Highland Ridge Newsletter April 2018

Please remember that Highland Ridge is a non-smoking facility.

We would like to welcome Violet Lewis and Pat Kingrey to Highland Ridge Assisted Living.

A BIG THANKS FOR EATING AT THE DESIGNATED MEAL TIMES.

We will be going to Colton’s for lunch on April 4.
Jessica Adams

Jessica is 40 years old. She has lived in Scottsville at the Barren River Lake her entire life. She has been married to her husband for 21 years. She has one son, one daughter, 2 grandsons, and one granddaughter. She has worked at Highland Ridge since Sept. 2010. “I started out filling in and became a full-time resident assistant in March 2012”. Her hobbies include reading, listening to her favorite music, spending time with her family at the lake, and spoiling her grandchildren. Her favorite thing about working at Highland Ridge is getting to know the residents.

Earlene Wood was born in Warren County to Roy Tinsley and Hallie Jones. She had 2 brothers and 1 sister. Earlene Wood attended school at Alvaton and worked in a restaurant. She later worked at the Post Office for about 20 years. She got married to Dale Wood. She has 2 girls and 1 boy, 7 grandchildren and 1 great grandchild. She goes to church at Green Hill Methodist Church. She likes everything about Highland Ridge, the people, activities, and clean rooms.
Spelling Bee

Aldene Schneider is Spelling Bee winner for month of February

Volunteers

Thanks JoAnna & Bob Harvey for playing and singing for us

180 Scottie Drive, Glasgow, KY 42141  270-659-2548  www.highlandridgeglasgow.com
East Barren Homemakers Club

Thanks for helping the residents do crafts, they enjoyed your visit.

Glasgow Musicale Entertaining the residents
Ways to Celebrate National Stress Awareness Month

Everyone feels stressed from time to time. If left unchecked, it tends to be a real joy-killer. This, of course, makes it harder for us to live Complaint-Free, happy lives. Stress can also lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks, so it is easy to see why it is so vitally important to keep life’s major stressors in check. Since April is National Stress-Awareness Month, I thought the best way to celebrate it would be by creating less stress in our own lives. So here is a list of positive ways you can respond to the stress in your life and keep your own stress levels in check.

Make Up Your Mind to Get and/or Stay Healthy—Taking control of your personal health can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you’ve been putting off, let April be the month you put yourself back in control.

Make a Change—it can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different. Even a small change can make a big difference when it comes to stress.

Focus on Now—Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only Now. Focusing on this perfect moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.

Talk to Yourself—Sometimes a good pep talk is all that is needed to keep stress at bay. Maybe it is high time you gave yourself one by affirming what is right with your life instead of dwelling on what’s wrong.

Get the Giggles—It’s true; laughter really is the best medicine. Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.

Meditate—A still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away. Even ten minutes of meditation done daily for the next 30 days will do wonders for releasing stress in your life.

Keep a Happiness Journal—Every evening for the next 30 days spend a few minutes reflecting on the day you just experienced and list five things about the day that delighted you.

Put a Positive Spin on It—No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

Help Someone Else—Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress. So look around you, see who needs a hand up, and then offer yours.
"The Old Days"

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we’d ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We’d swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I’d gotten to know you a lot sooner!"

Exercise Joke

At the urging of Harry's wife and doctor, 50 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a steep treadmill. "Ok", said the trainer "I'm going to set it for ten minutes, if you want to go longer just press start again." At first Harry was doing fine but after 5 seconds he started getting tired, and after a minute he jumped off gasping for breath. Walking to the side to sit down, he passed by a friend of his. "Man", said Harry, "I could barely last a full minute on that treadmill." "Alright alright", said his buddy, "no reason to brag!"
Brother Tim Eaton preaching and the residents enjoyed the Church Service
Everybody can be great . . . because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.

Martin Luther King, Jr.

Mark was walking home from school one day when he noticed the boy ahead of him had tripped and dropped all of the books he was carrying, along with two sweaters, a baseball bat, a glove and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles. Since they were going the same way, he helped to carry part of the burden. As they walked Mark discovered the boy's name was Bill, that he loved video games, baseball and history, that he was having a lot of trouble with his other subjects and that he had just broken up with his girlfriend.

They arrived at Bill's home first and Mark was invited in for a Coke and to watch some television. The afternoon passed pleasantly with a few laughs and some shared small talk, then Mark went home. They continued to see each other around school, had lunch together once or twice, then both graduated from junior high school. They ended up in the same high school where they had brief contacts over the years. Finally the long awaited senior year came, and three weeks before graduation, Bill asked Mark if they could talk.

Bill reminded him of the day years ago when they had first met. "Do you ever wonder why I was carrying so many things home that day?" asked Bill. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I had stored away some of my mother's sleeping pills and I was going home to commit suicide. But after we spent some time together talking and laughing, I realized that if I had killed myself, I would have missed that time and so many others that might follow. So you see, Mark, when you picked up my books that day, you did a lot more. You saved my life."
Lunch at Dumplings
Volunteers

Emily Meadows calling Bingo

Enjoying Bingo

Retired Bank Employees having lunch with Mr. Pace
Terry Jackson sharing his wood working with residents and books

8 Generations of Terry’s family sat on this bench and he made a table out of the lumber.

Debi Simmons Singing At Highland Ridge
Shamrock Shakes for Residents

Hannah Havanese Dog from Cuba
Find and Search Words

Easter Fun!

```plaintext
Find each word in the search.
Words go ↑, →, and ↘.

bunnies  eggs
decorate  basket
Easter    grass
spring    hunt
chicks    flowers
pick up   candy

pig  Easter  y
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