

"If I know what love is, it is because of you."

—Hermann Hesse

August 2021

The GRAND Gazette

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

An Update on the Delta Variant



I wish I could say that the end of the pandemic is in sight, but sadly I can't. The Midwest is experiencing a surge in the number of new cases and hospitalizations related to the emergence of the Delta variant. Please consider this a completely new virus, as it is considerably more contagious and is causing more

serious infections. Here are some facts about the Delta variant:

- 1,000 times more viral shedding secondary to its ability to quickly replicate
- Much more serious illness secondary to the viral load and overwhelming your immune system, even in the young population
- More than twice as contagious as the original virus
- Estimated 88% protection with vaccine (however, one out of every 10 fully vaccinated individuals exposed could become infected)
 - Symptoms usually very mild with almost no risk of serious illness or hospitalization; remember to protect yourself even if vaccinated
- Spread is now primarily in the unvaccinated

As always, safety is our number one priority. We are constantly reviewing our safety protocols to make sure residents, guests and team members stay safe. As of right now, visitation policies remain the same. Visitation is allowed at all locations as long as the resident does not have COVID-19 and the building is not undergoing testing after an exposure. Please make sure you are healthy prior to visiting a loved one.

Call the building directly for the latest updates on visitation at each location. Thank you for your understanding and support as we make our way through this pandemic.

— Dr. Anthony Hatcher, Chief Medical Officer



AUGUST BIRTHDAYS

August 11: Shirley L.
August 20: Ara D.
August 24: Elaine T.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Jessica Fredrickson, (402) 885-7022

DIRECTOR OF HEALTH SERVICES:

Erin Edwards, (402) 885-7362

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:

Sarah Russell, (402) 885-7024

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

HILLCREST FOUNDATION



The Hillcrest Foundation for Enhancing Lives, a charitable organization that improves the lives of older adults, is hosting its first-annual Golf Tournament

on Thursday, August 19 at Eagle Hills. There will also be an auction, with prizes including trips to Branson, Missouri, and Breckenridge, Colorado, that can be accessed online starting August 12. Visit hillcrestfoundation.org to register and learn more!



AUGUST HIGHLIGHTS

August 3: Ice Cream Making
August 13: Karaoke Dance Party
August 18: Elvis Day
August 23: Sarpy Serenaders Concert
August 24: Birthday Celebration

FEATURED EVENT

Dog Days of Summer

August 1-7

York & Lancaster

We will embrace the hottest time of the year with a week of summer activities!



Annual Customer Satisfaction Survey

Watch for an email from "Hillcrest Health Services," which is actually from a national survey company, about the Annual Customer Satisfaction Survey. Please take a couple of minutes to complete it so we can know what, if anything, we could be doing better to create an amazing experience for you.



Erin's Notes

Hello again, everyone! Here we are in the middle of summer already. Summer is a fun, exciting and nostalgic time, especially here at Hillcrest Country Estates Grand Lodge. We have great activities planned throughout the month. Make sure to check out the full calendar for everything that is going on.

We are incorporate many fitness programs into our schedule that are focused on increasing residents' strength and physical activity. First, we have a great walking club. For this month our goal is to walk a half-mile every time we meet, and more and more residents are getting involved. We walk around various parts of the building and even outside if the weather is tolerable. We have daily morning exercises that are continuing to grow in numbers. In this class we focus on stretching and functional movement to maintain mobility. In addition to our daily exercise group, we have been continuing to visit the Wellness Center on Tuesdays and Thursdays. This gives residents chances to use the strength machines and equipment there, and to challenge those who are ready for more. And lastly, we regularly implement many group games into our recreation programming to get residents moving and playing in a fun, yet physical way.

We continue to focus on keeping our residents healthy and strong. As always, if you have any questions, ideas or comments about exercise and wellness, or anything else for that matter, don't hesitate to reach out to me or anyone else on the Grand Lodge team!

—Erin Edwards, Director of Health Services

A MONTH IN REVIEW

It is so great to have Friday happy hours back on our schedule! Every Friday afternoon we will be enjoying treats, occasional entertainment and fun social activities. It is always the highlight of the week for residents and team members alike! I want to thank

our wonderful residents and team members for staying positive throughout the last few months. Your smiles really brighten our days and I am so grateful for each and every one of you!

- Michael Pollock, Director of Lifestyle & Wellness



Verneel and Tom work on a puzzle.



Edie and Shirley participate in cooking club.

RESIDENTS IN ACTION

This month will be full of fun and excitement at Hillcrest Country Estates Grand Lodge. In addition to the sweet treats we make each week during our cooking club, we will be making our own ice cream. I can't wait to see what flavor concoctions residents come up

with. We will also have a full week of summer activities planned for the beginning of August to help us get through the hottest month of the year! It's going to be a great month!

- Michael Pollock, Director of Lifestyle & Wellness



Shirley and Roger G. play football.



Ted and Wanda hang out during happy hour.



Pattie puts the finishing touches on her cupcakes.



Randi and Minta enjoy happy hour.



Marianne plays the piano.



Sue B., Cera and Verneel spend time together.

VOTE FOR US!

Now Through August 20



Hillcrest Country Estates

- Best Retirement Community
- Best Long Term Rehabilitation Facility
- Best Independent Living
- Best Assisted Living Facility
- Best Memory Care Facility

BestofOmaha.com