

# RIDGE NEWS

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A new year means new beginnings here at the Ridge. A big warm welcome to our newest Residents; Jack and Rosalie Convery, and Peggy Brown and her cat "Fluffy"!



## UPCOMING EVENTS

Starting in February we will be having "Men's Hour" with Jim Bailie every Wednesday morning here at the Ridge, starting at 10:00am!! Sorry ladies, this activity is for boys only! This will be a time where the guys can get together and talk about man stuff! Men, mark it on your calendars! You won't want to miss this!

Friday February 3rd— "Valentines for Allison". Allison is a patient at Cincinnati Children's Hospital in Ohio. She is 6 years old and unfortunately has been diagnosed with a very fast spreading type of cancer. Through January and into February Allison will have to undergo a very risky type of radiation which should be completed the week of Valentine's Day. Doctors give her a 5% cure/survival rate. St. Paul's Lutheran Church has invited us to make Valentine cards and send them in to the little girl to help brighten her day!

Valentine's Day Tuesday, February 14th— We will be holding a Valentine's Sweetheart Supper at 5:00pm here at Tremont Ridge. We are asking each Resident to invite one really special person to join them for this special sweetheart event. Be waiting for your invitation!

Fat Tuesday Tuesday February 22nd— The residents will be making a traditional Fat Tuesday supper to celebrate.....Jambalaya!!! And topping it off with decorating a King's Cake that we will be served as dessert that night!

## QUILTING FOR A CAUSE

As many of you know, some of the residents here at the Ridge have formed a quilting group called Sit n Stitch. The residents and family members have been working VERY hard on quilts to be given to the ER department here at the Hillsboro Area Hospital for children in need. Well, ladies, all of your hard work has paid off! The quilts are finished and have been delivered! Thank you so much for your hard work and generosity! Aren't these



Pictured from left to right: Bottom row: Thelma Brohammer, Lydia Niemeyer, Betty Goby, Donna Seybert, Rita Crites. Back Row: Left: Shirley Ginos, Evelyn Weitekamp, Judy Weitekamp and Jane Ethan (Betty's Daughters) and Millie Grimm.

## STAYING HEALTHY

WINTER: The best time of the year for.... Catching a bug! We want to remind everyone here at Tremont Ridge of the importance of hand hygiene! It is the #1 way to prevent catching and spreading viruses. Also remember to please cough into your sleeve or a handkerchief, and stay home if you are sick, as to keep everyone here at the Ridge as healthy as possible!

## TECHNOLOGY AND OUR RESIDENTS

We are very excited about a new service we are offering residents here at the Ridge. They will be able to send and receive e-mails now! This is just another way for our residents, friends and family to stay in contact with each other. If you are wanting to communicate with your loved one via e-mail, please let us know or set up a time with Jessi in the activities room! We are very eager to help! ALSO: our monthly newsletters will now be being posted online at our Hillsboro Are Hospital website. Be looking for it at [www.hillsboroareahospital.org](http://www.hillsboroareahospital.org).

## WINTER WEATHER

I know it hasn't seemed like much of a Winter so far, but that doesn't mean the weather can't change at any moment! Be ready for it! If you must go out in the winter months be sure to use caution. Please let our staff bring your car up to the front, or schedule other means of transportation for you. Check out our activity board before venturing out into the cold alone, we just might have a trip planned to where you are needing to go.

When it's cold outside it's hard to get up and move around., and easy to stay snuggled up on your couch in a warm blanket..... We are here to help change that! We have been having exercise classes every Monday—Friday at 9:30am, and also taking a trip to our local Fusion Fitness and Aquatics to walk the track every Monday and Thursday! It's a great way to get your body going in the morning!

## TIE BLANKETS

Tie Blankets have become a real hit here at Tremont Ridge. It started by just making one to donate to the Stamp Out Cancer benefit, which led to making another to be raffled off here at the Ridge, to making 4 more to give to Residents with January birthdays at the monthly birthday party! We will be holding a raffle for the tie blanket pictured. It is on display to the left of the dining room. Tickets can be purchased from Jessi in the activity room. Ticket prices are 1 for \$2.00 or 3 for \$5.00. Tickets go on sale Feb 14th, and the drawing will be held

at the Feb 14th Dinner! Good luck!



Pictured above are residents proudly displaying their tie-blanket that is up for raffle, and to the left are residents and members of the Stamp Out Cancer Benefit committee with the tie-blanket they donated! The blanket was sold at a silent auction and all the proceeds went to the Montgomery County Cancer Association. Way to go girls!

## SPECIAL CARE POTLUCK

Our January Special Care Potluck was a big improvement, and the biggest turn out we've had in a long time! Special thanks to all the families who came and brought all of those delicious desserts!! The next Special Care Potluck is scheduled for Friday February 27th at 5:00 pm. We will be providing the meal, and guests may bring a dessert. Hope to see you there!!

## **HAPPY BIRTHDAY**

Betty Goby  
February 11th

Lois Bowen  
February 28th

## **CONDOLENCES**

Our condolences to Charles Grimes on the passing of his wife, and our beloved friend here at the Ridge, Gunny Grimes. Our hearts and prayers are with Charles.

## **JUST FOR LAUGHS**

### **Silly Valentine**

**It's Valentine's day,  
And it's really quite silly;  
My feelings are switching around  
Willy-nilly.  
I'm happy, SO happy!  
Then I'm feeling SO sad;  
I'm gloomy, I'm joyful  
Oh man, this is bad!  
My body is clammy,  
Then I'm in a deep sweat;  
Sometimes I'm giddy,  
Sometimes I fret.**

**I'm looking for comfort food  
Deep in the frig;  
Often I think  
I could jump off a bridge.  
What is the reason  
For all the above?  
It's Valentine's Day,  
And I'm SO in love!**

**By: Joan Fuchs**