

“Love begins at home, and it is not how much we do, but how much love we put in the action that we do.” - Mother Theresa

December 2018

# The GRAND Gazette

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

## Five ways to get in the holiday spirit

- 1. Cozy up with a hot beverage.** Nothing says it's winter time like a creamy cup of hot chocolate. Add in the traditional options of whipped cream, marshmallows or a candy cane for peppermint hot chocolate! Or have hot apple cider with a cinnamon stick. Put your beverage in a holiday cup, get cozy by grabbing a blanket or sitting by the fire, and grab a book.
- 2. Go play in the snow.** Bundle up by grabbing your jacket, scarf and hat and head outside. Feel the snow fall on your face, open your mouth to taste it, and make a snowball. It doesn't have to be long, but a quick visit outside can bring back all the childhood memories of building a snowman, sledding and snowball fights. So get outside and play in the snow!
- 3. Unveil your family's famous cookie recipes.** Blast some holiday tunes and try replicating your family's sweet treats. Don't forget to leave some out for Santa! Have some fun and spend a weekend afternoon with your old cookbooks. If you don't feel like cooking, share recipes with your friends and family. Talking about the memories of making and eating Christmas cookies is sure to take you on a walk down memory lane.
- 4. Start a new tradition.** At our house, we go to used record stores to find "new-to-us" Christmas music. There is something soothing about the sound of vinyl while we decorate the tree. This has quickly become a new tradition the family looks forward to. Now vinyl automatically reminds me of the holidays, and I kind of love that our family holds this random tradition all to ourselves.
- 5. Don't get caught up in the stress.** Though it's not as easy as it sounds, do make an effort to sit back, relax and enjoy the holiday season. Enjoy reminiscing, spending time with family and making new memories.  
-Amanda Maupin, Recreation Leader,  
Hillcrest Health & Rehab



## DECEMBER BIRTHDAYS

Dec. 5: Ellen Schulte  
De. 21: Wayne Anderson

## 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:**  
Jarrod Quinn, (402) 885-7103  
**DIRECTOR OF MARKETING:**  
Jessica Fredrickson, (402) 885-7022  
**REGIONAL ADMINISTRATOR**  
Michelle Yosick, (402) 933-4690  
**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

## DECEMBER HIGHLIGHTS

Dec. 2: Holiday Party, 2:30 p.m. (both households)  
Dec. 3: Grand Lodge Choir Performance (York)  
Dec. 12: Outing to the Mormon Trail Center for their Gingerbread Display  
Dec. 17: Outing to Parkview Elementary  
Dec. 17: Christmas Lights Evening Drive  
Dec. 24: Pancake Breakfast and Gifts  
Dec. 28: Music with Christine Coulson  
Dec. 31: Noon Year's Eve Party

## FEATURED EVENT

### Making a Meal for YES (Youth Emergency Services) Friday, December 7, 9 a.m. Lancaster

With the assistance of Montessori students, we will be making a casserole and delivering it to YES, located at 2602 Harney Street. YES serves homeless and at-risk youth by providing critically needed resources, empowering the teenagers to become self-sufficient.

## Kristeena's Column



Happy Holidays, everyone! The New Year is around the corner, and I still cannot believe how fast this year has flown by. I am definitely not ready for the cold temperatures and snow.

In October, we welcomed a new member to the Hillcrest Country Estates Grand Lodge team, John LeMaster. He will be our evening nurse manager for assisted living and memory support. Here is a short introduction from John: My name is John LeMaster, and I am very excited to be starting here. I started in health care in 2006 as a CNA and became an RN with my BSN in 2009. I specialized in orthopedics and neurology. I also spent four years in the US Navy Reserve as a nursing officer in the Navy Nurse Corps. I enjoy fishing, bike riding and spending time with family and friends.

We are very excited to have John on our team. Help us welcome John to the team the next time you stop by. I hope you all have a Merry Christmas and Happy New Year!

-Kris Saunders, RN, Director of Health Services

## RESIDENTS IN ACTION

December is always a busy month. To kick off the season, our Holiday Celebration will be on Sunday, December 2 at 2:30 p.m. We will have appetizers and punch, Santa, a photo area and wonderful company! Hope you can join us!

Other fun and exciting programs include

the Grand Lodge Choir performing in York, an outing to the Mormon Trail Center to see their gingerbread display, a Christmas lights evening drive, a pancake breakfast and a Noon Year's Eve Party.

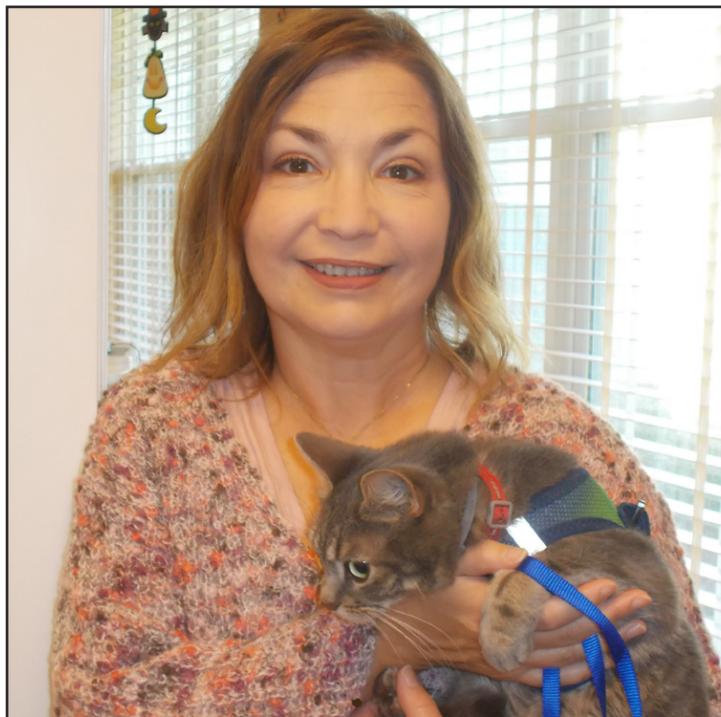
**-Beth Karstens, Recreation Leader**



Barb's granddaughter plays witch's hat ring toss.



T-rex came to visit.



Volunteer Leigh Ann smiles with her cat named Jack.



Jack loves cuddling with Marguerita.



Patti enjoys a visit with Jack.

We had some great events in November! The residents helped to throw a baby shower for team member Barb, we had a college student come and play the flute, had a visit from Pepper the African Gray, and we took an outing to the Durham Museum. At the museum we saw the Thomas Mangelsen Photo Exhibit. It was gorgeous



Rachel Soo Hoo, a volunteer who visited on September 11, plays beautiful music.



Leigh Ann shows off her African Gray named Pepper.

## A MONTH IN REVIEW

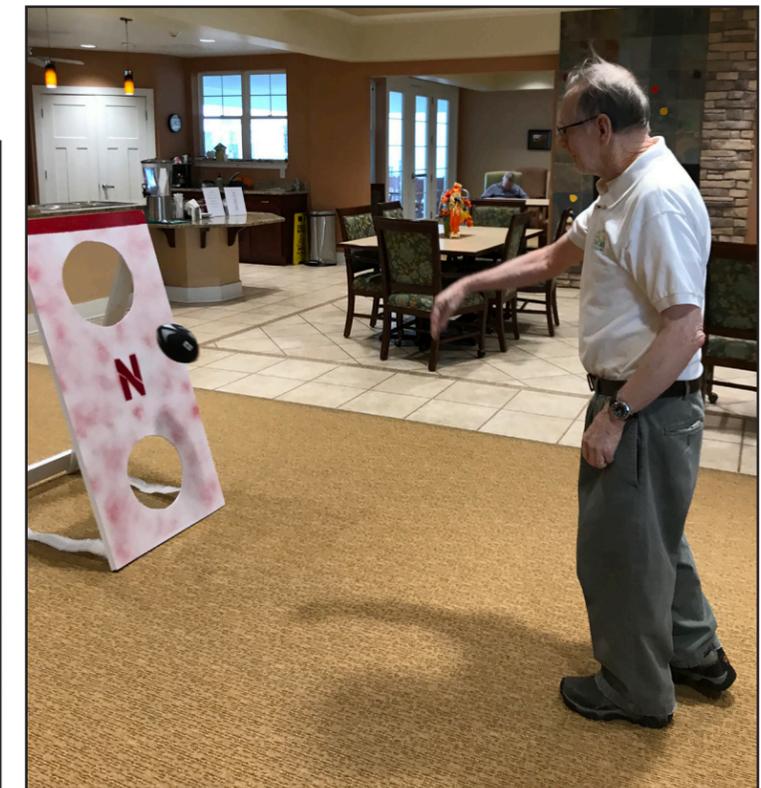
and well worth a trip. All of our residents and team members who went would recommend going!

Although Nebraska lost, we enjoyed watching the Nebraska vs. Iowa football game and a few of us even tried our hand at quarterback throws!

**-Beth Karstens, Recreation Leader**



Shirley tosses a football.



Pete tries to toss the football through the holes.