

April 2021



# Sierra Ridge Memory Care

3265 Blue Oaks Drive  
Auburn, CA 95602

## Sierra Ridge Management Team

Joe Dunham  
*Executive Director*  
Jennifer Fuston  
*Associate Executive Director*  
Lynda Murray  
*Health & Wellness Director*  
Colleen Magda  
*Senior Lifestyle and Leisure Director*  
Robert Selvester  
*Culinary Director*  
Barbara Tarlton  
*Resident Care Director*  
Levi Phillips  
*Maintenance Director*



Congratulations Jordan and thanks for all you do!  
**EMPLOYEE OF THE MONTH**



Levi Phillips - Maintenance Director  
Welcome to Sierra Ridge Levi

## Mission Statement

Sierra Ridge is Committed to  
being the Leader in Providing  
Quality Personal Service  
for our Residents while  
Honoring the Experience  
of Aging through our  
In the Moment Program

## Your Body and Water

Everybody knows the human body needs water to survive. But what does water do for you exactly?

The average adult's body is about 60 percent water, two-thirds of it contained in cells. Water plays a crucial role in formation of cells, which are often called the building blocks of life. Simply speaking, without water there is no human life.

Most of the human body's major systems depend on water to function. Water delivers oxygen and nutrients throughout the body, lubricates joints, flushes out waste and toxins, and regulates the body's internal temperature. The brain, spinal cord and other organs are insulated with water, which acts as a shock absorber and help prevent injury.

Water makes swallowing and digestion possible and also metabolizes proteins and carbohydrates into energy. In fact, just a percent decrease in body fluids can cause a 30 percent drop in a person's energy level. So, instead of drinking coffee or caffeinated beverages, which contribute to dehydration, the key to feeling more energetic may be to drink more water. Adults need between 2 and 3 liters of water every day. For this reason, Sierra Ridge maintains a hydration schedule and residents are offered water throughout the day. Cheers to water!!

## April Horoscopes and Birthdays

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence.

Full of optimism, they are unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work. Their steadfast natures make them determined and reliable.



Happy Birthday Carol!!

Happy April Birthday to:

Jean J - 08th of April

Betty - 30th of April

Hope you have a birthday filled with sweet surprises and happiness!



## A Poem Like a Secret

April is Poetry Month, which gives us 30 days to appreciate these literary gems. Poems are unique expressions of thoughts and feelings that can inspire epiphanies. But for some, poetry remains inaccessible and difficult to understand. Thirty days' worth of the stuff is torture! For those in need of a smaller dose, April 29 is Poem in Your Pocket Day. On this day, choose any poem you like—long or short, modern or old-timey, humorous or serious, simple or complicated—and carry it in your pocket. Read it to yourself throughout the day or whenever the feeling strikes. Contemplate it. Puzzle over it. Question it. Share it with others, if you like. Or keep it to yourself, like a secret. No one has to know that you have a poem stashed away in your pocket. Above all else, enjoy it. If you need help getting started, consider these lines by Pulitzer Prize-winner Archibald MacLeish:

*A poem should be palpable  
and mute  
As a globed fruit*



Kelly, Georgie and Peggy enjoying the sunshine.



Thank you Mike and friends for faithfully coming to give our residents spiritual support. Thanks!!

The only difference between a  
*Good Day and a Bad Day*  
is your **ATTITUDE...**



## Fountain of Fiction

On April 2, 1513, explorer Juan Ponce de León landed on a peninsula he called "La Florida" and claimed it for the Spanish crown. But why had he come? Some say he was searching for the Fountain of Youth, a spring that granted eternal youth to whoever bathed in its waters.

It is said that the indigenous Taino people of the Caribbean passed on stories of a magical fountain and river of rejuvenation to the Spaniards. Not only was the Fountain of Youth a legend but so was De León's search for it. The truth is that stories of De León's search for the Fountain of Youth were invented by his rivals as a means of ruining his reputation after his death.

In 1508, Ponce de León colonized Puerto Rico and became its governor, but a political rift forced him to give up Puerto Rico to Diego Columbus, the son of Christopher Columbus who was the one spreading the false information about Leon. While many at the time knew the writings to be a satirical smear campaign against De León, over the centuries Oviedo's fantastical fictions have morphed into fact, facts happily accepted by all those who want to believe in the magical Fountain of Youth.



Marjorie love to work on puzzles.

## Meditation and Pain Management

An estimated 100 million adults in the U.S. live with chronic pain, caused by conditions like arthritis, fibromyalgia, migraine and sciatica, among others. Often, this type of pain is compounded by poor sleep, stress and anxiety. Meditation is gaining use in the health care field as a way to treat chronic pain.

Doctors are still unsure exactly how meditation works to alleviate pain, but research shows that the practice may actually change the areas of the brain that process both physical and emotional responses to pain and injury. Not only is it possible for a person's actual pain level to be reduced, but meditation can also help the person learn to cope better with it.

Stress and negative thinking - often brought on by pain - can exacerbate pain even further, creating a vicious cycle. Mindfulness meditation, which focuses on awareness of thoughts and sensations, can help break that cycle. By acknowledging their pain rather than trying to ignore it, chronic pain sufferers may be able to change the way they experience pain, resulting in a higher tolerance and happier outlook.

Meditation is not meant to replace traditional treatments like medication and physical therapy, but instead works with other methods to improve a person's quality of life. Recent studies indicate that even beginners practicing simple techniques can see results in a relatively short time.



Peggy doing dishes.





Kelly, Colleen and Carol baking Snickerdoodle cookies. Baking is one of our favorite activities since the end products is always so tasty!



Jean and Carol rolling the lemon snickerdoodles, in sugar and lemon. Tasty!



Linda enjoying the sunshine on a perfect spring day.



Naydene and Tanja ( our new Lifestyle and Leisure Specialist) getting ready to play some disk golf.



## Take a Nap to Boost your Brain

Experts say a short snooze each day can enhance your memory. Sleep is an essential function in absorbing new information, because it allows the brain to clean out its short-term memory storage. Research confirms that daytime napping helps solidify new data and memories by moving them to the brain's long-term storage areas, where they can be retained for future use. Experts say just a 15 - 20 minute nap can be beneficial.



Gonzalo looking handsome with his new haircut.



Jean painting a birdhouse.



Yvonne showing off her spring watercolor and pretty new haircut.

## Did You Know?



**April 1:** Major League Baseball Opening Day

**April 2:** World Autism Awareness Day

**April 4:** Easter Sunday

**April 7:** World Health Day

**April 13:** Scrabble Day

**April 16:** National Clean Out Your Medicine Cabinet Day (*Third Friday in April*)

**April 22:** Earth Day

**April 26:** National Audubon Day

**April 30:** International Jazz Day