

"Everything good, everything magical  
happens between the months of June and August."  
~ Jenny Han ~

I think this is true as my birthday is in July and anyone who knows me knows that I LOVE my birthday. These are the newsletters that I love to write, as I get to brag about the Maple Ridge Team.

In June some of the Director Team traveled to Mass to go to a team building day with Hallkeen Management. At this day, our AMAZING Bekah Gwozdz was honored with the Noble Caregiver Award! We are honored and blessed to have Bekah as our Director of Community Life at Memory Care. Bekah goes out of her way to help our residents live their best life. She never boxes anyone in and if someone mentions that they want to do anything from ice skating, tubing, swimming, rock climbing or making volcanos; she makes it happen! Thank you Bekah for all you do each and every day for the residents, staff and families at Maple Ridge!

I am also excited to mention two promotions within the Maple Ridge Team! Megan Kittell has been promoted to Day Shift Supervisor. Megan has been with us over a year and is excited to lead the Day Shift to excellence.

And finally, I am beyond honored to announce that Brianna Woodward, Business Office Manager has been promoted to Assistant Executive Director. Brianna has been with Maple Ridge for five years and three as the Business Office Manager. She has the heart to want to see Maple Ridge be all that it can be each day. She loves the staff, residents, and families. She will be leading the team and Maple Ridge Lodge!

I will be staying here at the Memory Care building and Brianna will have her office at the Lodge. We are excited about the direction both buildings are headed, and we are happy to have all of you as part of the Maple Ridge Family!

Happy July!

Katy Munzir, CDP  
Senior Executive Director



July 2022

## New Faces and Promotions



Hunter Turner  
Lodge - Housekeeper

Brenda Pratt  
Lodge - Dining Room Server



Jenifer Botala  
Memory Care - Care Provider



Abigail Couture  
Memory Care - MedTech



Sara LaFond  
Memory Care - Concierge



Jessica Forcier  
Lodge - Care Provider



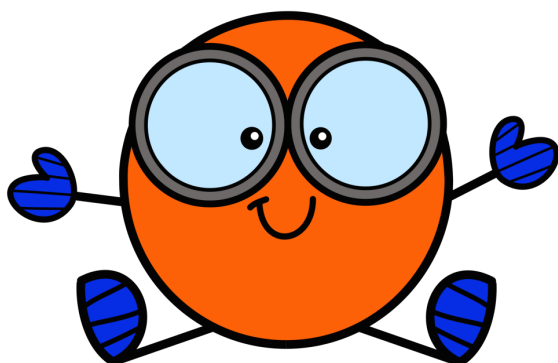
Congratulations Megan Kittell  
on your promotion to Day Supervisor



## Anniversaries

### 1Year

7/1 - Djormo Munzir  
7/1 - Jessie Clegg  
7/19 - Katie Forsberg



## Birthdays

7/2 - Maggie Loftus  
7/9 - Alban Coghlan  
7/12 - Chuck Alberts  
7/18 - Dawn Klein  
7/19 - Avery Brooks  
7/20 - Tim Brockmyre  
7/21 - Monique Phillips  
7/24 - Katy Munzir  
7/26 - Bill Nulty  
7/26 - Henry Darling  
7/31 - Ruth Ginn

## Resident Spotlight

**Joan Kaye**



1. Where did you grow up?  
**Chicago. Moved to VT after college**
2. Children? Family? **2 Girls, 1 Boy**
3. Profession?  
**Indian University - Social Worker at Hospital**
4. Hobbies?  
**Reading, Drawing / Painting, Staying Active**
5. Favorite Food?  
**Chinese, Pizza, and Thai Food**
6. Favorite Music?  
**Classical Music of 40s & 50s**  
**John Denver**
7. What's one thing that you are the most proud of in your life?  
**My Children**
8. Anything else people should know about you?  
**Glad to be here**  
**5 Minutes from both daughters**

## Resident Spotlight

**Bill Nulty**



1. Where did you grow up? **Burlington - South End**
2. Children? How many? Boys/Girls?  
**3 Children - 2 Girls, 1 Boy**
3. Profession?  
**Power Plant Supervisor, Army National Guard**
4. Hobbies?  
**Hunting (Deer and Moose), Swimming, Skiing**
5. Favorite Food? **Hamburg**
6. Favorite Color? **Doesn't have one**
7. Favorite Music? **60's and 70's**
8. What's one thing you are the most proud of in your life?  
**Working at the McNeal Station and Muran Plant**
9. Anything else people should know about you?  
**He is shy.**  
**Did competitive shooting at a shooting range.**

## Staff Spotlight

**Stephanie Ross**



**Scheduler**

1. What is one thing that makes your day better? **Cuddling with my dog LaLa**
2. What is the greatest accomplishment of your life? **Moving away from NC and starting over in VT 5 yrs ago**
3. Aside from necessities, what one thing could you not go a day without? **Iced lattes**
4. What actor would you choose to play you in your biopic? **Brooke Elliot**
5. What is your go to karaoke song? **Don't start now- Dua Lipa**
6. What movie do you wish you could watch again for the first time? **50 First Dates**
7. What is the last book you read? **I am Malala**
8. If you could own any animal as a pet, what would it be? **Opossum**
9. What is the next item on your bucket list? **All-inclusive resort vacation**
10. What is your favorite thing to do on your day off? **Be outside! Hiking, going to the beach, swimming, suntanning**

## Director Spotlight

**AJ Spellman**



**Food Services  
Director**

1. What is one thing that makes your day better? **My Daughter**
2. What is the greatest accomplishment of your life? **Starting a family**
3. Aside from necessities, what one thing could you not go a day without? **Music**
4. What actor would you choose to play you in your biopic? **Christian Bale**
5. What is your go to karaoke song? **Here I go Again by White Snake**
6. What movie do you wish you could watch again for the first time? **The Original Superman**
7. What is the last book you read? **Pete Townshend – Who I am**
8. If you could own any animal as a pet, what would it be? **Lion**
9. What is the next item on your bucket list? **Skydiving**
10. What is your favorite thing to do on your day off? **Lay in the sun- Being Outside**

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## Upcoming Events

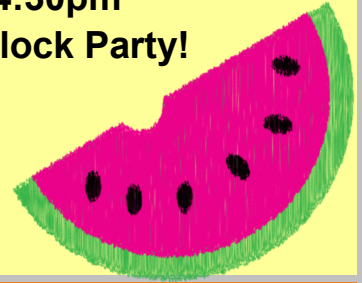


**JULY 27th**  
**6:35pm**  
**Night at the Ballpark**

**Contact**  
**Jane Samuelson for**  
**ticketing information.**

**JULY 29th**  
**3pm - 4:30pm**  
**Summer Block Party!**

**Join us for food,**  
**games, and**  
**laughter!**



**August 20th**  
**9am - 10am**  
**MAPLE RIDGE MINI**

**Our mini version of the**  
**Walk to End Alzheimer's**

**Contact Jane Samuelson for**  
**more information.**



**September 9th**  
**6pm - 7pm**  
**BINGO Night!**

**Our last fundraiser for the**  
**Alzheimer's Association!**  
**Details to Follow.**



## From the Maple Ridge Kitchens

July is national grilling month. Therefore, here are some simple tips for grilling.

1. Always make sure to keep your grill clean. This will improve the taste of your food and keep your grill running longer.
2. Whether it's gas or charcoal, preheat your grill. This will help cook your food evenly and prevent it from sticking.
3. Keep your food cold. Your food should be kept in the refrigerator or a cooler until it goes on the grill. Food that is left out at room temp can grow bacteria.
4. Wash your hands. This will prevent any cross contamination between foods and it's just good practice.
5. Check your grill often. Always monitor your cooking temps and time.

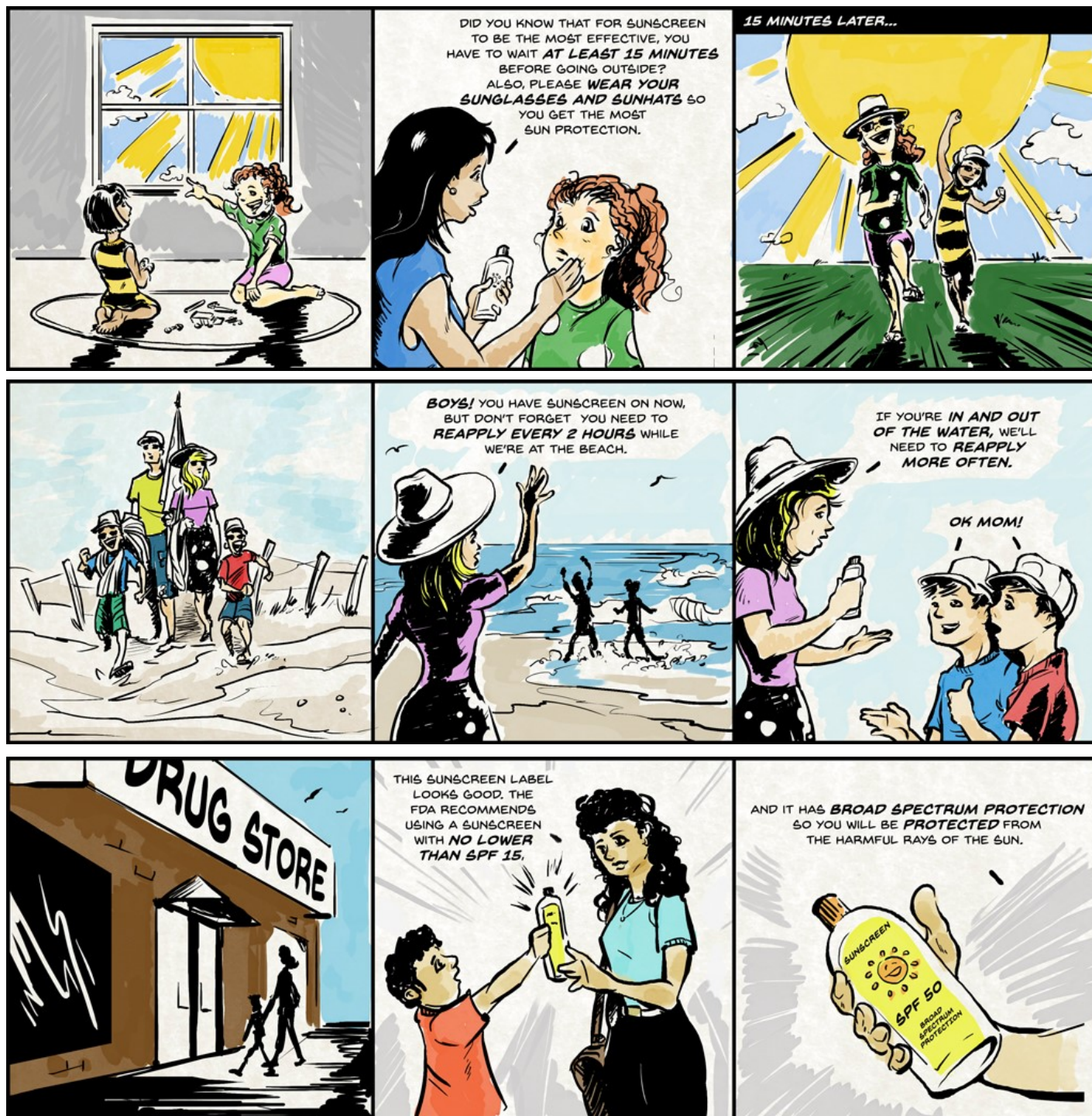
Never leave your grill unattended.

AJ Spellman  
Director of Food Services  
Memory Care



## From the Director of Nursing

### Sunscreen: How to Help Protect Your Skin from the Sun



For more detailed information, please visit:

<https://www.fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun>

Heather Lambert  
Director of Nursing

July 2022

## **From the Memory Care Director of Community Relations**

Summer definitely feels like it has arrived with the 90+ degree weather recently.

We all had a fantastic time dancing the evening away at our Maple Ridge Dance-A-Thon. Thank you for showing us your dance moves and for the generous contributions to the Alzheimer's Association. We raised \$317!

Our next Alzheimer's fundraiser will be our annual Maple Ridge Mini on August 20th. Looking forward to seeing you and our residents out and about, enjoying a walk around the campus.

On July 27th we will be sponsoring a game night at the Vermont Lake Monsters. Come join us for a fun night at the ball park!

Jane Samuelsen  
Memory Care Director of Community Relations



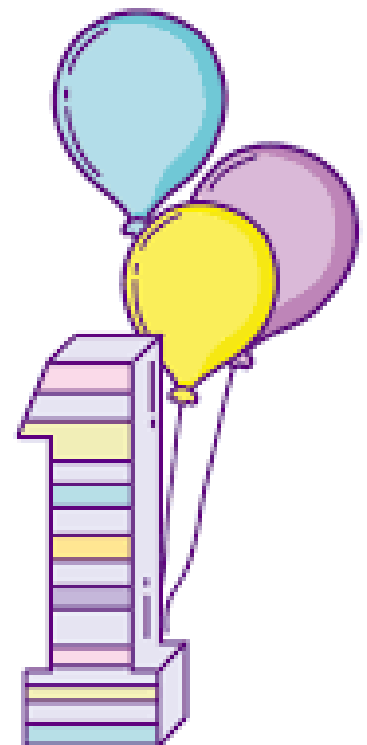
## **From the Lodge Director of Community Relations**

WE ARE ONE JULY 19TH!

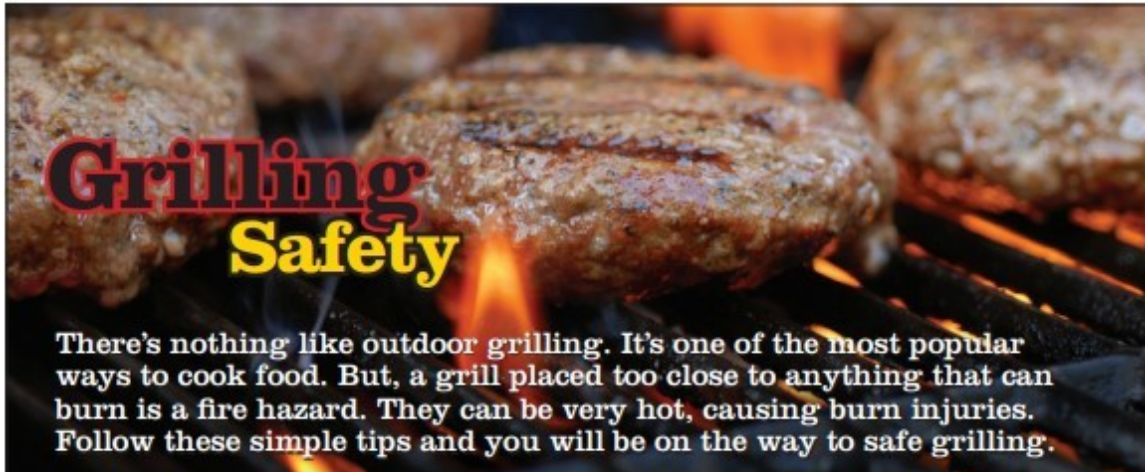
Time certainly has flown by, and we are so grateful for all of our residents and their families. We have had a blast over the past year and shared many laughs! As we have grown over the last year, thank you to all of you.

We are excited to share many more years with you all. It is an honor to come to work each day and see everyone. May this year be merely the first of many great ones to come.

Kate Driver  
Lodge Director of Community Relations



## From the Maintenance Office



### SAFETY TIPS

- ''' Propane and charcoal BBQ grills should only be used outdoors.
- ''' The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- ''' Keep children and pets at least three feet away from the grill area.
- ''' Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- ''' Never leave your grill unattended.
- ''' Always make sure your gas grill lid is open before lighting it.

### CHARCOAL GRILLS

- ''' There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- ''' If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- ''' Keep charcoal fluid out of the reach of children and away from heat sources.
- ''' There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- ''' When you are finished grilling, let the coals completely cool before disposing in a metal container.

### PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

### FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
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on fire, electrical and related hazards

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