

Sierra Ridge

Memory Care

3265 Blue Oaks Dr. • Auburn, CA 95602 • (530) 887-8600

May 2012



Support Group

Do you have a loved one with memory loss? If so, come to our support group and find ways to make life easier, and cope with this difficult challenge. This fun group meets the first Tuesday of every month at 10 a.m. in our conference room. Won't you join us?

Wild World: Peregrine Falcon

The word "peregrine" means "wanderer"—an apt name for such a bird: Some nest on Arctic tundra and then winter in South America, flying 15,000 miles in a year. Yet they also have amazing homing instincts—some nests have been occupied for hundreds of years by successive generations. Peregrine falcons are superb hunters from the sky, dropping into dives that can reach 200 m.p.h. before they strike prey.

Dear Families and Friends,

As spring approaches, thoughts of warm breezes, gardening, flowers blooming and everything outdoors fill our minds. It is in this spirit that we welcome you to join us for our first Spring Fling Home and Garden Tour at Sierra Ridge. On Thursday, May 10, from 1 to 4 p.m. our beautiful and gracious community will be open to guests for their pleasure. Our residents, their suites, our courtyard and grand dining room will be filled with music, and memory care experts will be on hand to share our successful Meaningful Moments philosophy of care. Come celebrate with us!

Kim Alsup, Administrator

Sierra Ridge Management team, from left to right:

RJ Nygard, Maintenance; Betsy Miller, Program Director; Ashley Goetz, Business Office Manager; Kim Alsup, Administrator; Kory Bjork, Chef; Sue Rubin, Health Services.

Our managers are here for you! We strive to bring honor and meaningful days to your loved one's life experience at Sierra Ridge. We all enjoy getting to know the folks we serve; so, come on in. We'd like to get to know you!

Our Mission

COMMITTED TO BEING THE LEADER IN PROVIDING QUALITY PERSONAL SERVICES FOR OUR RESIDENTS, WHILE HONORING THE EXPERIENCE OF AGING.

Listen to Your Books

Not getting enough reading done? Check your library for audio versions of the books on your reading list. Listen to the CDs or tapes during walks, when relaxing or whenever you have a free moment. You'll be amazed at how many books you can breeze through.

Citrus Can Calm

Feeling stressed? Grab a piece of fruit—preferably an orange, tangerine or grapefruit. Citrus fruits contain folic acid, which can reduce the levels of serotonin released in your body. Excess serotonin can lead to feelings of anxiety, depression and stress.



Welcome!

Welcoming New Residents in March—Jim, Martin, Auntie V., and George. Please give them your warm Sierra Ridge welcome when you see them!

Armchair Travels: Sydney, Australia

Sydney, Australia, offers more than just opera. Australia's most populous city, Sydney is also one of the most beautiful. Sydney Harbour is the site of the landmark Harbour Bridge and the iconic Sydney Opera House. The Opera House, which opened in 1973, is also home to dance and theater companies and a symphony. In addition to manmade structures, Sydney is full of natural beauty, from the beaches to the numerous parks in and around the metropolitan area. Housing more than 4.5 million people, Sydney is a dynamic city with a rich history.

Keep Your Bones Healthy and Strong!

May is National Osteoporosis Awareness Month. Here are some tips to help keep your bones as healthy as the rest of your body:

Osteoporosis is sneaky. You can't feel your bones getting weaker. In fact, most of the time the first sign of osteoporosis is a broken bone. See your doctor about a bone mineral density test to determine the state of your bones.

Are you at risk? After the age of 30, bone mass decreases gradually with age. Women over 50 and men over 65 are most likely to develop osteoporosis. Family history is another indicator; if your parents or grandparents had osteoporosis, there's a greater risk you'll have it, too.

Keep strong and eat right. Your bones will be stronger if you get enough calcium and vitamin D and if you perform weight-bearing and

muscle-strengthening activities. See your doctor for more advice.

Prevent falls. Stay physically active, have your vision and hearing tested and pay attention to the side effects of your medications—these are good ways to prevent falls and broken bones. Also, limit your alcohol intake and wear shoes with non-skid soles.

For more information, visit www.WebMD.com.



Trying for a Triple

The Kentucky Derby, the first jewel in horse racing's Triple Crown, is held on the first Saturday in May. The "Run for the Roses" is followed two weeks later by the Preakness Stakes, with the Belmont Stakes three weeks after that.

The Kentucky Derby was first run in 1875, the year Churchill Downs opened in Louisville, Ky.

The Preakness is held at Pimlico Race Course in Baltimore, Md. The owner of the winning horse receives a replica of the Woodlawn Vase, a silver trophy crafted by Tiffany & Co. in 1860 that is now valued at more than \$1 million and is on display at the Baltimore Museum of Art.

The Belmont Stakes is the longest of the three races at one and a half

miles. The race is run at Belmont Park in Elmont, N.Y.

Three races in five weeks is an extremely difficult schedule for the 3-year-old thoroughbreds, and the races are at longer distances than most of the horses have run previously.

Considered the pinnacle of achievement in horse racing, there have been only 11 Triple Crown winners to date: Sir Barton, 1919; Gallant Fox, 1930; Omaha, 1935; War Admiral, 1937; Whirlaway, 1941; Count Fleet, 1943; Assault, 1946; Citation, 1948; Secretariat, 1973; Seattle Slew, 1977; and Affirmed, 1978.

Will another Triple Crown winner emerge this year? Tune in and root for your favorite!



Hello, Sunshine!

The sunny spring weather is finally here and it's time to get outside. Spend some quality time with your grandkids doing a few of these fun activities:

Grow it. Plant a garden with tomatoes, cucumbers and radishes. Nourish the plants, and once they grow, make a salad for the rest of your family members to munch on.

Throw it. Teach your grandchild how to throw a mean fastball and then spend an afternoon together taking in a local baseball game.

Pitch it. Set up a tent in the backyard, at a local park or even in the living room. Spend a few hours trading ghost stories and stargazing.

Capture it. Walk around outside taking pictures of beautiful flowers. Then use the pictures as a reference to create look-alikes from tissue paper and pipe cleaners.

Chalk it. Draw a maze using sidewalk chalk and try to walk your way out of it.

Race it. Go to a local playground and create your own relay race out of the jungle gyms and swings. Time your grandchildren as they see who can finish first.



Fit for More Than Just a Day

May 30 is National Senior Health and Fitness Day. To celebrate, make an effort to stay fit and healthy year-round with these tips:

Exercise. This is one of the keys to good health. You don't need fancy equipment; a daily walk of 20 or 30 minutes is a good workout routine. Gardening, water aerobics and chair yoga are also great ways to get exercise. Make a commitment to exercise regularly, and don't be discouraged if you can't do as much one day as you did the day before.

Eat well. Make food choices that will benefit the way you feel. Eat foods that are high in nutrients, such as vegetables and fruit, whole grains, low-fat dairy products, and lean meats and fish. Limit your intake of fats, cholesterol and sodium.

Vitamins and minerals. Increasing your calcium and vitamin D intake can help prevent osteoporosis. To maintain good memory and balance, eat foods high in vitamin B12, such as chicken breast, turkey, fish, cheese and fortified cereal.

Sleep soundly. To avoid sleep problems, pick a regular bedtime and wake-up time, and stick with it. Develop techniques, such as deep breathing, to help you relax in the evening. Avoid caffeine and alcohol consumption for at least six hours before bedtime. Do not eat heavy meals late, and do not exercise right before going to bed.



Services

Beauty Salon

Provided by Cozette
Tuesday and
Wednesday
10 a.m.-3 p.m.

Nail Care

Provided by a
member of our
Activities staff
Every Thursday at
10:30 a.m.
In Activity Room or
outside, weather
permitting

Support Group

First Tuesday of Every
Month at 10 a.m.
In Conference Room

Family and Friends Social

Every Saturday at
2:30 p.m. with your
loved one

Monthly Celebrations

This May, turn your
attention to Arthritis
Awareness Month. Be
happy for National
Smile Month, create
something new during
National Inventors'
Month and pick up a
good book for Get
Caught Reading
Month.

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8		10	11	12
	14	15	16	17	18	19
20	21	22	23	24	25	26
27	Memorial Day 28	29	30	31		

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