

“Age is a question of mind over matter. If you don’t mind, it doesn’t matter.” -Satchel Paige

The GRAND Gazette

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

Health benefits of gardening

Before there were fast food restaurants, TV dinners and even grocery stores, many of our aging adults maintained a close relationship with the earth if they wanted to eat. They tilled, planted, watered, weeded, picked, washed, peeled and canned. Gardening wasn’t a hobby or a lazy day pastime. It was a necessity for survival.

While there are some who would crinkle their noses today at the thought of putting their hands back in the dirt, many find solace in welcoming nature back into their lives. Nature is a constant. Trees continue to bud, flowers continue to bloom and dirt continues to be, well...dirty. The unvarying properties of nature can be grounding as seniors deal with the weight of aging.

For a person’s psyche, gardening is a no-brainer. Aging adults feel control when they’re manipulating the dirt. Nurturing plants provides purpose. Seeing the fruits of their labor with great yields of vegetables or thriving plants and flowers offers satisfaction and a sense of accomplishment.

Digging, reaching, pulling, holding, stretching, leaning. Gardening requires so many of the movements that constitute exercise. However, when gardening, some of our aging adults may not even notice they’re getting a beneficial workout.

Most importantly, gardening provides an opportunity for every one of the senses to be stimulated. Feeling the gritty dirt and stringy plant roots, listening to the splashing of water being poured on seedlings, taste-testing herbs and vegetables, seeing and appreciating the vibrant color pallet of nature and enjoying the bold and unique fragrance of each and every flower, herb and bush. As the senses of our aging adults begin to wane, gardening allows for many of those senses to be “awakened” if even for a brief time.

And...sensing our surroundings is what constitutes being alive.

**-Laurie Simmons, Recreation Leader,
Hillcrest Health & Rehab**

APRIL BIRTHDAYS

April 1: Ben Nelson
April 17: Minta Caldwell
April 24: Regina Heires
April 27: Nancy Cook

MEET THE LEADERSHIP TEAM

REGIONAL ADMINISTRATOR:

Cindy Klein, (402) 933-4662

DIRECTOR OF HEALTH SERVICES:

Sarah Van Zuiden, (402) 885-7362

DIRECTOR OF RESIDENT SERVICES:

Chris Atwood, (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:

Jarrold Quinn, (402) 885-7103

DIRECTOR OF MARKETING:

Jessica Fredrickson, (402) 885-7022

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!



APRIL HIGHLIGHTS

April 6: Crazy For Caramel Day
April 4 & 11: Mystery Bus Rides
April 10: Merrymakers' The Links
April 16: Sarpy County Head Start Visit
April 18: McDonald's for Fries & Coke
April 19: Fontenelle Forest SUN Program
April 20: Scatter Joy Farms Animal Visits
April 24: Musical Guest Dick Sladky
April 27: Musical Guest Christine Coulson

FEATURED EVENT



EARTH DAY

**April 23, 2:30 p.m.
York Household**

Join us as we start our vegetable seedlings along with a compost pile to fertilize our garden. We will also recycle some common household items and, of course, have refreshments.

**RSVP to Chris: (402) 885-7363 or
catwood@hillcresthealth.com**



Sarah's Story

Spring is here, and on April 1st it will be Easter. Many of us like to celebrate Easter by consuming delicious chocolate bunnies, cream-filled eggs and marshmallow Peeps. By coincidence, April is also Defeat Diabetes Month. The number of type 2 diabetics is growing in the U.S., and diabetes is now the 7th leading cause of death in the U.S. It is estimated that more than 25 percent of Americans 65 and older have diabetes. Some surveys suggest that the number of cases of diagnosed diabetes in adults 65 and older will more than quadruple by 2050.

Diabetes in older adults is linked to higher mortality, increased disability and higher rates of hospitalization. In addition, diabetic seniors are at a higher risk of complications.

Seniors with diabetes have higher rates of major lower extremity amputation, heart attack, eye damage and end stage kidney disease than any other age group. Death from hyperglycemia (too much sugar) is also significantly higher in older adults.

The National Institute of Diabetes and Digestive and Kidney Diseases offers the following suggestions for aging adults to reduce the risk of developing type 2 diabetes:

- **Eat Right**- Choose healthy foods, such as whole grains, colorful vegetables, low-fat meats and water. Limit your intake to lose weight as obesity increases your risk of type 2 diabetes.
- **Increase Your Exercise**- Exercise not only helps you lose or maintain weight, it provides other benefits to keep diabetes away. Increase your activity every day by doing simple things, such as taking a walk or engaging in an exercise class.
- **Visit Your Doctor**- See your doctor for routine exams and tests, and ask your doctor what your risks are for diabetes.
- **Set Goals**- Set goals for weight loss and activity, and involve friends and family to support your lifestyle changes.

-Sarah Van Zuiden, Director of Health Services

RESIDENTS IN ACTION

Hillcrest Health Services is dedicated to raising awareness for Alzheimer's disease. Last year we raised more than \$14,000 for the Alzheimer's Association. This year we continue our quest to raise both awareness and funds with a Spaghetti Dinner and Silent Auction on Friday, April 27 from 4:30-7 p.m. at the Bellevue Volunteer Firefighters Hall. If you would like to attend or donate auction items, please contact Chris at (402) 885-7363 or catwood@hillcresthealth.com. Split the Pot raffle tickets are also being sold through August. The winner will be drawn at this year's Sarpy County

Walk to End Alzheimer's on August 25.

We would like to provide Alzheimer's education to our family members in an open forum with Dr. Anna Fisher. If you could let us know if you would prefer afternoon or evening education, we will be happy to provide that at the most convenient time

Lastly, April is Volunteer Month. We have many volunteers that join us throughout the month, and we want to thank them for all they do for us.

-Chris Atwood, Director of Resident Services



The 370 Bistro brings in quite the crowd on a Friday afternoon.



David and Lillian rate soups for Soups Wars 2018.



The Soup Wars winners from The Lancaster Household smile with the Golden Ladle.

A MONTH IN REVIEW

March was a very eventful month. We celebrated St. Patrick's Day as well as our annual Rueben Sandwich Luncheon. The students from the Montessori School and our residents planned, shopped and prepared a meal for 70 for the Youth Emergency Services Program. The students then delivered the meal to the site. Staying engaged in our community is very important, and our

residents are always excited to give back. Another way we stay engaged in our community is through our partnership with Sarpy County Head Start. We visit the preschool monthly to play with and read to the students. We celebrated Easter with several crafts as well as an Easter Tea Party.

-Chris Atwood, Director of Resident Services



David, Lavon and Connie make casseroles for Youth Emergency Services.



Evelyn & Lillian make Reuben sandwiches.



Mary and students create art for our art wall.



Irma prepares to make Reubens.



Wayne and Mary work on a puzzle with the Montessori students.



Residents celebrate St. Patrick's Day.