



January 2017 newsletter

*Shouldn't the rest
of your life be the
best of your life?*

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Here's to a new year and continued success at Hilltop

The past year marked many changes for Hilltop.

After starting Hilltop Home Care in December 2015, that business continued to grow in 2016. Our caregivers go into clients' homes to provide the care they need to stay safely at home. We continue to accept clients and hire caregivers to provide this necessary service.

Hilltop Grand Village construction was completed in 2016. We had a very successful public open house in September, at which more than 1,500 people attended.

We received our registration approval from the state of Wisconsin in the late fall for Hilltop Grand Village, and members began moving in during December. We are adding staff – primarily 24-hour caregiving staff members – at this location.

We hired our chef, Rick Ciszewski. (See page 2 for an interview with him.) He and Marge Wendt have been preparing meals and menus for Hilltop Grand Village, Hilltop of Pepper and Hilltop Alpine Terrace, with much of the cooking taking place in the commercial kitchen at Hilltop Grand Village.

Our traditional assisted living facilities – Hilltop of Pepper, Hilltop Alpine Terrace, Hilltop Estate and Hilltop Ravenwood – remain full. Our caregivers continue to give compassionate care to our residents – and for that we are grateful.

Thank you to our employees, residents and members, family and friends for your support in 2016. We look forward to a good year ahead!



HILLTOP GRAND VILLAGE OPENED IN 2016.

Familiar face at Hilltop

Rick Ciszewski is a familiar face to many. Hilltop's chef is likely to have catered a wedding, cooked at a restaurant or prepared food at a church event you attended.

If you have eaten at Anchor Bay, Conley's or Cranberries, you've probably enjoyed his food. He's been cooking for more than 40 years.

He got his start watching his grandmother cook from scratch, including bread and raised doughnuts (his favorite).

"It evolved from there," he said.

He used to hang out at the Mead Inn kitchen – "before the towers were built," he said. He helped decorate the food for Easter brunch. Promised a job when he turned 16, he quickly went from dishwasher to fry cook. "It just took off from there," Ciszewski said.

"I just like working with food," he said, noting he actually enjoys when things stump him. He said he enjoys the challenge of finding a solution.

For example, he was hired to cater a wedding with no kitchen. So, they rented the Biron Town Hall to cook the food and transported the food to Cera Park. He wound up grilling jerked chicken kebabs to serve 200. "That wedding was a challenge," he said, "but it just came together."

He said he uses trial and error a lot of the time, noting every kitchen is different and what works in one might not work in another. He also alters recipes to make them healthier at home and work. His grandmother's raised doughnuts are hard to do, though, because of all the sugar. He's cut out sugar at home, instead using maple syrup or honey to sweeten recipes.

His favorite thing to make is turkey on the grill, but he's partial to anything grilled.

Ciszewski paused for a moment to think of something people might not know about him. "I had brain surgery when I was 18 months old," he said. "Spinal meningitis." His 110-degree fevers caused nerve damage which resulted in deafness, he said. Doctors



CHEF RICK CISZEWSKI WORKS IN THE KITCHEN AT HILLTOP GRAND VILLAGE. HE HAS BEEN COOKING FOR MOST OF HIS LIFE.

in Marshfield drilled holes into his skull to release pressure in his brain.

He has been married to Deb for 38 years. They have three children, two grandsons and two step-granddaughters. One son is following in his footsteps as a chef.

Everything about Ciszewski comes back to food and his love of it. If he had time for a bucket list, he would want to go to an authentic Hawaiian luau to see how they cook in the ground. "That would fascinate me," he said.



Christmas trees decorate Hilltop Grand Village's lobby and lounge.



The dining room is set for the employee holiday party at Hilltop Grand Village, with desserts and boxes of chocolate. A number of employees attended the dinners.



Employee training update

As one year ends and another begins, we start over with state-required training at Hilltop. Notices will be going out soon to employees about continuing education. Watch your mailbox for details. Deadlines will be earlier this, and some employees will have earlier deadlines than others to ensure we get everyone trained by the deadline.

Happy Birthday!

The following residents celebrate birthdays in January:

- Christine: Jan. 1
- Florence: Jan. 8
- Jo: Jan. 9
- Russell: Jan. 23
- Jackie: Jan. 28



Employee quiz

Here's a little quiz. The first person to respond correctly will get a small prize. Email Mystique (mystique@hilltopaffiliatesinc.com) or drop off answers in the office. Put the time and date on any paper submissions.

Actress Carrie Fisher, star of the original "Star Wars" movie, died recently.

1. What was the name of her character in the original 1977 film?
2. Fisher co-starred in this movie about relationships with Billy Crystal and Meg Ryan.
3. Fisher was the daughter of these two famous people.
4. What is the name of the semi-autobiographical book she wrote about her relationship with her mother?
5. Who starred in the movie based on Fisher's book?
6. Who did she play when she appeared in the TV series "Sex and the City"?
7. Teenage boys in the late 1970s wanted a poster of Fisher wearing what?

Learn about ADRC at support group

If you haven't visited a resource specialist at the Aging & Disability Resource Center, you might not know what you're missing. Betty Phillips of the ADRC will be the guest speaker at the Jan. 12 meeting of the Alzheimer's caregiver support group. Mark your calendar to attend at 9:30 a.m. Jan. 12 at Brehm Conference Room in the ADRC.

Join us for refreshments and a time for sharing. Anyone who cares for someone with Alzheimer's or dementia or anyone wishing to learn more is welcome to attend.

If you need respite care for your loved one so you can attend, call Hilltop at 715-423-7400 to arrange free care during the meeting.

Upcoming memory cafes in Rapids

Memory cafes are for people with early stage dementia, mild memory loss or cognitive impairment and for family and friends of those affected.

Join us at 10:30 a.m. Friday Jan. 6 and Feb. 3 at McMillan Memorial Library for lively discussion, refreshments, camaraderie and fun. Call Tammy at 715-423-1700.

The Gilead Coffee House memory café is from 9:30 a.m. to 11 a.m. Jan. 10 and Feb. 14 at First English Lutheran Church. Call 715-423-2840 for information.