Greetings from Daryl, Vicki and Aron,

If you have ever looked at our website or brochure, our slogan is “Offering Something DIFFERENT in Senior Living”. So, what does that mean? After all aren’t all senior living homes the same. How can Hidden Springs Senior Living be different from the others?

We are different; we are the only senior living home in the area that is family owned and operated. We live next door and come to HSSL every day including Sundays after church. We say grace before we eat and we dine with the residents. Our office doors are always open to encourage residents and their families to stop in. Your family is our family.

Our location is different. We are not located on a busy street with noise all around. Instead, HSSL is situated on twenty acres of farmland atop a hill with panoramic views of the Blue Ridge and Massanutten mountains. We listen to the birds sing and view the twinkling stars at night. We have heard visitors and guests say this is a “hidden gem” and we think they are right.

First time visitors notice that the staff are so kind and loving towards each other as well as the residents. Everyone who works here must have a compassion for seniors in order to be hired. Our staff is happy and that translates to happy residents and families. It is not uncommon to see a staff person holding a resident’s hand or taking a walk together. How different is that?

Our meals are so delicious! We grow fresh vegetables in our garden to share with “our HSSL family”. What other senior living home serves fresh green beans, corn on the cob and sun ripened tomatoes? HSSL does! We encourage families and friends to join us for a meal. Our table is your table.

So, what else makes us “different”? One of our residents could not attend her granddaughter’s out-of-state wedding. We knew this was a big deal to her. While the reception was going on many miles away, we served wedding cake made by our dining department and celebrated with her. Another resident moved here and was upset he could no longer watch a particular TV channel. We made several phone calls to the TV provider for HSSL to have that channel added. This pleased that gentleman. We listen and we care.

When you begin to choose a senior living home, what are you looking for? Are you looking for a senior living home like all the others or one that is DIFFERENT?
**Susan’s Activity Corner**

With these cool mornings and these nice days, we’ve been traveling all over the valley making hay while the sun shines in Activities this past month! As fall is peaking around the bend, it’s a practice we are going to continue in September. We will visit the Strasburg Museum, play bingo and make crafts at Grace Fellowship Church, attend the Senior Safety Carnival, dine at Brookside Restaurant, enjoy an educational tea at the Warren Heritage Society and pick apples at Hartland Orchard, plus so much more! Never a dull moment at Hidden Springs “Active” Living!

**Advice from Nurse Amie**

September is Fresh Fruits and Vegetables Awareness Month. Eating these items can help to prevent heart disease, type 2 diabetes, high blood pressure, and some types of cancer. For our elderly population who live alone, it is often harder for them to intake such items because pre-packaged meals are easier and cheaper for them to obtain. (Not to mention easier to prepare.) Keep your elders in mind, and make sure they are getting enough fresh fruits and veggies!

**Building Progress Report: From Footers to Open Doors!**

Building is progressing nicely, but is a bit behind. The addition will probably not be open until late October. Porches are being added. Final grading outside will begin this next week. That will allow grass to be planted and plantings to occur. The upstairs level drywall is just about done. The lower level is about 50% complete. Interior features like fireplaces, etc. are being framed. We have just about purchased all systems that we need in the building for security and comfort. We will be ready.

**Meet our new resident!**

**Geri Ebert**

Born in Parkersburg, WV, Geri spent her growing up years there. Her childhood was pretty rough so she moved away from home before graduating from high school, and went to work painting bottles for Pepsi-Cola in Pittsburgh, PA. She got married to a Navy man, and started traveling. They were only married a year. That marriage didn’t take, and she married a Marine who was a childhood sweetheart. They were married for 12 years and they had two children, Debbie and Gene. The family moved to California, Hawaii and North Carolina about 7-8 times. While in California, Geri finished her schooling, got her GED and went to Jr. College for Business Management. That marriage ended and Geri married Bill, who was another Marine. She said the 3rd time was the charm and they were married 51 years. They had one son, Richard. Meanwhile, Geri’s mom had moved to Baltimore and was working for the railroad. She met Aubrey Stokes from Front Royal, and they got married. She worked at the Skyline Terrace Restaurant. Aubrey was in real estate and property management. Geri had a head for figures, and Aubrey taught her how to manage properties. She remembers him as more of a father than hers ever was. She managed Midtown Motel(which was one of Aubrey’s properties) and renovated it and made it even more profitable for Aubrey. He decided to start traveling with Geri’s mom, and left Geri in charge. Geri fondly remembers working for hot shoppes in her youth and especially working banquets. Please make her feel welcome!
We’re off and running to ride the “Drive”! It was a beautiful day in the Shenandoah National Park!

Dotsy and Marge showing off the potholder they made together!

Jean and Marge snapping beans for supper.

Our gang getting an educational tour by Suzanne Silek at the Warren Rifle Museum.

Bill checking out the P51 at the Front Royal-Warren County Air Show.
Kim’s Kitchen Notes

Greetings from Dining Services. Oh my, what a delightful summer we have had. We have enjoyed nature’s bounty with fresh vegetables and fruits, delicious homemade peach ice cream and golden ears of corn on the cob. As we head into fall, we look forward to more delights of apples and pumpkins. We hope that you will join us and your family as we prepare for a Fall Harvest Meal, Halloween Treats, and then Thanksgiving. Thank-you for the opportunity to serve your family incredible nutritional meals. Hope to see you soon!

Musings from Mazie...

Do you believe I gathered all these fresh vegetables? Well maybe my family helped a little. One day recently I found my calf friend, Julie, out in the pasture field. I thought she had forgotten me but as you can see she and I are still best friends. As the days are turning cooler you will find me running around the farm more with Aron. So, if you drive by and see us, toot the horn!