

"It's all about quality of life and finding a happy balance between work and friends and family." -Philip Green

April 2019

The GRAND Gazette

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

Vote Hillcrest in annual Omaha's Choice Awards contest

The Omaha World-Herald's 2019 Omaha's Choice Awards have kicked off! We would love your support through giving us your vote. **Voting is open 24/7 online through April 21 at omaha.com/choice.**

Vote for Hillcrest in the following categories:

Beauty & Wellness

- Massage Therapy
- Health & Medicine
- Hospice Care
- In-home Health Care
- Physical Therapy
- Short-term Rehabilitation Facility
- Skilled Nursing Facility

Services

- Adult Day Center
- Assisted Living Facility
- Independent Living Community
- Memory Care Facility

Feel free to vote up to once per day. Winners will be announced in a special publication on June 30. Thanks for your help in promoting Hillcrest as a top Omaha-area organization!



APRIL BIRTHDAYS

April 17: Minta Caldwell
April 24: Gina Heires
April 24: Don Walters
April 24: Marilyn Willson
April 25: Willie Pelletier

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Cindy Klein, (402) 885-7102

DIRECTOR OF HEALTH SERVICES:

Kris Saunders, (402) 885-7362

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:

Jarrold Quinn, (402) 885-7103

DIRECTOR OF MARKETING:

Jessica Fredrickson, (402) 885-7022

VP OF FACILITY OPERATIONS:

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!

Hillcrest Country Estates GRAND LODGE

APRIL HIGHLIGHTS

April 5: Spring Fling with Denell
April 10: Outing to Boys Town
April 11: Music with Aaron Shoemaker
April 18: Fontenelle Forest in the Grand Hall
April 19: Scatter Joy Acres
April 22: Planting Indoors
April 24: Soda Fountain Party
April 26: Music with Christine

FEATURED EVENT



Family Easter Egg Hunt



April 13, 2:30 p.m.

Memory Support Households

The Easter Egg Hunt will be in the courtyard, weather permitting. If raining, too cold, etc., it will be held indoors. The hunt will begin promptly at 2:30 p.m. There will also be games and refreshments in each household.

To RSVP, please call Beth at (402) 885-7363 or email ekarstens@hillcresthealth.com

Kristeena's Column



Happy Easter, everyone! It is so hard to believe that April is here and all the snow has finally melted. With all that snow melting, our community and surrounding counties have been severely affected by flooding. Many assisted living and skilled facilities have had to evacuate or they

have been unable to receive supplies due to highways being closed. We know firsthand the importance of having the appropriate amount of supplies to care for our residents. We recently found out a few nursing homes near us were unable to receive their order of briefs and were completely out. The Grand Lodge was fortunate enough to have a large number of briefs that have been donated to us by families of residents who are no longer with us. Administrative Assistant Janet Grotelueschen and Nurse Manager Kelly Owens loaded their vehicles with our donated briefs and dropped them off to be given to our fellow nursing home communities. To further support other communities in need, we are collecting donations of briefs, wipes, hygiene items, towels and other supplies to be donated to the assisted and skilled communities that are in need of items for their residents. There is a large box near the entrance of our Memory Support Households where we are collecting donations. Please feel free to bring in some items the next time you visit!

-Kris Saunders, RN, Director of Health Services

RESIDENTS IN ACTION

"Spring is nature's way of saying 'Let's Party!'" And oh, are we ready! We will kick off the month with a Spring Fling — lots of color, music and food. Next is Easter — decorations, games and our family Easter Egg Hunt! For Earth Day we will be

doing some indoor planting. On March 24th, we are having a Soda Fountain Party. And we will be going out to the courtyard any chance we get!

-Beth Karstens, Recreation Leader



Residents enjoy hitting the balloon with Montessori students.



Residents listen to old and familiar favorites and some jokes.

A MONTH IN REVIEW

March had its challenges, with the snow, rain and cold weather. It definitely came in like a lion! But we made the most of it — visiting and laughing, exercise, bingo with friends, a Mardi

Gras Party, dice games, going up to the Bistro for dessert, an outing to Village Inn for free pie Wednesday and a wonderful band performance.

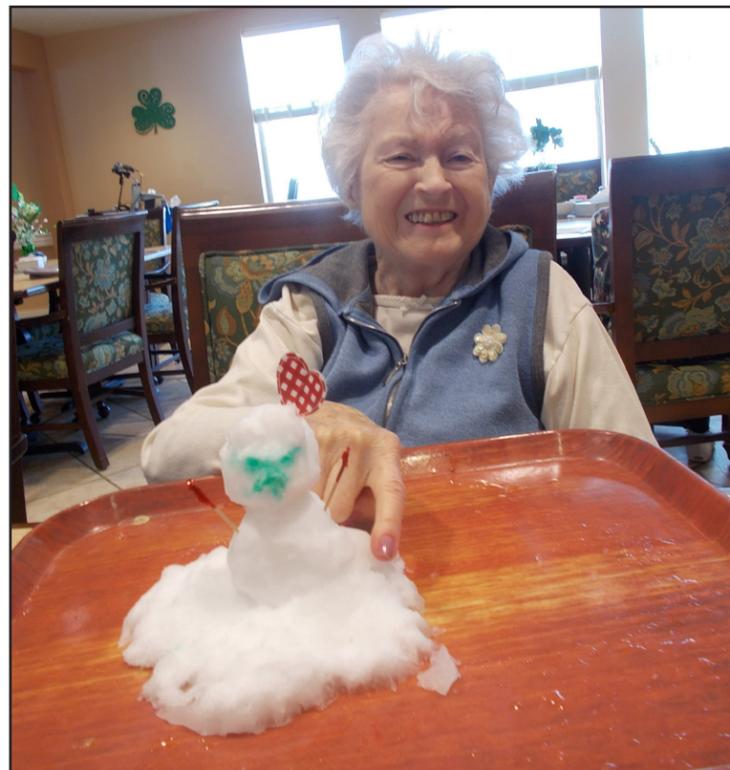
-Beth Karstens, Recreation Leader



Residents enjoy exercising together with a new volunteer.



Jeannie shows off the indoor snowman she created.



Kathy builds an indoor snowman.



Margarita plays Penny Pitch. We had a Mardi Gras Celebration with Milestone. Games included Penny Pitch, Pick a Duck and Bounce It (a ping pong game). For each point earned, participants received a beaded necklace. The individual(s) who had the most won a prize. We also enjoyed cookies, flavored water and jello, made by our residents.



Scatter Joy Acres visits with a pot-bellied pig. Willie enjoy his company.