

“Life is worth living as long as there's a laugh in it.” -Lucy Maud Montgomery

# The GRAND Gazette

A monthly newsletter for Hillcrest Country Estates  
Grand Lodge York & Lancaster households

## History of Black History Month



African American History Month is a federally recognized event that is celebrated nationwide. Dr. Carter G. Woodson (1875–1950) is credited with creating this opportunity to recognize and reflect on the important roles of African Americans in this country.

The son of former slaves, Woodson spent little time in school. Working in coal mines and quarries, his formal education was intermittent, but he studied when he could. By the time he was 17, he had taught himself basic English and math skills. When he was able to enroll in high school at the age of 20, he completed a four-year curriculum in two years. He went on to earn a master's degree from the University of Chicago and a doctorate degree in history from Harvard.

Disturbed by the fact that history textbooks largely ignored the contributions of black Americans, he went about trying to correct this oversight. In 1926, he established Negro History Week. He summed up its intent by saying, “We should emphasize not Negro history but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race, hate, and religious prejudice.” In 1976, the week was expanded to a month-long celebration. For his extraordinary efforts, Dr. Woodson has been called “The Father of Black History.”

-Source: Activity Connection

## FEBRUARY BIRTHDAYS

Feb. 6: Lavon Krieger  
Feb. 7: Lillian Rhoades  
Feb. 10: Patti Witthauer

## WELCOME TO LODGE LIFE!

George Schaefer, Kathy Salazar, Joel Morse

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

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## ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!



## FEBRUARY HIGHLIGHTS

Feb. 1: National Wear Red Day  
Feb. 1: Music with Denell  
Feb. 5: Chinese New Year Party  
Feb. 15: Scatter Joy Acres  
Feb. 21: Fontenelle Forest, Grand Hall  
Feb. 22: Music with Christine  
Feb. 26: Music with Dick  
Feb. 27: Spud Party

## FEATURED EVENT

### Sweethearts' Supper February 14, 5 p.m. York & Lancaster Households

We will be making a special meal to share with our sweethearts/family.

RSVP to Beth at (402) 885-7363 or  
ekarstens@hillcresthealth.com

## Kristeena's Column



Happy February and Valentine's Day, everyone! It is hard to believe that we are already in the month of February. This month is National Heart Month, and taking care of our tickers plays an important role in our health.

Here are some helpful tips to be heart healthy:

- **Eating a well-balanced and healthy diet** will prevent buildup of fat and cholesterol in our arteries. Clogged arteries can lead to heart failure or, even worse, a heart attack.
- **Exercise and staying hydrated** keeps our hearts healthy and working at their prime.
- **Managing your blood pressure:** High blood pressure increases the workload of the heart, which can damage the organ in the future.
- **Staying smoke-free:** Smoking increases our chances of a heart attack.
- **Managing our weight and diets:** The heavier we are, the more our heart has to work. Not to mention, a poor diet puts us at risk for high cholesterol.

If you would like more information, it is always good to consult your doctor, or you can visit [heartfoundation.org](http://heartfoundation.org) for helpful tips. I hope everyone has a wonderful month!

-Kris Saunders, RN, Director of Health Services

## RESIDENTS IN ACTION

Please join us in wearing red on Friday, February 1st for heart health! We will focus our day around the heart - facts, sayings, clichés and, of course, music. On Tuesday, February 5th we will have a Chinese New Year Celebration. This is the year of the pig. We will discuss the Chinese



Entertainer Aaron Shoemaker serenades Margarita during Elvis Day.

Zodiac, pigs and more. We are excited for our Sweethearts' Meal on Thursday, February 14th at 5 p.m. Residents will help plan and prepare the meal and decorations. We will also have a spud party on Wednesday, February 27th.

**-Beth Karstens, Recreation Leader**



Minta plays Minute to Win It.



Patti plays Minute to Win It.



Mary takes on the candy cane challenge in Minute to Win It.

## A MONTH IN REVIEW

We recently started playing a dice game called Countdown. It was introduced to me a few years ago by a resident. It is a fun game, and individuals of all ages can play. Not only is it fun, but the game also challenges our math skills, requires some strategy and a lot of luck. It is now



Pete plays Countdown, a dice game.

on the calendar for Thursday evenings at 6 p.m. (York). Last week we had two tables going - eight residents and two family members! We would love for you to join us! The more the merrier!

**-Beth Karstens, Recreation Leader**



Lavon plays Countdown.



Two tables of residents and families play Countdown. Pictured are Lillian, Mambo and his daughters.