

*"You only live once, but if you do it right,
once is enough." —Mae West*

April 2020

The GRAND Gazette

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

The History of Arbor Day

When you think of Nebraska you probably don't think of trees. In fact, according to thestacker.com, Nebraska is rated as the second least woodsy state right after North Dakota! So it might surprise you to find out that Arbor Day was first started in Nebraska.

According to arborday.org, it was the lack of trees that inspired J. Sterling Morton to become an advocate for tree planting. As the editor for a large Nebraska newspaper in the late 1800s, Morton wrote columns and editorials about the importance of trees. He also encouraged civic organizations and community groups to do their part to plant trees. Many of the people who lived in the area were pioneers who had come from states that had more forests and they missed the shade and the agricultural benefits of from them.

Eventually, Morton became the secretary of the Nebraska Territory and it was through that role that he was able to propose Arbor Day to the State Board of Agriculture. The first Arbor Day took place on April 10th, 1872. It is estimated that more than one million trees were planted that day. When Arbor Day became a federal holiday the date was changed to the last Friday of April, which means this year it's on the 24th.

Arbor Day is a great excuse to go outside and appreciate the outdoors and the trees that bring so much beauty to the world around us. So make sure to celebrate this original Nebraska holiday!



APRIL BIRTHDAYS

April 17: Minta Caldwell
April 24: Marilyn Willson
April 26: Esther Christensen
April 26: Doris Warrick

WELCOME TO LODGE LIFE!

Ronald Lowrance
Grace Ploetz
John Groff

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!

Hillcrest Country Estates GRAND LODGE

APRIL ACTIVITIES

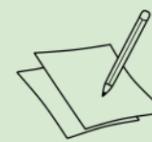
Though we've had to modify our regular group activities, we will be filling the month with a lot of entertaining one-on-one activities. The recreation team has been brainstorming and we've come up with a lot of different ways to fill the time. We're going to have fun, despite the necessary safety precautions!



- Games
- Painting
- Magazines
- Skyping family members
- Journaling
- Writing to pen pals
- Puzzles



- Listening to the radio
- Crafts
- Reading
- Movies
- One-on-one hair appointments



Lisa's Letter



These are trying times! First and foremost, we want to assure all of you that our residents come first. We are doing everything in our power to keep them healthy and safe during this national crisis. We know it is very difficult being apart from them and we truly feel for all of you.

With that being said, we have acquired a few tablets with Skype/Facetime/Zoom to start to incorporate video chats with your loved ones. We know it's not the same as visiting in person but it's at least something to do in the interim. If you would be interested in contacting your loved ones this way please email Beth Karstens at ekarstens@hillcresthealth.com to set up a time and get the details. Thank you again for your patience and support during this difficult time.

—Lisa Winterstien, Director of Health Services

Pen Pal Program

Keep in touch with your loved one by emailing letters, photos and more to letters@hillcresthealth.com. Be sure to email to the attention of your loved one at the Grand Lodge.



RESIDENTS IN ACTION

The next month will be challenging due to the safety precautions we are currently implementing as directed by our national health care officials. Please know that we are still doing our best to keep the

residents active and engaged through creative ways even during this trying time. Thank you for all your support!
– Michael Pollock, Director of Lifestyle & Wellness



Pete visits with Gus the Goat.



Peggy's family works around the visitor restrictions.



Everyone sings hymns while getting their hair done.

A MONTH IN REVIEW

Mardi Gras fun! Back at the end of February the Grand Lodge had a festive and fun "Fat Tuesday." We enjoyed delicious Cajun food over great company. We

also goofed off with Mardi Gras masks, danced to some tunes and more!
– Michael Pollock, Director of Lifestyle & Wellness



Donna and Barb smile for the camera.



Edie and Marilyn celebrate Fat Tuesday.



Shirley goofs around on Fat Tuesday.