

"Keep your face always towards the sunshine and shadows will fall behind you."
~ Walt Whitman ~

We are ready for sunshine! Isn't the saying April Showers brings May Flowers....here is to hoping! I love this time of year. Everything starts turning green and flowers pop up. It just makes me happy.

May is a big month- Mother's Day, Nurse's Week and lots of graduations.

I want to take a minute to recognize our nurses.

Heather Lambert, RN joined us in December as our Director of Nursing. Heather is a great asset to us and we are so thankful for all she does for Maple Ridge. Heather will also be graduating in May with her BSN and we are so proud of her and ready for her to bring all she has learned to Maple Ridge!

Sarah Gentley, LPN just moved back over to Memory Care as the day charge nurse after being at the Lodge for 8 months. Sarah has been a dedicated employee for awhile now. Sarah has a true love for the residents and Maple Ridge.

We are thankful for both Heather and Sarah and all they do for us. We also have a couple of agency nurses who have been with us for a little while Jen, Norina and Chelsea and we are very thankful for them stepping in and helping us where needed.

Happy Mother's Day to all the mother's in our community. A mother can come in lots of different forms so I hope all of you are celebrated and honored this month.

Here is to summer being just a month away!

Katy Munzir, CDP
Senior Executive Director



May 2022

New Faces and Promotions



Michelle Smith
Memory Care - Concierge



Vanessa Martinez
Memory Care - MedTech



Lynzee Hughes
Memory Care - LNA



Alicia Hope
Memory Care - LNA



Harlie Perry
Memory Care - Care Provider

Welcome
Stephanie Deatte
Lodge - Housekeeping



Reese White
Memory Care - LNA



Shannon Day
Lodge - Front Desk

Resident Spotlight

Birdie Wyman



1. Where did you grow up? **Born in Bennington, Vermont**
Lived in the Sunderland/Arlington area her whole life
apart from school. Moved to Burlington area 6 years ago.
2. Children? Family? **She and her husband, Cricket, were from the same town and knew each other all our lives. He was a couple years older so they didn't start until dating she was in beauty school in Albany. They married when she was 21 and had 4 children - all girls!**
3. Profession? **Beautician before kids, then waitressed because the hours worked out well with husband's and kids' schedules. Bartended for a little bit at the Manchester Country Club, Spent some time working for attorneys. Last job was 20+yrs the Town Clerk in Arlington, VT**
4. Hobbies? **Active in sports. Skiing, Basketball, Swimming, Being in the Woods, Deer Hunting, Poetry Writing - she wrote a collection of poems about hunting w/ family**
5. Favorite Food? **She loves food, She loves liver, She loves everything!**
6. Favorite Music? **Has been enjoying Kenny Rogers lately.**
7. Favorite Travel Spots? **Spain, the Caribbean Islands, National Parks out West (especially Yellowstone)**
8. What's one thing that you are the most proud of in your life? **Family, all of them – mom and dad, brother and his family, husband, kids, and grandkids.**
9. Anything else people should know about you? **She has a rescue dog, Sophie, who is just perfect! Sophie is a 12 yo Beagle/Dachshund mix**

Resident Spotlight

Leo Lalancette



1. Where did you grow up? **Nashua, NH**
2. Children? How many? Boys/Girls?
7 Children
3. Profession? **IBM after 20 Years in the US Navy**
4. Hobbies? **Woodwork, Bird Watching, Camping, Fishing**
5. Favorite Food? **Fried Shrimp, Fried Clams, Baked Potatoes**
6. Favorite Color? **Red, White, Blue - Like the American Flag**
7. Favorite Music?
"Proud to be an American" by Lee Greenwood
8. What's one thing you are the most proud of in your life?
Getting Married
9. Anything else people should know about you?
Likes Navy Ball Caps

Staff Spotlight

Emmalee Mund



Care Provider

1. If you could listen to one song for the rest of your life, what would it be? **Summertime by Kenny Chesney**
2. What are three items you would take with you to a deserted island? **Her Dogs, Bed, Good Sunscreen**
3. What's the farthest you have ever been from home? **San Antonio, Texas**
4. What did you want to be when you grew up when you were in elementary school? **A Nurse**
5. What motivates you? **Her Supportive Family and Friends**
6. What's your favorite thing to do when you are not working? **Play with Her Dogs and Hang Out with Her Family**
7. What's the best concert you have ever attended? **Kenneth Chesney at Gillette stadium**
8. If you could be any animal, which would it be? **Dog**
9. What's the next travel place on your bucket list? **Santorini Greece**

Director Spotlight

Heather Lambert Director of Nursing



1. What is one thing that makes your day better? **When the residents want a hug
At home kisses from my puppies**
2. What is the greatest accomplishment of your life? **Getting through my Nursing degrees (LPN, RN, BSN) while raising my family**
3. Aside from necessities, what one thing could you not go a day without? **Mountain Dew 😊**
4. What actor would you choose to play you in your biopic? **Jennifer Lawrence**
5. What is your go to karaoke song? **No singing for me...I know better**
6. What movie do you wish you could watch again for the first time? **Beaches**
7. What is the last book you read? **The President's Daughter- James Patterson**
8. If you could own any animal as a pet, what would it be? **Dog**
9. What is the next item on your bucket list? **Buying a vacation home in North Carolina**
10. What is your favorite thing to do on your day off? **Camping!**

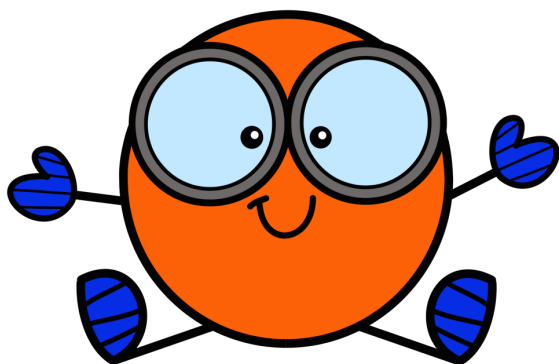
Anniversaries

3 Years

5/3 - Chad Beisswanger

1Year

5/13 - Mark Zachary



Birthdays

5/5 - Pamela Ainsworth

5/7 - Leo Lalancette

5/7 - Navaeh Botala

5/12 - Katie Forsberg

5/12 - Michael Siciliano

5/13 - Brian McClintock

5/14 Ijay Bloomfield

5/15 - David Burrridge

5/15 - Blanca Ostos

5/21 - Bill Reznicek

5/23 - Mia Savoni

5/29 - Patricia Gleason

5/31 - Allison LaMonte

From the Maple Ridge Kitchens

Our residents enjoyed this delightful snack recently.

Dave's Banana Bread

3c Flour

1c Granulated Sugar

1c Brown Sugar

2 Tsp Vanilla Extract

2 Eggs

3-4 Tsp Baking Powder

1 Tsp Baking Soda

3 Overly Ripe Bananas (Mashed)

3 TBsp Canola or Vegetable Oil

1-1/2c Milk



Mix all ingredients. Bake at 350°F for 20-25 mins. Turn in oven after 10 mins.

AJ Spellman - Memory Care Director of Food Services

May Events

Job Fair
May 7th 10am - 3pm
Maple Ridge Lodge

Available Positions:

- Care Providers
- Administrative
- Housekeeping
- Maintenance
- Med Techs
- Cooks



Mother's Day Tea
Sunday, May 8th
2:00PM
Maple Ridge Lodge

We would like to honor the mothers and women in our community with tea, cookies, and a small gift!

May 26th is World Lindy Hop Day!
Memory Care is going to celebrate by holding a
SENIOR PROM!

BUT We need your help!

If your loved one has a dressy outfit that wasn't brought with them to Maple Ridge, will you please bring it in so they can dress fancy for the evening?

We are also looking for copies of photos of your loved one when they were younger. Perhaps an occasion they had to dress up for?
We are going to use them for a game of Guess Who.



World of Dementia Seminar
May 12th
4:00pm - 5:00pm
DCR Office



Speakers:

Blanca Ostos, Memory Care Director
Bekah Gwozdz, Director of Community Life

Topics:

- Dementia Basics
- Communicating with a Person with Dementia
- Dementia's Associated Behaviors
- Tips for Handling Challenging Behaviors

In addition:

- Hands-on activity to help understand what it is like living with dementia.

May 2022

SHOUT OUT to our NURSES!

National Nurses Week

May 6th - May 12th

Heather Lambert, RN

Sarah Gentley, LPN

Jennifer Ridley, LPN

Chelsea McWhorter, LPN



Upcoming Events - Stay Tuned for More Information

JUNE

Longest Day

Dance-A-Thon

June 21st

3:00PM

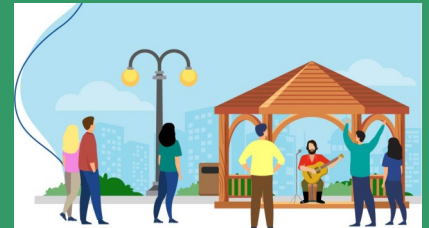


JUNE

Jacob Greene in Concert

June 24th

3:00PM



Late JULY

Summer Block Party



AUGUST

Maple Ridge Mini



SEPTEMBER

Bingo Night Fundraiser
for Alzheimer's Association



SEPTEMBER

Walk to End Alzheimer's

Sept 18th

Contact
Jane Samuelsen
for more info



From the Director of Nursing May is Better Sleep Month

The aim of Better Sleep Month is to encourage people to establish better sleeping patterns.

Refreshing sleep is of huge importance when staying healthy. Better Sleep Month is supported by the Better Sleep Council (BSC), which aims to raise awareness about the benefits of better sleep and how poor sleep can disrupt our lives.

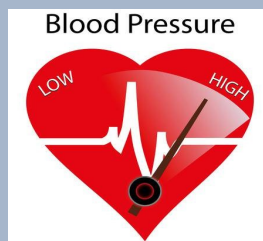
Side Effects of Inadequate Sleep:

- Increased blood pressure and stress hormone production.
- Reduced concentration
- Mood swings, Irritability
- Weakened Immune System

In Severe Cases:

- Narcolepsy
- Insomnia
- Restless Leg Syndrome
- Sleep Apnea

In these cases, please seek medical help.



Cost of Sleep Deprivation:

In 2008 Better Sleep Council estimated that absenteeism and lost productivity, due to poor sleep, cost US Businesses \$150 BILLION.



This page contains excerpts from WhatHealth.com.

To see the complete article visit:

<https://www.whathealth.com/awareness/event/bettersleepmonth.html>

How much is enough?



7.5 to 8.5 hours
is optimal.

However, better sleep doesn't just refer to quantity. It's also about the quality.

6 hours of deep refreshing sleep is more beneficial than 8 hours of light interrupted sleep.

Psychological and Physical Factors Affect Sleep:

- Worries - elder care, childcare, family conflict, relationships, finances
- Stress - elevates blood pressure
- Gender - according to Michael Breus, PhD - women are generally more sleep deprived than men
- Emotions: Excitement, Depression, Anxiety
- Caffeine Intake Close to Bedtime
- Sleep Environment - temperate, light levels, humidity, bedding, and noise



Tips To Get Better Sleep:

- Establish a consistent sleep schedule both on weekdays and weekends.
- Relax before sleeping. Limit stimulating activities such as exercise and work.
- Perform activities that you find relaxing.
- Create an optimal sleeping environment. Some things to consider are light, ventilation, and temperature, bedding, size of bed, and distractions.
- Healthy lifestyle consisting of exercise and a healthy diet can contribute towards better sleep.
- Avoid alcohol, nicotine and caffeine close to bed time.



May 2022

From the Memory Care Director of Community Relations

Our community is buzzing with new residents and family members and we are all looking forward to some fun community events this month.

Keep an eye on the May Calendar and our Facebook!



On May 7th Kate Driver and I will represent the campus at the 50+ Expo at the University Mall. Please stop by to say hello if you're in the neighborhood.

See you around town,
Jane Samuelsen
Director of Community Relations

From the Lodge Director of Community Relations

May.. how is it already May! We have had a wonderful spring, and flowers are about to bloom! Our Gardening Club is getting ready; residents are getting their bird feeders out in front of their windows! With the beautiful weather, we look forward to completing our courtyard on the northern side of the building! Soon we will be sitting out there eating and enjoying morning coffee by the fire pit!

Our Bed and Breakfast suite is available for rent; check in with Kate on availability when you have family or friends visit. Cheers!

Kate Driver
Director of Community Relations
Maple Ridge Lodge



From the Maintenance Office

Home Maintenance MAY To Do List



SERVICE & INSPECT

- ☐ Clean garbage disposal
- ☐ Service air conditioner
- ☐ Clean glass on windows and doors
- ☐ Clean, repair and finish wood deck
- ☐ Clean outdoor patio furniture
- ☐ Inspect house foundation for termites

MAINTAIN

- ☐ Repair and clean window screens
- ☐ Maintain lawn mower
- ☐ Repair and touch up paint on siding and trim

For more great home improvement tips and advice, visit [TodaysHomeowner.com](https://www.TodaysHomeowner.com)

**Today's
Homeowner**
with **Danny Lipford**®

Chad Beisswanger
Housekeeping and Maintenance Director