

ON-SITE COMMUNITY SERVICES TO SCHEDULE APPOINTMENT. SEE CONTACTS BELOW.

Leave a message if unavailable.

**SALON -**

Tracy Osier, Owner (763) 955-1761

**HAIR STYLIST -**

Patty & Sharon (763) 955-1761

**NAIL TECHNICIAN -**

Debra Rangel (763) 229-5179

**AHI PODIATRY -**

Jessie Rustad (952) 283-3169

**ASCEND REHABILITATION -**

Krystle Plohocky (612) 268-8752



*Warmest thoughts and best wishes for a wonderful holiday and a very happy New Year.*

**SILVERCREEK ON MAIN STAFF CONTACT LIST**

Executive Director - Andrea Erickson	aberickson@silvercreekonmain.com	(763) 955-1753
Assistant Executive Director - Kristin Yang	kyang@silvercreekonmain.com	(763) 955-1995
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Marketing Associate - Haylie Madsen	hmadsen@silvercreekonmain.com	(763)-269-6094 or ext. 1739
Director of Programs - Suzy Nardini	snardini@silvercreekonmain.com	(763) 955-1771
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Director of Wellness - Angela Kalkbrenner	akalkbrenner@silvercreekonmain.com	(763) 955-1759
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Wellness Coordinator - Sam Wallace	swallace@silvercreekonmain.com	(763) 955-1758
Clinical Director - Gladys Aakre, RN	gaakre@silvercreekonmain.com	(763) 955-1770
Nurse - Loretta Gborplay, RN	lgborplay@silvercreekonmain.com	(763) 955-1769
Director of Admin - Caely Boerboom	cboerboom@silvercreekonmain.com	(763) 955-1754
Director of Res. Services - Anna St. Amant	astamant@silvercreekonmain.com	(763) 296-6093 ext. 1738
Resident Care Coord. - Anna Phongmany	aphongmany@silvercreekonmain.com	(763) 955-1762
Director of Dining Services - Melanie Hall	mhall@silvercreekonmain.com	(763) 955-1755
Kitchen Extension		(763) 955-1756
Housekeeping - Cheryl Brazil	cbrazil@silvercreekonmain.com	(763) 955-1763
Reception Desk - Shellie, Michelle, Marilyn, Terra, Sandy, Rachel		(763) 955-1751

“ALL WORK ORDER REQUESTS DURING AND AFTER BUSINESS HOURS: (763) 955-1751”

LIFESTYLE



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# FROM US TO YOU

MONTHLY MESSAGES FROM SILVERCREEK

## A MESSAGE FROM THE EXECUTIVE DIRECTOR

by Andrea Erickson

December is a month of celebrations! Whether you celebrate Christmas, Hanukkah, or another annual celebration, this is a time of year that gives us the opportunity to take stock of our blessings, spend time with the ones we love, and for many, exchange gifts and best wishes to those closest in our lives. SilverCreek on Main will be abuzz with holiday programming – music, gatherings, festivities, and cheer! Check out the details in the newsletter/calendar and join us!

Reminder - our Resident and Family Holiday Gathering is Saturday, December 7th from 10:00am to 12:00pm – We would love to have you join us!

Happy Holidays!  
Andrea



# REFLECTIONS



## HIGHLIGHTS FROM MEMORY CARE

### Greetings and Happy Holidays from Reflections!

We are so thankful for all that you do to support your loved ones and friends in Reflections. We hope this holiday season is a happy and healthy one for you!

This past month, we celebrated our Veterans with a wonderful program and special luncheon. We also enjoyed a new entertainer, Dennis Curley, as he performed the music of John Denver. We have a few new featured artists that created beautiful paintings with our Mneme Therapist, Larry.

In December, we will have special music by Bobby and Christine, "A Crooner Christmas" concert by Todd Anderson, cookie decorating, SilverCreek Holiday Open House (see details in the newsletter), and we'll finish out the month with a New Year's Eve Party!

Holidays are a big time for tradition, but as the needs of someone living with dementia change, it may be time to think about what traditions can still make the holidays pleasant and which ones should maybe be left behind.

### TIPS FOR THE HOLIDAYS:

- Always have people introduce themselves to the person living with dementia. This takes the pressure off of them to remember names.
- When getting together with family and friends, take time to think about the environment and how that affects the person living with dementia.

### NOISE LEVEL

- Are there a lot of people talking?
- Are there children running around and possibly screaming/laughing/crying?
- Is there a TV on in the background?

### TEMPERATURE - Is it too hot or cold?

### SPACE - Is there room for someone to walk through with a walker or wheelchair?

**NEW SPACE** - Celebrating the holidays in someone else's house can be confusing to someone with dementia. Remember to discreetly offer the bathroom or show them where it's at.

If your loved one starts showing signs of irritation or confusion, it might be best to cut the celebration short. That is their indication that they are overwhelmed and need a break. Consider keeping your celebration small or having family/friends visit them at SilverCreek. Spend time sharing your favorite memories with them, look at a photo album, and sing some favorite holiday songs together.

We wish you all a blessed holiday season filled with special moments, time with those you love, and a wonderful start to 2025!

Emily Jass, CDP  
Director of Reflections



# RESIDENT SERVICES

MONTHLY MESSAGES FROM OUR RESIDENT SERVICES DEPARTMENT



**Mental Health Services:**

SilverCreek has a licensed social worker here every other Tuesday from Associated Clinic of Psychology (ACP). If you are struggling with depression, especially over the Holidays, they can help. Their experience is talk therapy in the convenience of your own apartment.

ACP can see clients in IL, AL, EAL and Reflections. If you are interested, please reach out to ACP's main number at 612-952-6033.

Mental health is just as important as physical health.



SilverCreek On Main is now offering Hearing Health Clinic Appointments!

2nd Wednesday of the month  
10:00am - 12:00pm  
Family Conference Room  
2nd Floor

Please Sign-up a time slot in the activities book.



If you or a family member would like to receive our weekly updates, community letters, and important notifications via your email, please contact Anna St. Amant at 763-296-6093 ext. 1738.

Monday, December 9th  
1:30p - Performance Room

# Tech Support

Please sign-up for a time slot!

# REMINDERS

COMMUNITY UPDATES, REMINDERS AND NEWS



## Greeting Cards

The holiday season is here! If you are looking to send out greeting cards to friends and family, we have many cards you can purchase in our Craft Room. They are \$0.50 each and come in a variety of greetings and designs.



## Trash & Recycling

Reminder to please bring down your large recyclables and cardboard boxes to the recycling dumpster in the garage. This is extremely important during the holiday season with presents and gift giving. Residents who place large recyclables in the chute may incur a maintenance fee.



## Electrical Cords

Electrical cords pose a safety hazard when not used properly. Any extension cord used in the community, or your apartment, must be surge protected to prevent damage to equipment and electrical fires. Non surge protected extensions cords should not be used and should be disposed of. This fire safety guidance is important to follow year around NOT just at the Holidays.



## Holiday Hours

On Christmas Day & New Years Day, some of our hours & services are adjusted. Please plan accordingly.

**Administration:** Front Desk is open from 9am-2pm

**Wellness:** Wellness Center is Closed

**Dining:** Bistro is Closed. AL Dining Room Open for Breakfast & Lunch. Our Holiday Meal is served at Lunch Time. Dinner is ALL take out boxes and the dining rooms will be CLOSED. You must pick up your take out dinner by 1pm in the Dining Room.



# HEALTHY CHOICES

MONTHLY MESSAGES FROM WELLNESS CENTER

## WINTER health tips



### 1. Layer up

Aging causes your blood circulation to lessen, leaving you feeling cold far more easily. Dressing in layers can help you conserve body heat. Start with a close-fitting base layer, next add your middle layer, something a bit thicker. And when you head outdoors add that good winter coat, hat and mittens.

### 2. Stay Hydrated

Staying hydrated is just as important in winter as the warm summer months. Gamify your water intake to make it fun and help you succeed in drinking one-third of your body weight.

### 3. Plan Activities for Early in The Day

Reduced daylight during the winter months can be a challenge, especially for seniors. The ability to recognize icy spots as the light fades may increase your risk of a slip and fall. Temperatures decrease rapidly when the sun sets, and those bone-chilling temps can lead to exposure. Plan your trips and outings before the sun goes down.

### 4. Learn to Walk on Ice

Walk like a penguin, they are experts at walking on ice. Put your center of gravity forward, toes outward with a soft bend in the knees, and your hands by your side and waddle slowly. Be alert & watch for shiny surfaces on sidewalks. Black ice is more difficult to spot with its dark dull appearance. Purchase a pair of boots with good traction.

### 5. Keep your Home Temperature Comfortable

Ideally your indoor temperature should be between 68 and 78 degrees Fahrenheit and never under 65 degrees. The risk of hypothermia, even indoors, increases with temperatures below 60 degrees.

### 6. Prioritize Nutrition

Good nutrition and well-balanced eating habits are more important this time of year than any other. Hearty, nutritious meals will leave you feeling full longer. Consume alcohol in moderation.

### 7. Find Ways to Exercise

Motivation to exercise can plummet during the winter months with shorter daylight hours. You will benefit tremendously physically and mentally by maintaining an exercise routine. The recommendation is 150 minutes per week of purposeful movement.

### 8. Stay connected

Hibernating in your home is very tempting as the temperatures drop. Call a friend, use facetime to stay connected. Occasionally invite someone over to share a cup of tea and accept those social invites.



**HAND MASSAGES**

We have a massage therapist who will be here on Friday's 9am -1pm starting December 6th. Cost is \$1.00 per minute. Wellness Center

# AWARDS & CONTESTS



**ELF ON THE SHELF HUNT!**

The Elf, Twinkle, returns this December and he brought a friend! Can you find the two Elves at SilverCreek? **On Thursday, December 12th Starting at 10:00am - Great Room** We will hide two Elves. You are only allowed to find one. Once found, bring the Elf to the front desk for a \$25 Visa Gift Card!

Happy Elfing!



**Employee of the Month**

*Erin Dorn*



**BILLIARDS**

*inquire*

Great prizes, friendly competition, and an unforgettable experience are just a cue away. Are you ready to break?

**WIN PRIZES**

**SOME TIME IN JANUARY**

Are you interested in playing in a Billiards Tournament? Please sign-up if interested!



**ATHLETE OF THE MONTH**

December Athlete of the Month: **Sharon**

Sharon comes down to the Wellness Center numerous times during the week to use the Nu-Step. She always has a smile on her face and is ready for her work-out.

# ASSISTED LIVING

ASSISTED LIVING & EAL RESIDENTS FOCUS



## Holiday Scents

Join us for a fun holiday scent guessing game. Can you recall all the different scents correctly?

Tuesday, December 10th  
@ 1:00PM in the AL Dining Room



**YOU'VE BEEN ELFED!**

WE HAVE A SECRET ELF DROPPING OFF SOMETHING SPECIAL TO AL & EAL THIS HOLIDAY SEASON.

WATCH YOUR DOOR AROUND FRIDAY, DECEMBER 20TH!



## Hot Cocoa & Cookies

JOIN US FOR HOT CHOCOLATE AND COOKIES IN THE AL DINING ROOM

TUESDAY, DECEMBER 17TH @ 1:00PM



Join us Mondays at 12PM in the AL Dining room for some fun activities!

# NURSING

MONTHLY MESSAGES FROM OUR NURSING DEPARTMENT

### Splash those blues away!

Swimming is a wonderful exercise for people of all ages, especially in the cold months. The low-impact nature of swimming makes it an ideal option for older adults, as it places minimal strain on the joints. This is particularly beneficial for those with arthritis or joint pain, as the buoyancy of the water supports the body, reducing pressure on the knees, hips, and spine.

In addition to being gentle on the body, swimming offers a full-body workout that can improve cardiovascular health, strength, and flexibility. Regular swimming helps seniors maintain muscle tone, improve balance, and boost endurance—all of which can reduce the risk of falls and other injuries. Studies have shown that the rhythmic movement of swimming can also improve heart health, lowering blood pressure and reducing the risk of cardiovascular disease.

Swimming can also enhance mental well-being. The calming effect of being in the water helps to reduce stress, while the release of endorphins during exercise can improve mood and increase energy levels. Many seniors find the social aspect of swimming classes to be rewarding as well, helping to foster a sense of community and combat feelings of isolation. Overall, swimming offers a holistic approach to physical and mental health for older adults, making it a highly beneficial exercise choice.



# THE FULL HELPING



Friday, December 13th at 10:00am  
To-Go-Orders Only  
Bring Back to SilverCreek and Enjoy  
Please Sign-up for Bus Ride



## SILVERCREEK

### *Holiday* CATERING

Holidays are a time to celebrate — not a time to stress. So let SilverCreek do the work for you. From Thanksgiving to Hanukkah, Christmas to New Years, our catering has you covered with mains, appetizers, sides, desserts and more for your holiday dinner or gathering. Please reach out to Melanie our Director of Dining Services for more information.

# CELEBRATIONS



BIRTHDAYS, ANNIVERSARYS, AWARDS AND NEW RESIDENTS

## RESIDENTS BIRTHDAYS

12/2	Bob	12/19	Joey
12/2	Velma	12/20	Sally
12/4	Mark	12/20	Carla
12/4	Harold	12/21	Carol
12/8	Rowena	12/23	Sue
12/8	Micky	12/25	Wilma Jean
12/8	Ilo	12/25	Darrell
12/10	Norma	12/25	Paul
12/10	Roxanne	12/25	Jerre
12/11	Ned	12/27	Carol
12/11	Vern	12/27	Deb
12/16	Alice	12/28	Sandy
12/16	Jim	12/29	Carol
12/17	Joyce	12/29	Janet
12/18	Kyle	12/30	Karl

## STAFF BIRTHDAYS

12/2	Fallah, Famata
12/10	Jensen, Tony
12/13	Toney, Jacquelyn
12/20	Mogi, Rose
12/20	Mohamed, Samsam
12/20	Peters, Natalie
12/25	Campbell, Laymah
12/25	Cooper, Monkojue
12/29	Harris, Annie
12/30	Masira, George
12/31	Lunde, Katrina
12/31	Sumo, Denise

## STAFF ANNIVERSARYS

Chantelle Johnson	Housekeeper	1 year
Lerrasia Bryant	Resident Assistant	1 year
Abigail Hicks	Wellness Coordinator	1 year
Tracie Garcia	Chef	2 years
Isaac Jardiah	Resident Assistant	2 years
Rachel Peterson	Receptionist	4 years
Angela Kalkbrenner	Director of Wellness	6 years
Kathy Okyere	CNA	7 years
Cheryl Brazil	Lead Housekeeper	8 years

## NEW RESIDENTS

Ken & Mary  
Maureen  
Carol  
Ardyce  
Marlan  
Vern



# HAPPENING

## Holiday Music

Join us for some Holiday Piano Music by Dave Geske in our Lobby Living Room!

Thursday, Dec. 5th - 2:00pm  
Thursday, Dec. 19th - 6:30pm



## It's Christmas Decorating Time

Please join us and help Decorate for the Holidays!  
Please sign-up to decorate a part of SilverCreek!

### Areas to Decorate

Living Room, Great Room, Den, Chapel,  
Dining Rooms and Hallways!

Tuesday & Wednesday, December 3rd & 4th  
Please meet at 9:30am in the Great Room.

## WINTER SOLSTICE LUMINARY

### LUMINARY SATURDAY, DECEMBER 21ST

Pick up a luminary in the Wellness Center from December 16th - 20th.

Place lighted luminary in hallway outside your door on December 21st by 5:00pm

Walk the SilverCreek hallways to see all the lanterns.

Proceeds go to Alzheimer's Association.

Non Auction Donations accepted in Wellness.

Online Auction: <https://www.32auctions.com/wintersolstice>



## RESTAURANT DINING OUT OPPORTUNITIES



## W.A.FROST

### REMINDER

FOR THOSE WHO HAVE SIGNED UP  
Thursday, December 5th  
Bus Leaves at 4:00pm  
YOU WILL BE CHARGED ON YOUR  
SILVERCREEK ACCOUNT.  
no refunds for cancelations.



## NICOLLET ISLAND INN

### REMINDER

FOR THOSE WHO HAVE SIGNED UP FOR  
THIS LADIES LUNCH.  
Thursday, December 19th  
Bus Leaves at 11:30am  
YOU WILL BE CHARGED ON YOUR  
SILVERCREEK ACCOUNT.  
No refunds for cancelations.



### MEN'S LUNCH Big Bore BBQ Hanover

Friday, December 20th  
10:30a Bus Leaves  
Please Sign-Up

Lunch is at your  
own expense.

# HAPPENINGS

EVENTS AND ENTERTAINMENT



## Holiday Party

**OPEN HOUSE**

LET'S GET ROCKING UNDER THE SOCKING'S

Saturday, December 7th  
10:00am - 12:00pm  
Dining Rooms

**SANTA VISIT \* LIGHT BREAKFAST  
BUFFET\* BEVERAGES \* CHRISTMAS CAROLS \*  
COOKIES DECORATING \* SANTA LETTERS \*  
PASS THE PACKAGE GAME.**

**HOLIDAY SWEATER CONTEST FOR  
RESIDENTS AND STAFF.**



*New Year Happy Hour*

Join us for a New Years Celebration

Monday, December 30th  
2:00pm  
Great Room  
All Floors Welcome

# BOOKS & MOVIES

MONTHLY MESSAGES FROM SILVERCREEK



**The Holiday Calendar**  
Charming  
December 14th  
2:00pm  
Rated TV-PG

A struggling but talented photographer inherits an antique holiday advent calendar, the contents of which seem to predict the future. Will this magical calendar lead her to love this holiday season?



**Journey to Bethlehem**  
Feel Good/Family  
December 21  
2:00pm  
PG

This live-action Christmas musical adventure for the entire family weaves classic Christmas melodies with humor, faith, and new pop songs in a retelling of the greatest story ever told: the story of Mary and Joseph and the birth of Jesus.



**The Family Man**  
Comedy  
December 28  
2:00pm  
Rated PG-13

A fast-lane investment broker, offered the opportunity to see how the other half lives, wakes up to find that his sports car and girlfriend have become a mini-van and wife.



*Holiday Vintage* **FILM SOCIETY**

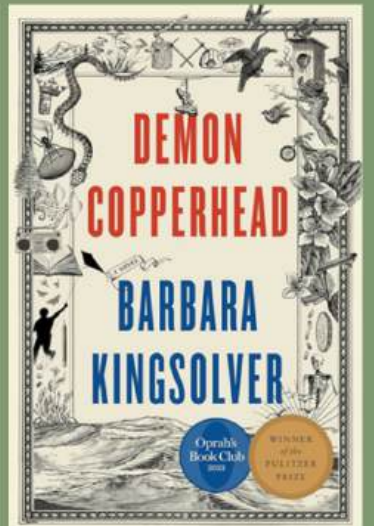
**WEDNESDAY, DECEMBER 4TH AT 2:00PM**  
**THE BISHOPS WIFE**  
Cary Grant, Loretta Young and David Niven

**WEDNESDAY, DECEMBER 11TH AT 2:00PM**  
**WHITE CHRISTMAS**  
Bing Crosby, Danny Kaye, Rosemary Clooney & Vera-Ellen

## Book Club

EVERY 3RD  
WEDNESDAY  
OF THE MONTH  
AT 10:30AM IN  
THE DEN

### DECEMBER BOOK



### JANUARY BOOK





# FAITH

## SUNDAY SERVICES

Every Sundays - 10:30am Chapel

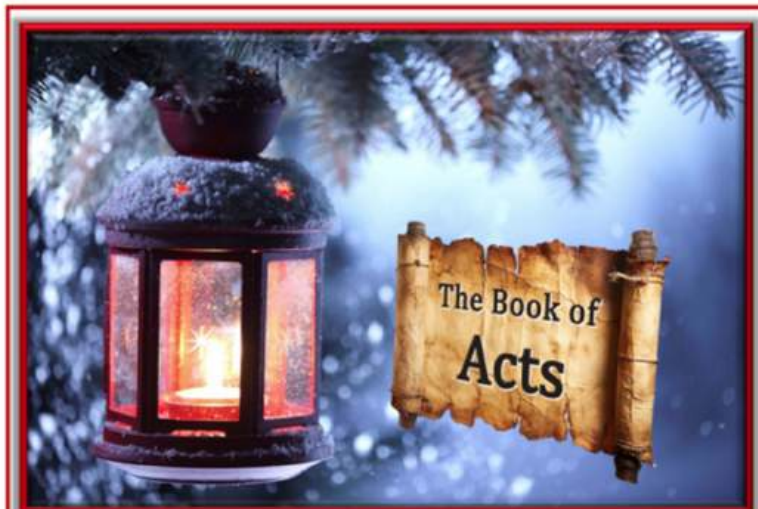
## ROSARY

1st & 2nd Wednesdays  
at 6:30pm Chapel

## CATHOLIC COMMUNION

3rd Wednesdays  
6:30pm Chapel

**NEW**  
Episcopalian  
Communion Service  
3rd Sat. of each month  
Saturday, December 21st  
11:00am Chapel  
Open To All



## SilverCreek Bible Study

Bruce & Lois Geske  
Mondays at 10:30

Multi-Media

2nd Floor Chapel/Performance Room



# HAPPENINGS

## Miniature Holiday Tour

Norway House Gingerbread Houses & Railroad Museum

Friday, December 20th

12:45p Bus Leaves

Sign-up deadline December 11th

*Please eat a lunch before trip.*

Cost: \$30 per person

*You will be billed on your SilverCreek Account.*

*NO Refunds,*



**THE MAGIC OF LIGHTS TOUR**

Tuesday, December 10th  
Bus Leaves at 5:00pm  
Eagan, MN

Please Sign-up - No Charge

*Christmas Caroling Concert*

Tuesday, December 17th at 6:30pm  
Osseo Maple Grove Girls Hockey Association  
Grades 5-6-7  
Performance Room

ARMCHAIR TRAVEL  
**CHRISTMAS A HISTORY**

THURSDAY, DECEMBER 12TH  
2:00PM - THEATER

