

"No winter lasts forever. No spring skips its turn." -Unknown

The GRAND Gazette

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

What is Mardi Gras?



Mardi Gras is a Christian holiday and popular cultural phenomenon that dates back thousands of years to pagan spring and fertility rites. Also known as Carnival or Carnaval, it's celebrated in many countries around the world—mainly those with large Roman Catholic populations—on the day before the religious season of Lent begins. Brazil, Venice and New Orleans play host to some of the holiday's most famous public festivities, drawing thousands of tourists and revelers every year.

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of fasting and penance between Ash Wednesday and Easter Sunday.

Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

"Mardi" is the French word for "Tuesday," and "gras" means "fat." In France, the day before Ash Wednesday came to be known as "Mardi Gras," or "Fat Tuesday."

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard, cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word "carnival," another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, "carnelevarium" means to take away or remove meat, from the Latin *carne* for meat.

-Source: Activity Connection



MARCH BIRTHDAYS

March 7: Kathleen Crowell

WELCOME TO LODGE LIFE!

Don "Red" Walters, Jean Barnhart

MEET THE LEADERSHIP TEAM

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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!

Hillcrest Country Estates GRAND LODGE

MARCH HIGHLIGHTS

- March 5: Mardi Gras Celebration
- March 13: Outing to Boys Town
- March 15: Scatter Joy Acres
- March 17: St. Patrick's Day Party
- March 28: Fontenelle Forest in the Grand Hall
- March 29: Music with Christine

FEATURED STORY



Elaine and Mary smile together around 30 years ago.



Elaine and Mary make banana bread on December 17.

Elaine Tolain and Mary Krebs have been friends for decades. They met when their sons Mark and Dave attended Ralston High School and played sports together. Both families also attended the same church and would see each other there. The Tolain and Krebs families quickly became friends. The couples would get together for birthday parties and just to enjoy each other's company. Mary moved into the Grand Lodge a few years ago. When it was time for Elaine's family to find somewhere for her, they came here, too. Knowing Elaine had a friend here was not only a determining factor but also a solace. The two families now have each other on this journey.

Kristeena's Column



Spring time is almost here, and it can't come soon enough. I am ready for all of the snow to melt, the warm weather and to see the flowers start to bloom. March is National Save Your Vision Month, and eye health is an important part of our overall wellbeing. We rely on our vision to complete and achieve our everyday activities. Here are some

tips to keep your eyes healthy and functioning:

Yearly Eye Exams – It is important to see your optometrist every year for routine check-ups. As we know, our vision worsens as we get older, so keeping these routine appointments will allow the optometrist to monitor any changes since your last visit.

Wear Your Glasses or Contacts – If you have glasses or contacts, it is vital you wear them as ordered. Not wearing your glasses causes strain in the eyes and can potentially worsen your eyesight.

Wear Protective Eye Wear- Ensure you wear protective eye wear at all times if you are involved in activities that can hurt your eyes. Examples include: sports activities, working with chemicals, carpentry or other outdoor activities.

-Kris Saunders, RN, Director of Health Services

FEATURED EVENT

The Music Plays On Thursday, March 7, 6 p.m.

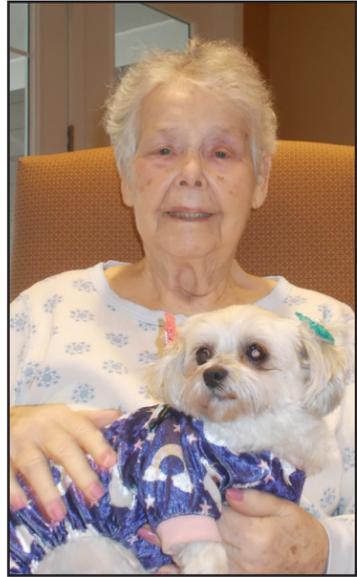
York Households

We will have a visit from a small band that will play multiple instruments and sing old time music.

RESIDENTS IN ACTION

We have some fun events scheduled for the month of March. First, we have Mardi Gras on March 5th. That afternoon we will have a celebration at 3 p.m. in Lancaster. Then on March 7th we have a small band coming in to perform at 6 p.m. in York. One of the band members is the

daughter of a resident residing in York. We will be visiting Boys Town on March 13th. This outing will include a guided bus tour and walking around the museum. On Sunday, March 17th we will have a St. Patrick's Day Party at 2 p.m. in York.
-Beth Karstens, Recreation Leader



Connie smiles with Bambi on Pajama Day.



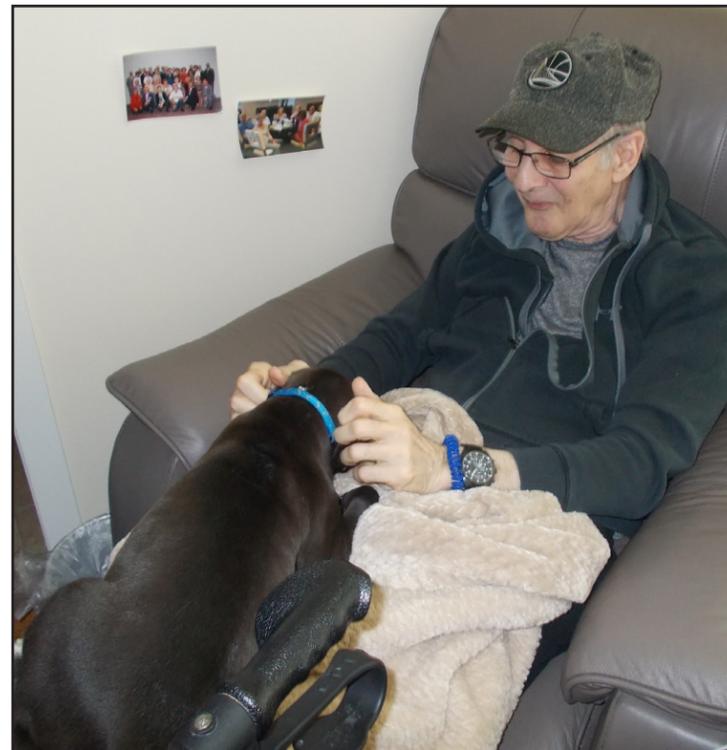
Mary poses with Bambi.



Kathleen and Bambi show off their pajamas.



Don enjoys a puppy visit.



Joel plays with the puppy.



Sheryl, Katlynn and Lisa get in the spirit of Pajama Day.

A MONTH IN REVIEW

For Valentine's Day residents made valentines for our assisted living residents. Each valentine had either an elephant, owl or fish made out of hearts, a sweet message and two Hershey's Hugs. They also invited their families to join us for a Sweetheart Supper. We served spaghetti and

meatballs, garlic bread and had strawberries for dessert. We had a great turnout. It was wonderful to see all of our families together and the friendships that have been made here at the Grand Lodge.
-Beth Karstens, Recreation Leader



The Barnhart and Haas families smile at the Sweetheart Supper.



George and Jean take a photo at the Valentine's Day Supper.



Deb and Shirley match in floral shirts at the supper.



Shirley shows off the Valentine's Day cards she made.



Gena and family enjoy the Valentine's Day event.



Evelyn is proud of her Valentine's Day card.