

*"A friend is someone who makes it easy to believe in yourself."  
- Heidi Wills*

September 2019

# The GRAND Gazette

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

## Benefits of Laughter

**Q: What did one raindrop say to the other?**

**A: Two's company. Three's a cloud!**

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. Exercising of muscles: Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. Relief from stress and anxiety: Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. Increased blood flow: When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. Mood booster: Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. Social benefits: A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Read from a joke book, watch a comedy, share a funny story, do a silly dance, find humor in the little things, and most importantly...don't forget to laugh at yourself!



## SEPTEMBER BIRTHDAYS

Sept. 2: Jeanne Barnhart  
Sept. 17: David Cecil

## WELCOME TO LODGE LIFE!

Shirley Lewis

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Cindy Klein, (402) 885-7102

### RECREATION LEADER:

Beth Karstens, (402) 885-7363

### DIRECTOR OF LIFESTYLE & WELLNESS:

Michael Pollock, (402) 885-7365

### DIRECTOR OF CULINARY SERVICES:

Darren Cobb, (402) 885-7105

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Jarrod Quinn, (402) 885-7103

### DIRECTOR OF MARKETING:

Jessica Fredrickson, (402) 885-7022

### REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

## 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!

## VOTE FOR HILLCREST!

Vote for Hillcrest in the annual Sarpy County People's Choice Awards through September 11th. Visit [Omaha.com/SarpyAwards](http://Omaha.com/SarpyAwards) to vote for us in the medical and services categories.

## Hillcrest Country Estates GRAND LODGE

## SEPTEMBER HIGHLIGHTS

Sept. 9: Crazy Photo Day  
Sept. 10: Bingo with a Twist  
Sept. 11: Quilt Show Outing  
Sept. 11: Patriotic Day  
Sept. 12: Wear a Hat Day  
Sept. 13: Tailgate Party & Wear Red Day  
Sept. 17: Music with Dick  
Sept. 20: Scatter Joy Acres Visit  
Sept. 23: Peanut Auction  
Sept. 26: Union Pacific Outing

## FEATURED EVENT

## Grandparents Day Ice Cream Social & Assisted Living Week Kickoff

Sunday, Sept. 8, 2-4 p.m.

## York Memory Support Neighborhood

Join us for an afternoon of ice cream, fun facts and great company!

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



## Cindy's Column



Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. I would like to thank our team members for

their hard work and dedication to our residents!

We want to thank everyone for their support in our fundraising efforts for the Alzheimer's Association. We raised around \$500 with our bake sale. I think we were so successful because of the incentive to pie some team members, including myself, in the face if we reached certain monetary levels. We all had a great time and raised a lot of money to help find a cure for Alzheimer's and raise awareness for the Association.

September also begins the Husker football season and boy, do we have a lot of Husker fans! Everyone is excited for the season to begin and hopeful for a great season. We plan to do some tailgating and will celebrate the Husker wins.

-Cindy Klein, Administrator



Team members smile after each getting a pie to the face as part of an Alzheimer's Association fundraiser.

## RESIDENTS IN ACTION

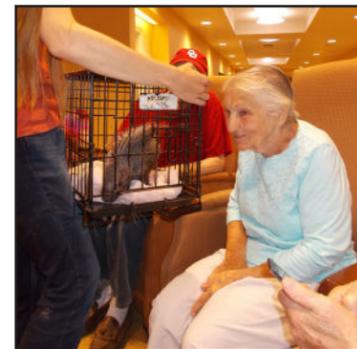
September 8th-14th is Assisted Living Week. We will be planning some fun activities that week. To kick off AL week, you are invited to join us for a Grandparents Day Ice Cream Social. There will be ice cream, facts and decorations. On September 9th, we will have a crazy photo day with lots of props, funny

faces and laughter. On September 10th we will play a special bingo game. September 11th is Patriot Day, so wear your red, white and blue! September 12th is Wear a Hat Day. And on September 13th, we will wear red and have a tailgate party.

**-Beth Karstens, Recreation Leader**



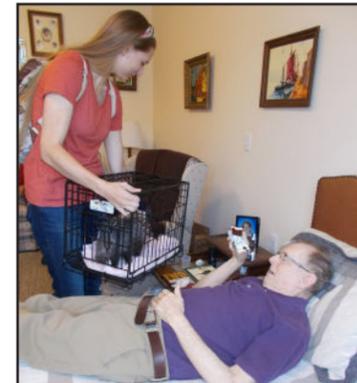
Edie enjoys indoor putting on a hot day.



Donna takes a look at the porcupine.



Mary Ann visits with the porcupine.



The porcupine stops by with his handler to see Pete.



Evelyne and Patti admire the piglet.



Margarita holds the piglet.



The piglet and his handler visit with Joel.



Christine sings to Doris.

## A MONTH IN REVIEW

Thank you to everyone who donated baked goods, purchased items at our bake sale and donated money at our fundraisers! Our bake sale and craft fair was extremely successful. My heart is happy! Residents and team members enjoyed the Pie in the Face event on Friday, August 23 to conclude our month of fundraising. Thank you to Michael Pollock, Kelly Owens, Nick Schinke and Cindy Klein for each

taking a pie to the face! Residents and team members participated in throwing the pies. Following the Pie in the Face, we all enjoyed a wonderful cookout! The Grand Lodge memory support neighborhoods raised \$500.75 for the Alzheimer's Association. Thank you for your support and love!

**-Beth Karstens, Recreation Leader**



Edie prepares goodies for the bake sale.



Hertha measures out ingredients.



Margarita gets the precise measurements for the recipe.



Shirley helps out at the bake sale.



Michael Pollock gets "pied." Nick Schinke gets "pied."



Kelly Owens takes a pie to the face.



Team members watch as their administrator gets "pied."