



HIGHLAND RIDGE
ASSISTED LIVING FOR INDEPENDENT SENIORS

Highland Ridge Newsletter –February 2017



**BENEFITS OF
REGULAR
EXERCISE**

- › Lowers the risk of developing heart disease, stroke, type 2 diabetes, and osteoporosis
- › Lowers blood pressure if it's mildly elevated
- › Lowers incidence of pressure sores and infections
- › Manages weight by increasing metabolism
- › Improves cholesterol level
- › Improves the ability to cope with stress, fatigue, and depression
- › Provides psychological benefits such as improved self-image and self-confidence, better sleep, and a more positive outlook on life
- › Maintains independence
- › Improves quality of life
- › Exercise also balances muscle groups

happy
birthday

Earl Pfile

February 9

Al Branham

February 14



**Special Guest
Appearance**

Ab Lincoln will be at Highland Ridge on **February 20th**. Enjoy a visit with President Lincoln at 1:30pm. Make plans to attend!



To provide a healthier environment, Highland Ridge has decided to make our property a Smoke Free Campus. Effective February 1, 2017, Highland Ridge Assisted Living campus will be Smoke Free. The two present residents that currently smoke will be the only individuals exempt. Thank you for your cooperation and we appreciate your support in promoting a healthier place.

HIGHLAND RIDGE EMPLOYEE SPOTLIGHT

Highland Ridge is excited to Shine the Spotlight on Jeannie Patrick!

Jeannie started working at Highland Ridge Assisted Living 16 years ago when we opened our doors as a Resident Assistant. She has brought so much sunshine to our community. She is married to James Patrick and has three children, 18 grandchildren and 22 great grandchildren. During her spare time she enjoys cooking. She said her most enjoyable part of working at Highland Ridge Assisted Living is, "I find it such a pleasure in helping others. They are all such a pleasure." We are proud to shine the light on Jeannie Patrick!!!



WE ♥ OUR RESIDENTS

Highland Ridge is excited to Shine the Spotlight on...

Mr. Earl Pfile who has lived at Highland Ridge since October 2015. He was born and raised in Northeast Ohio. He was married to Norma Pfile for 65 years before she passed away. He has three children and four grandchildren. He worked as a manufacturing engineer and loved to rebuild antique engines as a hobby. Everyone at Highland Ridge loves Mr. Pfile's sweet, sweet smile!! We are proud to shine the light on Earl Pfile!!!



Highland Ridge is excited to Shine the Spotlight on Renee McGuire!

Renee began her time with us on Dec 28th as our new Life Enrichment Coordinator!! She is very excited to meet everyone and start having fun. She has been a volunteer at NHC Health Care for over twenty years and is looking forward to bringing that passion to Highland Ridge. She comes to us from the Glasgow Prescription Center, where she has worked for 21 years. Renee is married to Mike McGuire and they have two sons, Travis and wife Brandi, and Trace and wife Raleigh, and 4 grandchildren, Brayden, Brylee, Corbin, and Bryn. She enjoys shopping, her grandchildren and is a member of Bethel Baptist Church.



A LESSON IN HEART

A lesson in "heart" is my little 10 year old daughter, Sarah, who was born with a muscle missing in her foot and wears a brace all the time. She came home one beautiful spring day to tell me she had competed in "field day" _ that's where they have lots of races and other competitive events.

Because of her leg support, my mind raced as I tried to think of words of encouragement for my Sarah, things I could say to her about not letting this get her down_ but before I could get a word out she looked up and said, "Daddy, I won two of the races!"

I couldn't believe it! And then Sarah said, "I had an advantage."

Ahh. I knew it. I thought she must have been given a head start...some kind of physical advantage. But again, before I could say anything, she said, "Daddy, I didn't get a head start...my advantage was I had to try harder!!

That's HEART! That's my Sarah!!



Facts About Abraham Lincoln

1. He was the 16th president.
2. He lived in a log cabin.
3. When he was a child he loved to read.
4. He was a lawyer.
5. He kept important papers in his hat.
6. He helped free the slaves.
7. He was shot by John Wilkes Booth and died.



Valentine's Day Word Search

E S M W B F
 T R A E H C A R D N
 O R O S E S V I V M N F
 O F L O W E R S G E C A N D Y X
 H A N D H O L D I N G L L O R T S
 H U G S T C D P D K F B E M I N E
 Q S R O T I U S U N E C N A M O R
 D I P U C H O C O L A T E V Z
 S G N I L E E F C G I F T
 F R P V N D I A M O N D Z
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- | | | | |
|-----------|------------|--------------|-----------|
| Arrow | Date | Hand holding | Roses |
| Be Mine | Diamond | Heart | Stroll |
| Candy | February | Hugs | Suitors |
| Card | Feelings | Kisses | Valentine |
| Chocolate | Flowers | Love | |
| Couples | Friendship | Lovers | |
| Cupid | Gift | Romance | |



PRESIDENT'S DAY ABC Order

ABCDEFGHIJKLMNOPQRSTUVWXYZ

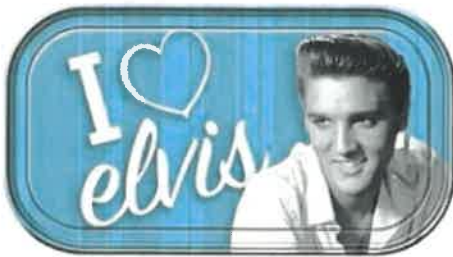
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- 15 _____

- Lincoln
- Freedom
- America
- Liberty
- Pledge
- Washington
- Allegiance
- Country
- States
- President
- Flag
- Honor
- Independence
- Nation
- Leaders

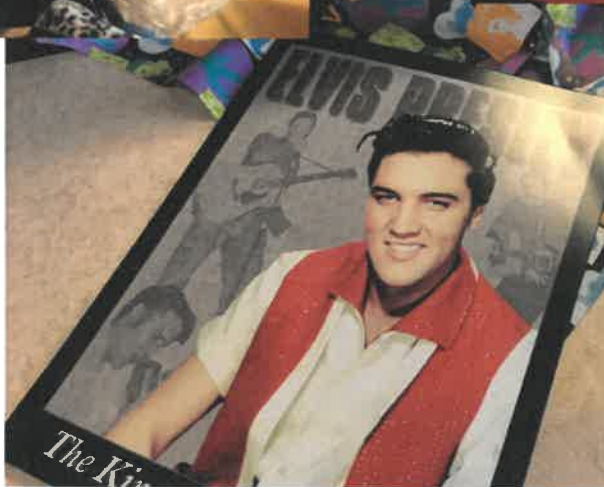


Facts About George Washington

1. He was the first president.
2. He was born in 1732.
3. He was called "The Father of our Country".
4. He was commander of the army.
5. His face is on the quarter & one dollar bill.
6. He never lived in the White House.
7. The Washington Memorial was built in his honor.



#1 ELVIS fan, Cindy Wilson, shared her Elvis Presley memorabilia and stories on what would have been his 82nd Birthday!!



Molly Matney entertained us with her beautiful voice and fun crafts.



Happy New Year
2017

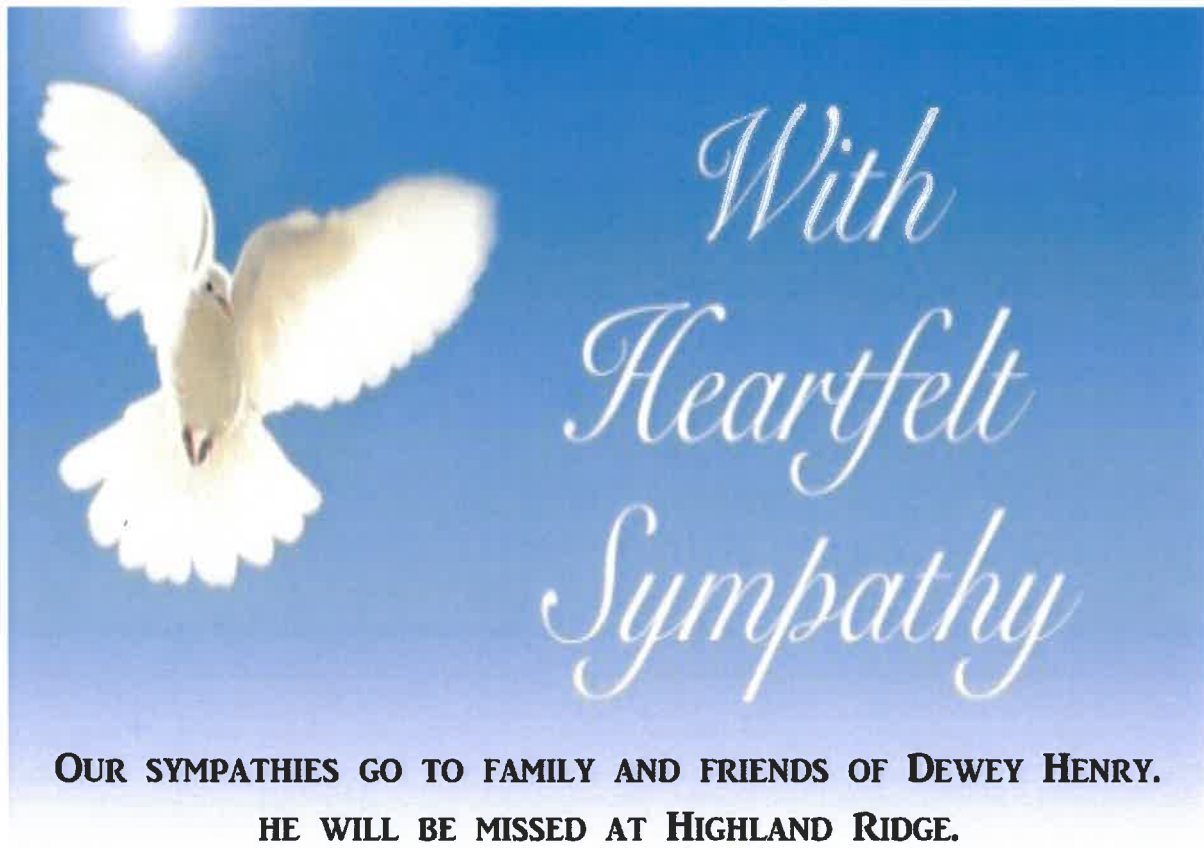
Nathan and LeeAnna Sewell helped “Ring in the New Year” with the residents of Highland Ridge!!!





MANICURE MONDAY—We would like to welcome Kelsey Houchens. She will be here doing manicures, pedicures, and facial waxing every Monday morning.

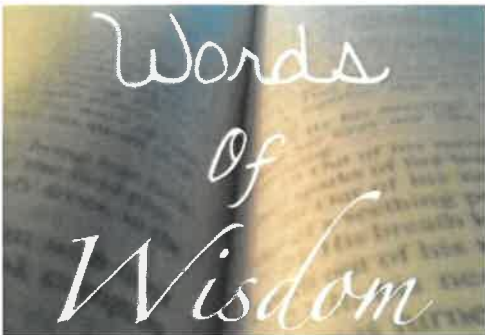
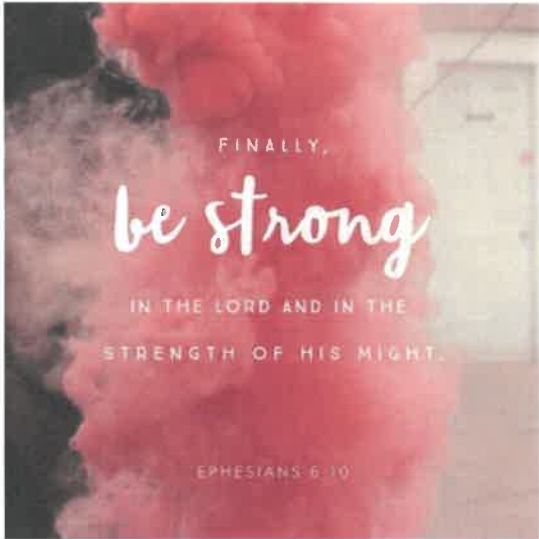
Roxanne Pierce will continue to be in the beauty shop on Thursday and Fridays after lunch.



JUST A FRIENDLY REMINDER... We would like to stay healthy. If you are sick, please stay home until you are well again. We would like for all our residents to stay healthy!! We have gel sanitizer at the front desk for all visitors to use as you arrive and leave our facilities. Thank you for your cooperation.



Decide to be Positive. | Negative people don't enjoy life. Viewing each day with positive expectations is one of the key principles to Godly happiness!



WE ACT ON WHAT WE BELIEVE, SO POSITIVE THOUGHTS CAUSE POSITIVE ACTIONS. IF YOU WANT A POSITIVE LIFE, BEGIN THINKING POSITIVE THOUGHTS. IT IS EASY TO DO SO IF YOU READ THE WORD AND MEDITATE ON ALL THAT GOD WANTS TO DO FOR YOU AND THROUGH YOU. GET ALONE TODAY & THINK ABOUT ALL THE GOOD, POSITIVE THINGS GOD HAS DONE FOR YOU IN THE PAST, AND ALL HE HAS PLANNED FOR YOU IN THE FUTURE.