ski with her girls when they were young.**
2. Children? **2 Girls - Jo-Ann and Janet**
3. Profession? **She was a nurse for about 45 years, and spent most of her career working in Oncology. It was a new field at the time, and Jean worked with a doctor to set up a clinic taking care of cancer patients at the hospital where she worked.**
4. Hobbies? **Jean loves to sew, she made a lot of her kids' clothes. She also loves winter and the snow, so skiing and ice skating have been some of her favorite activities, though she is also a fan of swimming in warmer months.**
5. Favorite Food? **A nice steak with a baked potato, green beans, peas, and homemade bread.**
6. Favorite Music? **Show tunes, Opera, she just really likes music!**
7. What's one thing that you are the most proud of in your life?  
**Her children - they grew up to be lovely women. They are smart and both have masters' degrees. Jean is very proud of them, as was her husband.**
8. Anything else people should know about you?  
**Jean dressed up as Minnie Mouse for the Maple Ridge Trick or Treat.**






## Director Spotlight

**Kate Driver**



**Lodge Community  
Relations Director**

1. If you could listen to one song for the rest of your life, what would it be? **Better Together- Luke Combs**
2. What are three items you would take with you to a deserted island? **40 Gallon Water Jug Full, 10x20 Tarp, Picture of son**
3. What's the farthest you have ever been from home? **Slovakia**
4. What did you want to be when you grew up when you were in elementary school? **Pediatric Nurse**
5. What motivates you? **My Family**
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? **OAR at SPAC**
8. If you could be any animal, which would you be? **Giraffe**
9. What's the next travel place on your bucket list?  
**Prince Edward Island**



## Staff Spotlight

**Djormo Munzir**



**Concierge  
Lodge and  
Memory Care**

1. If you could listen to one song for the rest of your life, what would it be? **September By Earth, Wind and Fire**
2. What are three items you would take with you to a deserted island? **Phone, Tent, Flashlight**
3. What's the farthest you have ever been from home?  
**Ghana to USA**
4. What did you want to be when you grew up when you were in elementary school? **Carpenter**
5. What motivates you? **Music**
6. What's your favorite thing to do when you are not working? **Listen to music, hanging out with my friends, playing with my brother Ezra**
7. What's the best concert you have ever attended? **None**
8. If you could be any animal, which would you be? **Sloth**
9. What's the next travel place on your bucket list?  
**New Zealand**



## Resident Spotlight

**Pam Stowell**



1. Where did you grow up? **Northfield, VT**
2. Children? How many? Boys/Girls? **2 Girls 1 Boy**
3. Profession: **High School English Teacher**
4. Hobbies: **Flower Gardening, Book Club**
5. Favorite Food:  
**Tossed Salad with Homemade Creamy Vinaigrette**
6. Favorite Color: **Navy Blue**
7. Favorite Music: **John Denver**
8. What's one thing that you are the most proud of in your life?  
**My Three Children**
9. What else should we know?  
**Likes to stay busy**  
**Likes to laugh**

## From the Maple Ridge Kitchens Halloween Treats

The kitchen made some spooky treats for our Dining Room Desserts and Halloween Trick or Treat Event on October 27th. We made Rice Krispy Monsters, White Chocolate Covered Strawberry Ghosts, Haystacks, Dirt Cups w/ Worms and Bugs and our Famous Frog Cakes! Our Frog Cakes are always a hit with the Residents and kids.

We start with our Homemade Zucchini Muffin recipe and then jazz it up with some Gummy Frogs and Red Icing. Our Haystacks are a big hit too. They are made with Chow Mein Noodles, Butterscotch Chips, Peanut butter and Candy Corn Pumpkins.

Halloween has always been a favorite of ours in the kitchen and we look forward to it every year.

Due to Covid last year, we were unable to do our Halloween party so this year is very important to us. We look forward to seeing everyone and their families all dressed up and ready to party!

Chef AJ  
Food Service Director



## NOTICES

### The Holidays and COVID



We want to insure that everyone has a safe and happy holiday season. We will be giving out our holiday visitation guidelines via email as soon as we receive them from the VT Department of Health.

Please keep an eye out for the information!

### Wardrobe Check

Cooler weather is upon us, but that doesn't mean that we will be staying inside. We will continue to have outings throughout the fall and winter seasons. Even if we are just getting on and off the bus, residents tend to get cold.

Please make sure that your loved one has the appropriate attire for being outside during the colder part of the year.



### Community Service Opportunity

This November, we will be working with a local church to collect items and pack shoeboxes for Operation Christmas Child. If you would like to join us in this project, please consider donating empty shoeboxes, new small gifts to be included in the shoeboxes, or going online to the Samaritan Purse's website to donate for the shipping cost of \$9 per box.

The residents at Maple Ridge Lodge will go shopping on Friday, November 12 for any extra items needed to fill the shoeboxes, and we will pack them on Wednesday, November 17 to be sent out.

If you have any questions, do not hesitate to reach out to Jessie Clegg, Director of Community Life at Maple Ridge Lodge, at [jclegg@mapleridgeessex.com](mailto:jclegg@mapleridgeessex.com).

For more information about Operation Christmas Child, please visit the Samaritan's Purse website.



<https://www.samaritanspurse.org/operation-christmas-child/mission-and-history/>

## **From the Director of Nursing National Hospice and Palliative Care Month**

November is National Hospice and Palliative Care Month. PACE and other programs across the country are reaching out to raise awareness about hospice and palliative care.

This year's theme is "It's About How You Live."

Hospice and palliative care programs across the country are reaching out to raise awareness about hospice and palliative care. Hospice is not a place but high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness.

"Every year, nearly 1.4 million people living with a life-limiting illness receive care from hospices in this country," said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. "These highly trained professionals ensure that patients and families find dignity, respect and love during life's most difficult journey."

Hospice and palliative care programs provide pain management, symptom control, psychosocial support and spiritual care to patients and their families when a cure is not possible. These programs combine the highest level of quality medical care with the emotional and spiritual support that families need most when facing a serious illness or the end of life.

Throughout the month of November, Programs of All-Inclusive Care for the Elderly (PACE®) will join organizations across the nation in hosting activities that help their community understand how important hospice and palliative care can be.

For more information about hospice, palliative care and advance care planning, visit the National Hospice and Palliative Care Organization website. <https://www.caringinfo.org/>

Jessica Jennings, RN, CDP  
Director of Nursing



## From the Directors of Community Relations

October seemed to go by in a blink of an eye. On to the month of November when we take a moment to remind ourselves of all of the things we are thankful for.

I am thankful for the many wonderful families I have met at Maple Ridge and for the opportunity to care for your loved ones. We look forward to growing our Maple Ridge family this month and the months to come.

There's always room in our hearts!

See you around town,  
Jane Samuelsen  
Director of Community Relations  
Maple Ridge Memory Care



Fall is a rather beautiful time if you live in the northern hemisphere, especially in Vermont! This year, the foliage has been stunning with view of the Adirondacks and Smugglers Notch; we have had gorgeous sunrises and sunsets!

We have had several new residents move in, and it is great to see everyone getting to know each other. We had a commercial shoot here too, and we cannot wait to see our community on the big screen.

Remember, if you know anyone who wants to be part of our fantastic community, reach out. You will get a \$1500 referral credit, along with the new residents! You may have noticed that some potential residents are coming in for lunch to get a natural feel for the community; feel free to pop by and introduce yourself to them and share your Maple Ridge Story with them.

Kate Driver  
Community Relations Director  
Maple Ridge Lodge Assisted Living





## **From the Maintenance Office**

### **A Home Fall Prevention Checklist for Older Adults**

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2011, nearly 23,000 people over age 65 died and 2.4 million were treated in emergency departments because of falls. Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls.

Things to look for room by room:

#### **FLOORS:**

- When you walk through a room, do you have to walk around furniture?
- Do you have throw rugs on the floor?
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

#### **KITCHEN:**

- Are the things you use often on high shelves?
- Is your step stool unsteady?

#### **BATHROOMS:**

- Is the tub or shower floor slippery?
- Do you need some support when you get in and out of the tub or up from the toilet?

#### **STAIRS AND STEPS:**

- Are there papers, shoes, books, or other objects on the stairs?
- Are some steps broken or uneven?
- Are you missing a light over the stairway?
- Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?
- Has the stairway light bulb burned out?
- Is the carpet on the steps loose or torn?
- Are the handrails loose or broken?
- Is there a handrail on only one side of the stairs?

#### **BEDROOMS:**

- Is the light near the bed hard to reach?
- Is the path from your bed to the bathroom dark?

You can download the complete Fall Prevention Guide at  
[https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)

Chad Beisswanger  
Housekeeping and Maintenance Director

