

## **"December: the month of joy, happiness, and to finish what you started!"**

I absolutely love this time of year. Driving around and looking at all the lights and Christmas music! I love Christmas music. There is just something so magical about this time of year. It is a good time with the year coming to an end to reflect on past year. Maple Ridge has had a great year! Maple Ridge Lodge is almost full. We have had a steady stream of new residents every month and seeing the building full has been so wonderful. Maple Ridge Memory Care has stayed full all year. We have seen many new activities at each community and gone out and done things from musical concerts, to farms, to dinner. Watching each community flourish just warms my heart. It is also a time to think of those we have lost. Each and every one of you holds a special place at Maple Ridge and when we loose one of our family we feel it. Thank you for being a part of our family and choosing Maple Ridge to be your home or the home of your loved one.

We wish you a happy holiday  
season from our family to  
yours!



Katy Munzir, CDP  
Senior Executive Director

December 2022

## **Gabriel Hooker**

Dining Room Server

## **Tamika Chappelle**

Care Provider

## **Delu Lee**

Dining Room Server

## **Erica Palumbo**

Front Desk  
Dining Room Server



## **Anniversaries**

12/1 Blanca Ostos – 1 year  
12/1 Heather Lambert – 1 year  
12/6 Bekah Gwozdz – 6 years  
12/13 Leanne Burgess – 1 Year  
12/17 Lucas Matos—1 Year



## **Birthdays**

|       |                      |
|-------|----------------------|
| 12/6  | Gabrielle Regenstein |
| 12/7  | Barbara Crowe        |
| 12/10 | Michelle Allen       |
| 12/12 | Allison Lamonte      |
| 12/13 | Kay Hahn             |
| 12/16 | Ernest Malle         |
| 12/26 | Ariel Tose           |
| 12/27 | Lois Mraz            |
| 12/29 | June Sherburne       |



**CONGRATULATIONS**  
on your new position!

**Dana Williams**  
Administrative Assistant

**Rachel Seavers**  
Business Office Manager

## From the Directors of Community Relations



The holiday season is here! We are just about full with several move-ins this month! We have the most amazing community at Maple Ridge Lodge, and this holiday season, we are reflecting on how wonderful it is to have a community that is family! While we await the snow to arrive to create a stunning winter wonderland we all love, it is nice to know that things are nice and toasty here inside the Lodge with a full calendar of activities to help spread that holiday cheer! We appreciate our families and the amazing staff, and it is a honor to know all of you. Cheers!

Kate Driver, CDP  
Community Relations Director– Maple Ridge Lodge

### Room Decorating Rules:

#### Permitted:

- Garland
- Ornaments
- Lights
- Artificial or potted trees
- Artificial poinsettias

#### NOT Permitted:

- Real cut trees
- Real poinsettias





## Resident Spotlights

### Joyce Havrika



1. **Where did you grow up?** Southern part of Rutland County Vermont
2. **Children?** No Children
3. **Profession?** Teacher
4. **Hobbies?** Golf, Reading, Puzzles
5. **Favorite Food?** Hamburgers– Well Done
6. **Favorite Color?** Rosey Pink
7. **What's one thing you are most proud of in your life?** The help she gives to children or adults or in between.
8. **Favorite Music?** Classical Music
9. **Anything else people should know about you?** Likes to play the piano, sing and accompany people.

### Russ Hemingway



1. **Where did you grow up?** Swanton, VT
2. **Children?** 3 girls and 1 boy
3. **Profession?** Insurance Business
4. **Hobbies?** Played softball until he was 82 years old! Shot putt, golf, baseball, and basketball are all favorites as well.
5. **Favorite Food?** Steak, sea scallops and shrimp are all favorites!
6. **Favorite Music?** Hit Parade, Frank Sinatra, Nat King Cole and Bing Crosby
7. **Something always sure to make you smile?** A whole in one-GOLF!
8. **What's one thing that you are the most proud of in your life?** My 4 grandchildren
9. **Anything else that people should know about you?** I'm good at sports and I played all sports in high





## Director Spotlight



1. **What is one thing that makes your day better?** Coffee
2. **What is the greatest accomplishment of your life?** My Kids!
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?** Rachel McAdams
5. **What is your go to karaoke song?** Livin' On A Prayer– Bon Jovi
6. **What movie do you wish you could watch again for the first time?** The Notebook
7. **What is the last book you read?** Forgiving Paris by Karen Kingsbury
8. **If you could own any animal as a pet, what would it be?** A Panda
9. **What is the next item on your bucket list?** To take a tropical cruise
10. **What is your favorite thing to do on your day off?** Get coffee and catch up with friends!

**Rachel Seavers**  
**Business Office Director**



**What is one thing that makes you day better?** Coming home to my family

**What is your greatest accomplishment of your life?** My 3 amazing children

**Aside from the necessities, what is one thing you could not go a day without?** Technology

**What actor would you choose to play you in your biopic?**  
Because I'm a redhead- Julia Roberts

**What is your go to karaoke song?**  
Bring it back to when my dad and I would sing "Boot Scootin' Boogie" by Brooks and Dunn

**What movie do you wish you could watch again for the first time?**  
Love and Basketball

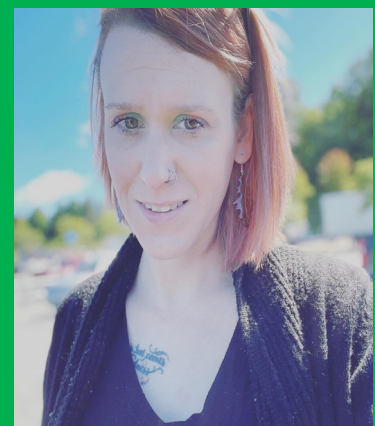
**What is the last book you read?**  
Harry Potter and the Goblet of Fire

**If you could own any animal as a pet, what it be?** Monkey

**What is the next item on your bucket list?**  
Taking my babies to Disney World

**What is your favorite thing to do on your day off?**  
Making my house smell good with a little puzzle table fun

**Alison Gagner**  
**Care Provider**



December 2022

## From the Director of Nursing

December 5th - 11th is National Handwashing Awareness Week

### Do it right:

Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these

recommendations, so be sure to follow them each time you wash your hands.

### Memorize the five steps:

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.

### Learn the Four Principles of Hand Awareness;

Endorsed by the American Medical Association and American Academy of Family

Physicians, the four principles are:

- 1) Wash your hands when they are dirty and before eating
- 2) Do not cough into hands;
- 3) Do not sneeze into hands; and
- 4) Don't put your fingers in your eyes, nose or mouth.

Source: <https://nationaltoday.com/national-handwashing-awareness-week/>

Heather Lambert, RN BSN  
Director of Nursing



# December



#### CLEAN CIRCUIT BREAKER

It's common to use more energy during December than any other month. If you have a tripped circuit breaker, make sure to unplug everything before setting the circuit breaker on again. You can clean your breaker box, too.



#### TEST ELECTRICAL OUTLETS

Push the "test" button to test your outlets. The reset button should pop out, and you simply push that back in to get the outlet started. If you find an outlet that isn't working properly, call an electrician.



#### RUN WATER IN UNUSED AREAS OF HOME

If you have guests coming into town for the holidays, make sure to run water and flush the toilets in the guest areas of the home.



#### REPLACE BATTERIES IN SMOKE DETECTORS

You should be testing your smoke and carbon monoxide detectors every month. Every year you should change out the batteries in these devices to make sure you're never caught unawares.



#### INSPECT FIRE EXTINGUISHERS

Every year you should visually inspect your fire extinguisher for corrosion, leaks, a clogged nozzle, or a missing locking pin. You should replace it every 5 years.

Chad Beisswanger

Housekeeping and Maintenance Director

# Sugar Cookie Christmas Fudge

PREP TIME: 5 minutes

COOK TIME: 5 minutes

SET TIME: 2 hours

TOTAL TIME: 2 hours 10 minutes

## Ingredients:

1 (14 ounce) can sweetened condensed milk

2 ½ cups white chocolate chips

1 ¼ cup sugar cookie mix

2 Tablespoons butter

Christmas sprinkles (or sprinkles of your choice)

## **Instructions:**

1. Prepare a 9×9 baking dish with parchment paper and a thin layer of non-stick spray. Set aside.
2. Add sweetened condensed milk to a large pot and heat over medium heat, stirring often. Once hot, stir in the white chocolate chips, sugar cookie mix, and butter. Continue stirring until melted and smooth.
3. Stir in a generous amount of Christmas sprinkles.
4. Pour fudge mixture into the prepared dish and top with more sprinkles.
5. Place in refrigerator and allow to set overnight, or until firm (at least 2 hours). Slice into bitesize pieces and serve.

**Notes:** Store in an airtight container at room temperature for up to 1 week. For longer storage keep in the fridge for up to 3 weeks.



**AJ Spellman**

Food Service Director

Maple Ridge Memory Care