



**"Wake up every morning with the thought that
something wonderful is about to happen!"**

Happy September! Back to school, apple picking, sweater weather, and leaves changing. Fall is my favorite time of year and I am ready for it this year! I can't wait to do pumpkin carving, corn mazes, and apple picking. Along with all the changes in the weather coming, we also have some big changes coming for Maple Ridge.

Hailey Flynn has started as the new Business Office Manager so that Brianna can start her new position as the Assistant Executive Director. Hailey comes with lots of experience and is excited to start her new career path here at Maple Ridge. If you typically talk to Brianna about your bill or anything with your account, you will start talking to Hailey so bare with her as she learns the system. Stop by and welcome her when you get a chance.

Maple Ridge Lodge has also hired a new Day Charge Nurse. Jamira Armah, LPN is here and she comes with a long history in Assisted Living. She is a wealth of knowledge in this field and we feel extremely lucky to have her join our team. Please stop in the nurses station to say hi to Jamira and welcome her to the team.

We also have a few new hires for the floor and we are excited to see our family here at Maple Ridge grow with residents and staff. As we continue to grow, please reach out to us with any suggestions, comments, or concerns for either community. We only want the best for Maple Ridge!

We have some fun community events planned for September and October so please be on the look out and we will see you all there!

Katy Munzir, CDP
Senior Executive Director

September 2022

New Faces and Promotions



Brittany Neumeister
Med Tech



Meagan Curry
Activities Assistant



Michelle Valley
Cook



Valerie Percy
Server



Julianna Kerson
Med Tech



Jamira Armah
Day Charge Nurse



Hailey Flynn
Business Office Manager



Said Gonzalez
Kitchen Assistant



Birthdays

9/1 Max Bolduc
9/2 Kellie Hoch
9/2 Valerie Percy
9/2 Helen Phenix
9/6 Lucas Matos
9/8 Jerome Wagner
9/11 Theresa White
9/16 Bekah Gwozdz
9/18 Ryan Whitney
9/23 Leanne Burgess
9/24 Joan Okeefe
9/27 Janice Jordan
9/28 Birdie Wyman
9/30 Joyce Havrika

Anniversaries

1 Year

9/20 Tonya Broomfield
9/30 Brian McClintock
9/20 Ijay Broomfield

6 Years

9/26 Michele Larmay





Resident Spotlights



Daphne Fritz

1. Where did you grow up? **West Branch, Michigan**
2. Children? **3 Boys and 1 Girl**
3. Profession? **Housewife**
4. Hobbies? **Walking**
5. Favorite Food? **Whatever mom put on the table**
6. Favorite Color? **Doesn't have one**
7. Favorite Music? **Regular**
8. What's one thing you are most proud of in your life?
Her children!
9. Anything else people should know about you?
She is the baby of the family—2 brothers and 1 sister



Margaret Corson

1. Where did you grow up? **Plainfield, VT**
2. Children? **No**
3. Profession? **Business Support Specialist / Financial Assistant / Medical Secretary**
4. Hobbies? **Reading, Sewing, Cooking, Making Chocolates, Driving Around/Road Trips**
5. Favorite Food? **Seafood**
6. Favorite Music? **Rock 'n Roll**
7. What's one thing you are most proud of in your life?
Being independent / Doing things myself
8. Anything else people should know about you?
I am a huge UVM Hockey fan.
9. Something always sure to make you smile?
My sweetheart!



Employee Spotlights



Kalsang Dolkar
Cook

1. What is one thing that makes your day better? **Good music**
2. What is the greatest accomplishment of your life?
Being a caregiver for family
3. Aside from necessities, what is one thing you could not go a day without? **Yerbal Mate**
4. What actor would you choose to play you? **Keanu Reeves**
5. What is your favorite karaoke song? **Hooked on a Feeling**
6. What movie do you wish you could watch again for the first time? **Old Boy (Korean movie)**
7. What is the last book that you read?
My Year of Rest and Relaxation
8. If you could own any animal as a pet what would it be?
A raccoon
9. What is the next item on your bucket list? **Travel to D.C.**
10. What is your favorite thing to do on your day off?
Take my dog out to the park



Katie Forsberg
Activities Assistant



Congratulations, Katie, for receiving the Vermont State Firefighter Association Support Specialist of the Year Award.

September 2022

From the Directors of Community Relations

The Lodge is a buzz with new residents! We now have a waitlist for one-bedroom and two-bedroom apartments and only a few studios left. If you know anyone looking to join our fabulous community, tell them to reach out today! Don't forget about our referral program - if you refer a new resident after 90 days, you will get a \$1000 discount! We look forward to sharing the harvest season with you all. The crisp fall air will be here soon before you know it.



Kate Driver
Community Relations Director
Maple Ridge Lodge Assisted Living

I know what season follows Fall but I still can't wait for it to arrive! Thank you for your support and participation in the annual Maple Ridge Mini Walk to find a cure for Alzheimer's. This year we raised \$1,600+ for the local Alzheimer's chapter! We will host one more fundraiser on September 9th at 6:00pm with a couple rounds of Bingo game. You're welcome to come join your loved one for a little fun competition!

See you around Town!



Jane Samuelson
Community Relations Director
Maple Ridge Memory Care

Upcoming Events

Maple Ridge

AN ASSISTED LIVING &
MEMORY CARE CAMPUS

presents the first annual

ALZHEIMER'S RESOURCE FAIR *for* WORLD ALZHEIMER'S DAY

This year's theme, 'Know Dementia, Know Alzheimer's' will have a special focus on post-diagnosis support.

This event is focused on the importance of support for people living with dementia and families following a diagnosis. Come and explore the local support services available to everyone.



Call 802-872-1700
to learn more.

www.mapleridgessex.com



● SEPTEMBER 21st

● 5:00pm - 6:30pm

● Maple Ridge Memory Care
6 Freeman Woods
Essex Jct. VT 05452

Inside Out Project

September 13th

5pm-6:30pm

In front of Memory Care

Inside Out Project is an art activism platform that allows groups to create an action to promote a specific message. We'd like to draw awareness to dementia and to life beyond the diagnosis. Living with dementia can rob an individual of many things, but there is one thing that remains constant throughout the journey: this moment. It's the moments that matter.

The way the project works:

The group captures portraits (our goal is 50) that represent our message. We send those portraits off to Inside Out Project.

They post our portraits on our action page and print large copies of them on water soluble paper.

The photos will eventually wash away... but hopefully will have a lasting impact for those who participated and for those who stumble upon our action on the Inside Out Project page.



OCTOBER 7 - MORE DETAILS TO COME!

More Upcoming Events and News to Know!



National Assisted Living Week is September 11-17, and this year's theme is "Joyful Moments."

On Wednesday, September 14 at 4:00pm at the Lodge, we will be reflecting back on many of the "Joyful Moments" we have shared as a community over the past year. We will be coming together to watch a video compilation of photos from various activities, events, and outings at the Lodge.

Over the next few months, Maple Ridge will be putting together a community cookbook consisting of favorite recipes from our residents, resident families, and staff. If you have a favorite family recipe or a perfect go-to dish that you've come across, please send a copy of it to

jclegg@mapleridgeessex.com.

We will be collecting recipes throughout September, October, and November with the last date of collection being November 30.

Meals and Memories
ARE MADE HERE



It has been brought to our attention that some of our very important family member emails are being sent to your spam boxes.

Please be sure to check your spam folders occasionally and add our email address to your safe sender list.

From the Lodge Kitchen

September is apple picking month. Apples are the state fruit of Vermont and 150 different varieties of apple are grown here.

Here's an easy way to make apple cider at home. I like to use honey crisp apples when making cider.

10 large very ripe apples

$\frac{3}{4}$ cup sugar

1 tsp cinnamon

1 tsp pf allspice

Put your apples in a large crockpot and cover them with at least two inches of water

Stir in the sugar, cinnamon, and allspice

Boil uncovered for one hour

Reduce the heat, cover the pot and simmer for two hours

Strain the mixture twice. First thru a sieve, and then thru cheesecloth.

Put in the fridge 'til cold, about four hours.

Enjoy your apple cider!



Tim Brockmyre
Food Service Director
Maple Ridge Lodge Assisted Living

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/>















I know we have some time before the snow flies (I hope!), but it's never too early to be prepared!

Winter Preparedness Checklist

 Home Winter Preparedness Checklist 		
<input type="checkbox"/>  Select Foods See Additional Checklist	<input type="checkbox"/>  Warm Clothing Hats, Mittens, Parkas, Boots	<input type="checkbox"/>  Flashlights & Extra Batteries
<input type="checkbox"/>  Disposable Dishware Plates, Bowls, Utensils	<input type="checkbox"/>  Extra Blankets	<input type="checkbox"/>  First Aid Kit
<input type="checkbox"/>  Specialty Items Meds, Infant Formula, etc.	<input type="checkbox"/>  Matches For Candles & Gas Fireplaces	<input type="checkbox"/>  Cell Phone Fully Charged
<input type="checkbox"/>  Portable Radio AM/FM/Wx Radio & Batteries	<input type="checkbox"/>  Shovel/Snow Blower Check condition & maintain	<input type="checkbox"/>  Firewood For Wood Fireplaces

 Car Winterization Checklist 	
<input type="checkbox"/>  Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/>  Inspect Tire Tread Replace if Near Wear Limit
<input type="checkbox"/>  Test Battery Replace if Necessary	<input type="checkbox"/>  Install Snow Tires if You Own a Set
<input type="checkbox"/>  Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/>  Test Headlights & Taillights
<input type="checkbox"/>  Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/>  Add & Inspect Winter Survival Kit

 Home Winter Survival Food Checklist 	
<input type="checkbox"/>  Canned Fruits and Vegetables Requires a Manual Can Opener	<input type="checkbox"/>  Bread and Condiments Keep Bread Frozen to Last Longer
<input type="checkbox"/>  Crackers, Nuts, Fruit Bars, Chips High Energy Foods	<input type="checkbox"/>  Cereal and Toaster Pastries
<input type="checkbox"/>  Soups Some Soups Require Water or Heating	<input type="checkbox"/>  Meals Ready to Eat (MREs)
<input type="checkbox"/>  Cookies and Hard Candy	<input type="checkbox"/>  Bottled Water 1 gallon per person, per day (for at least 3 days)

 Car Winter Survival Kit Checklist 		
<input type="checkbox"/>  Flashlight & Extra Batteries	<input type="checkbox"/>  Blankets/Sleeping Bag	<input type="checkbox"/>  Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/>  First Aid Kit	<input type="checkbox"/>  Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/>  Sand/Kitty Litter Used for Traction
<input type="checkbox"/>  Snow Shovel	<input type="checkbox"/>  Bottled Water	<input type="checkbox"/>  Cell Phone & Charger
<input type="checkbox"/>  Ice Scraper with Brush	<input type="checkbox"/>  Booster Cables	<input type="checkbox"/>  Flares/Triangles & other Bright Objects

Chad Beisswanger
Housekeeping and Maintenance Director