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NEWS

FROM MAPLE RIDGE MANOR



SPRING IS IN THE AIR - A SEASON OF LIVELY EVENTS

Lowell HS Theater March 5th - The highlight of every end of winter season at Maple Ridge Manor is the chance to view the premier of the Lowell HS theater production which was held on 5 March 2026. This year was a variation of the production of the Broadway Musical "Chicago - Teen Edition", an annual event that is enjoyed by residents, family, guests and staff. Transportation was provided by Lowell High School with a bus picking up the MRM residents and staff and waited for them outside the entrance for the return journey. The months of hard work and preparation by the students was appreciated by the entire audience.



"Chicago - Teen Version"



The Maple Ridge Manor group join the cast and theater staff of "Chicago", at Lowell HS

IN THIS ISSUE

1 ST QUARTER UPDATE

Exciting events planned

1-2

NEWS FROM THE OFFICE

Update from Heather

2

NEW CHEF

Welcome to the team

2

NEW ARRIVALS

Welcome our new residents

3

TO YOUR HEALTH

Care Plan review

3

MEET THE TEAM

Staff Aniversaries

3

AGING

Thoughts on Healthy Aging from NIH

4



THE VOTES ARE IN -

Feedback from family & friends... Words can't even begin to explain how amazing the care team is at Maple Ridge. I'm not sure how many children of aging parents have a comparison "data set" of sorts -- but I do. I moved dad to Maple Ridge after 13 months in another senior living facility. Although it was a much further drive for me, the decision was the best. Dad got to spend his final months in the most beautiful place. But the nice fixtures and furnishings pale in comparison to the care, compassion and respect that he received from Heather and her great team of care-givers. Here's a series of words that come to mind when describing the Maple Ridge team: Patient, helpful, respectful, compassionate, caring, concerned, and great at communication with residents and children alike. Beyond that, they are committed. Committed to making their days the best. Committed to showing up at work. Committed to helping each other. - **Vince Norton (family of former resident)**

Special Events Planned this spring -

Easter Egg Hunt - APRIL 2 @ 2:00 PM
As in previous years, Maple Ridge Manor is hosting the exciting and very entertaining Easter Egg Hunt on April 2nd. The hunt is planned to begin at 2:00 pm and all residents, families and friends are encouraged to join in the fun.



Easter Egg Hunt - helpers

Easter Mass 1:00pm/Sunday Service 1:30pm - April 5th
Join all residents and guests for this special religious holiday service.

Spring Fling - April 28th 6:30 - 8:00 pm
Officially welcome the spring season at the special evening bash with music, refreshments and dancing with friends and family.

Many additional exciting events are planned - check the date and time on the month calendars included with this newsletter .



Erik Schulte in uniform ready for action

Welcome To Our New Executive Chef – Erik Schulte

We are excited to welcome Erik Schulte as the new Executive Chef at Maple Ridge! Erik earned his culinary degree from the Secchia Institute for Culinary Education and has been working professionally in the culinary field for the past seven years.

Erik's passion for cooking began at a young age, inspired by his grandmother, a professional cake decorator, who passed her love of baking on to his father—and ultimately to Erik. Today, that passion shines through in everything he creates, especially his favorite specialties: desserts and pastries.

We are already enjoying Erik's creativity and talent here at Maple Ridge and look forward to all the delicious additions he will bring to our community!

Comments From Maple Ridge Manor's Administrator, Heather Kramer...



Dear Residents, Families and Staff:

As spring arrives, we're reminded of the value of fresh air and simple moments outdoors. At Maple Ridge, we look forward to creating opportunities for our residents to enjoy the season, stay engaged, and connect with one another. Thank you to our staff and families for helping make these moments possible.

Thank You - Heather



Surprise visit from the Easter Bunny

NEW MAPLE RIDGE MANOR RESIDENTS - A Hearty Welcome!

<u>Name</u>	<u>Room</u>	<u>Joined</u>	<u>Name</u>	<u>Room</u>	<u>Joined</u>
Jane Boeve	112	Nov 2025	Doris Richardson	102	Dec 2025
Maria Simkins	308	Nov 2025	Arnold Kimball	101	Dec 2025
Judith Jorgensen	304	Nov 2025	Jane Crosby	109	Feb 2026
Marcia Macdonald	302	Nov 2025	Ronald Gossman	301	Mar 2026
Alexander Callaghan	311	Nov 2025	Mary Steed	409	Apr 2026

Please take an opportunity to say hi and welcome your new neighbors to the family.

Update - Care Plan Reviews: Partnering Together for Your Loved One's Care by Kim Simon, Nurse Director of Health & Wellness

Happy Spring from the Health & Wellness Team! We're excited to share that we've recently begun sending updated resident care plans electronically to the DPOA we have on file. These digital care plans are simple to review and sign - just a few quick clicks for your electronic signature. Please note, that the requests are time sensitive and are secure for privacy.

As we complete routine reviews or update plans in response to changes in condition, falls, or other needs, you'll begin receiving more of these electronic care plan notices. Our goal is to ensure every team member is providing care that is personalized and consistent with your loved one's needs and preferences.

We value your input in your loved one's care and encourage you to communicate directly with the Health & Wellness team with any information, preferences, or ideas you would like reflected in the care plan as well.

To participate digitally, please share your preferred email address with us. You can provide it at the front desk or email us directly at healthwellness@mapleridgemanor.com. Once we have your information, you'll receive care plan reviews right in your inbox for easy review and signature.



Together, we can ensure that every resident continues to receive the thoughtful, individualized care they deserve.

TEAM NEWS...

Maple Ridge Manor Staff - Anniversaries for 1st Quarter 2026

Congratulations and thanks to all for their dedicated service and contribution.

Three Years Service

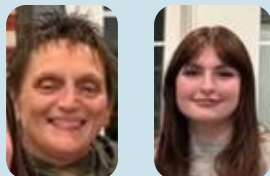
- * Amber North 3 years
- Denise Smith 3 years
- Morgan Rodgers 3 years

Two Years Service

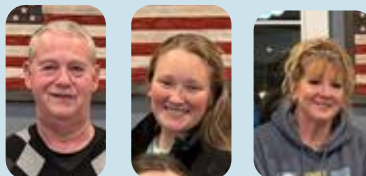
- * Jeff Barber 2 years
- * Jess VanEnk 2 year
- * Julie Albert 2 years
- * Kylee Eggerding 2 years

One Year Service

- * Claire Nead 1 Year
- * Matti Lee 1 year



Amber North (not shown), Denise Smith, and Morgan Rodgers



Jeff Barber, Jess VanEnk, Julie Albert and Kylee Eggerding (not shown)



Claire Nead, Matti Lee (not shown)

What Science Knows About Healthy Aging...



Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are all within our reach. Research supported by NIA and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age.

1 Get moving: Exercise and physical activity

Research has found that even if you're not losing weight, exercise can still help you live longer and better. There are many ways to get started. Try being physically active in short spurts throughout the day or setting aside specific times each week to exercise.

2 Healthy eating: Make smart food choices

Even if you haven't thought much about healthy eating until recently, changing your diet now can still improve your well-being as an older adult. If you are concerned about what you eat, talk with your doctor about ways you can make better food choices.

3 Go to your doctor regularly

Visit the doctor regularly, as recommended, depending on your health condition. You cannot reap the benefits of medical advancements without regular trips to the doctor for physical exams and tests.

4 Getting a good night's sleep

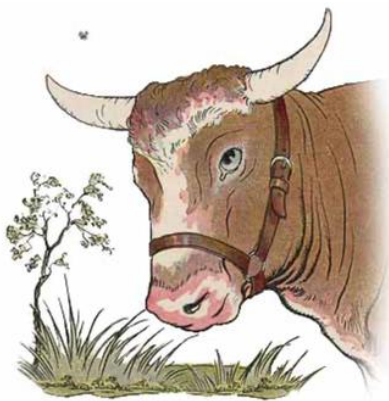
There are many things you can do to help you sleep better, such as following a regular sleep schedule. Try to fall asleep and get up at the same time each day. Avoid napping late in the day, as this may keep you awake at night. Exercise can help you sleep better, too, if it isn't too close to bedtime.

5 Reduce Stress

You can help manage stress with meditation techniques, physical activity, and by participating in activities that you enjoy. Keeping a journal may also help you identify and challenge negative and unhelpful thoughts. Reach out to friends and family who can help you cope in a positive way.

You can read the entire article and discover more ways to stay healthy at: <https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>.

AESOP'S Fable... Number 70



The Gnat & the Bull

A Gnat flew over the meadow with much buzzing for so small a creature and settled on the tip of one of the horns of a Bull. After he had rested a short time, he made ready to fly away.

But before he left he begged the Bull's pardon for having used his horn for a resting place.

"You must be very glad to have me go now," he said.

"It's all the same to me," replied the Bull. "I did not even know you were there."

Moral... We are often of greater importance in our own eyes than in the eyes of our neighbor. The smaller the mind the greater the conceit.

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Comments or Questions - Please Contact:

Maple Ridge Manor - Premier Assisted Living

12020 Foreman SE, Lowell, MI 49331 616-552-1588, Email: administrator@mapleridgemanor.com

APR 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
			April <u>Fools</u> Day	Easter Egg Hunt 2:00 pm	Music with Mark Howell 2:00 pm	Music with Al Smith 4:00 pm Donald Schmidt B'Day
05	06	07	08	09	10	11
Easter Mass 1:00 pm Service 1:30 pm		Music Therapy With Mary 11:15	Music Nancy Crumback 2:00	Music Rollin Brummette 6:00 Marcia McDonald <u>B'Day</u>	Music with Sue Snyder 2:00 pm	
12	13	14	15	16	17	18
	Music Rusty <u>Piockel</u> 2:00 pm Victory Schoon B'Day				Musical Memories 2:00 pm	
19	20	21	22	23	24	25
		Music Therapy with Mary 11:15 am	Anneke van der Westen B'Day		Music with Dan Palmer 2:00 pm	Ballet Perf, Verity Ballet – Little Mermaid 3:00 pm
26	27	28	29	30		
	Fred and Friends 1:00 pm	Desert Links 12:15, Music w/ Sean 2:00 pm Spr <u>Eling</u> 6:30				

MAY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					Music Sue Snyder 2:00 pm	Music Al Smith 4:00 pm
03	04	05	06	07	08	09
		Music Therapy w/ Mary 11:15 am		Music Gloria Coon 1:00 pm	Music Rob Leonard 1:00 pm	
10	11	12	13	14	15	16
	Music Rusty Picket 2:00 pm			Music Rollin Brummette 6:00 pm	Musical Memories 2:00 pm	
17	18	19	20	21	22	23
	Music Marty Miller 1:00 pm	Music Therapy with Mary 11:15 am			Music Nancy Crumback 2:00 pm	
24	25	26	27	28	29	30
	Fred & Friends Arther Blodgett Phyllis Bieri B'Day	Desert w/ Links Class 12:15 pm		Music Dan Palmer 2:00 pm	Music Mark Howell 2:00 pm	

JUN 2026



SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
		Music Therapy w/ Mary 11:25 am		Music Gloria Coon 1:00 pm	Music Nancy Crumback 2:00 pm	Music Al Smith 4:00 pm
07	08	09	10	11	12	13
	Music Rusty Picket 2:00 pm			Music Rollin Brummette 6:00 pm	Music Sue Snyder 2:00 pm Mary Lauren B'Day	
14	15	16	17	18	19	20
		Music Therapy Mary 11:15 pm, Donald Braam B'Day			Musical Memories 2:00 pm	
21	22	23	24	25	26	27
	Fred & Friends 1:00 pm	Music Seabn Cyphers 2:00 pm		Freddy Behm B'Day	Music Dan Palmer 2:00 pm	Marcia Simkins B'Day
28	29	30				