

"New Year's Day. A fresh start. A new chapter waiting to be written." Sarah Ban Breathnach



There is something about January even with the cold and dreariness that comes with it; it is also a new year. Time to reflect on things we want to do or try or change.

Another quote I love is "Today is a good day to try something new." So many of us do New Years resolutions but give up after a couple of weeks. Why do we do that?! I know I do it, or I used to. I have given up doing resolutions all together. Instead, my husband and I decide on 2 things we want to do in the new year. Could be anything. Last year we wanted to go on a family vacation- which we did by taking our family of 5 to Maine for a week. Then we wanted to book a vacation - a real vacation- just the 2 of us. Which we also did...Jamaica here we come in February! We haven't decided what we are going to do in 2023 yet, but I think more adventures as a family are in order.

I hope you all take the time to think about things that you would like to do in the new year. Go try that adventure you have always been too scared to try, or take the trip you have been waiting to plan. If we have all learned anything over the last few years, it is live...live for today as we don't know what tomorrow will bring! I hope you will all share your adventures with us when you see us. I promise I will!

Happy New Year to all of our Maple Ridge Family!

Here is to 2023!

Katy Munzir, CDP
Senior Executive Director

January 2023

New Faces and Celebrations



Patrick Farrell
Care Provider

welcome
TO THE
TEAM



Hayley Revet, LPN
Day Charge Nurse



Birthdays

1/9—Carol Upham
1/5—John Shushereba
1/21—Bob Westphal
1/21—Hayley Revet
1/25—Sharon Rosenthal
1/28—Art Bastian
1/28—Jessie Clegg
1/28—Brittany Neumeister

Anniversaries

1 Year

1/4—Nevaeh Botala

2 Years

1/11—Kate Driver



Resident Spotlights



Art Bastian

1. Where did you grow up? **Claremont, NH**
2. Children? **1 boy (deceased) and 1 girl**
3. Profession? **Chief of Police in NH, Army Military Police in Germany**
4. Hobbies? **Wood Craft, Hunting, Fishing**
5. Favorite Food? **Steak, Other Red Meat, Mashed Potatoes, Sweet Potatoes**
6. Favorite Color? **All Colors**
7. Favorite Music? **Easy Quiet Music**
8. What's one thing you are most proud of in your life?
My Family
9. Anything else people should know about you?
If I had authority, I would craft a map that would make sure everyone was safe.



Michael Belongie

1. Where did you grow up? **Marinette, Wisconsin**
2. Children? **One boy**
3. Profession? **I worked on submarines for 20 years. When I got out of the Navy, I went to college and got a degree in Computer Science. I worked for a company in Louisiana, making underwater charts and working with pipelines. After that, I went to work in Norway doing something similar and looking for oil/gas. I did work out of Brazil, Mexico, all over! And after that, I retired for good.**
4. Hobbies? **Computers, Model Rockets, Wood Working**
5. Favorite Food? **Ribeye Steak, Cooked Rare with Sautéed Mushrooms**
6. Favorite Music? **50s and 60s, Big Band Music**
7. What's one thing you are most proud of in your life?
My son and his family
8. Something sure to make you smile? **My grandkids**



Employee Spotlight



Jamira Armah
Day Charge Nurse

1. What is one thing that makes your day better? **Waking up everyday, breathing and coming to work**
2. What is the greatest accomplishment of your life? **My four beautiful children**
3. Aside from the necessities, what one thing could you not go a day without? **Chocolate**
4. What actor would you choose to play you in your biopic? **Viola Davis**
5. What is your go to karaoke song? **I don't sing**
6. What movie do you wish you could watch again for the first time? **Scent of a Woman**
7. What is the last book you read? **The Firm**
8. If you could own any animal as a pet, what would it be? **A little dog**
9. What is the next item on your bucket list? **To go to Venice and Greece**
10. What is your favorite thing to do on your day off? **Relax on my couch and watch a movie**

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 winter season. 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.



January 2023

From the Directors of Community Relations

I would say this was the year of growth as we close out the year, we are one apartment shy of being full. It has been such a pleasure to be part of creating the fantastic community we have here. Every day we are a guest in the homes of all the residents, and it is a privilege to come in each day to get to know the community even more. As we bundle up for the colder months, we will be working on having some guest speakers come in and talk to the community. If you have any suggestions, please let me know.



Cheers to the best year yet!

Kate Driver
Community Relations Director
Maple Ridge Lodge Assisted Living

Happy New Year! May this year bring you lots of joy and good health. Our year at Memory Care ended with a full building and a long list of wonderful community events and beautiful moments with our resident's. We look forward to another year with all of you, and as always we welcome new friends and families.

See you around town!

Jane Samuelson
Community Relations Director
Maple Ridge Memory Care



January 2023

Upcoming Events



Memory Care Annual Fashion Show

Jan 25th 6pm – 7pm

Come be a part of the audience as our residents dawn their costumes and strut their stuff down our runway!

Maple Ridge Lodge Valentine Dance

Feb 12th 1pm-2pm

Living Room & Bistro

Join us for an afternoon of music and dancing! Lodge residents, families and friends are all welcome to join.

Our visitor mask policy will still be in place for this event.

We are excited to announce that we will be joined by dancers from Vermont Swings! Come join in the fun!

Valentine Dance



From the Lodge Kitchen

Why chicken soup makes you feel good!

In the cold dark, days of a Vermont winter, chicken soup is a healthy pick-me-up.

Chicken soup helps clear up nasal congestion and eases the discomfort of cold symptoms. The salts and seasonings will help activate your taste buds. Chicken contains a chemical called tryptophan. Tryptophan helps your body produce serotonin which can enhance your mood and make you feel comfortable. The noodles in the soup contain carbohydrates, that not only make you feel full, but provide an energy boost when you feel sluggish. The vegetables contain vitamins and minerals to help you get better faster and to stave off viruses,

So, FINISH YOUR SOUP!



Tim Brockmeyer
Food Service Director
Maple Ridge Lodge

From the Director of Nursing, Heather Lambert, RN, BSN
Frostbite and Hypothermia
Avoid•Spot•Treat

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

*****AVOID*****

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

NOSE **EARS** **TOES** **CHEEKS** **CHIN** **FINGERS**

*****SPOT*****

FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



Signs & Symptoms

– Redness or pain in any skin area may be the first sign of frostbite.

Other signs include:

– a white or grayish-yellow skin area
– skin that feels unusually firm or waxy
– numbness

HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.



Signs & Symptoms

Adults:

– shivering
– exhaustion
– confusion
– fumbling hands
– memory loss
– slurred speech
– drowsiness

Infants:

– bright red, cold skin
– very low energy

If a person's temperature is below 95° get medical attention immediately.

*****TREAT*****

If a person is experiencing hypothermia or frostbite...



FROSTBITE CAUTION

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and:



1. UNLESS NECESSARY, DO NOT WALK ON FEET OR TOES WITH FROSTBITE

2. DO NOT USE A FIREPLACE, HEAT LAMP, RADIATOR, OR STOVE FOR WARMING

3. DO NOT USE A HEATING PAD OR ELECTRIC BLANKET FOR WARMING

4. DO NOT RUB OR MASSAGE AREAS WITH FROSTBITE

<http://emergency.cdc.gov/disasters/winter/staysafe/index.asp>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

January 2023

From the Maintenance Office Restoring Order After the Holidays

January Checklist

- ☐ As you put away gifts, declutter a few items from each room.
- ☐ Take down the Christmas tree, pack up or haul away.
- ☐ Sweep up/vacuum away pine needles.
- ☐ Fix or toss broken ornaments and decorations.
- ☐ Pack away ornaments and decorations.
- ☐ Wash, fold, and put away holiday linens.
- ☐ Strip the bedding in the guest room and wash.
- ☐ Turn all clothes hangers backward.
- ☐ Sort holiday photos on computer, save to backup drive.
- ☐ Take down and wash all the curtains through the house.
- ☐ Spot clean couches.
- ☐ Spot clean carpets.
- ☐ Change heater/air conditioner filters.
- ☐ Clean your stove.
- ☐ Remove grease from you kitchen cupboards and backsplash.
- ☐ Empty and clean the refrigerator thoroughly.
- ☐ Sweep and mop underneath the refrigerator.
- ☐ Clean the baseboards in the kitchen.
- ☐ Purge expired or empty spice bottles.
- ☐ Sort utensils, get rid of any that you don't use.
- ☐ Empty and organize the junk drawer.
- ☐ Clean and service your car inside and out.
- ☐ Take the items you decluttered to a thrift store.

Source: PremeditatedLeftovers.com

Chad Beisswanger
Housekeeping and Maintenance Director

