

“We don’t stop playing because we grow old.  
We grow old because we stop playing.”  
-George Bernard Shaw

# The GRAND Gazette

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

## Advantages of Pet Therapy

You may have noticed that in any given week, Hillcrest has many furry visitors. Therapy dogs provide a lick in exchange for a good petting. Farm animals have made appearances to the delight of many of our guests who grew up in the country.

There is a reason for this creature madness! Pet therapy is a very beneficial activity for animal lovers. Numerous studies show that contact with an animal can have profound mental, emotional and physiological benefits for our aging adults.

### Mental Advantages

The simple act of petting an animal can kindle warm memories. This in turn stimulates communication, conversation and interaction with others. The introduction of a pet creates a diversion from the monotony of the day. Watching birds fly, fish swim or a squirrel hunt for its buried acorns provides mental stimulation without verbal prompts.

### Emotional Advantages

For many, the journey of aging leads to loneliness. Physical limitations prevent seniors from engaging in activities that once brought them joy. Social engagements with friends may be limited or may no longer exist. This most likely leads to isolation. Animals can provide the nurturing our aging adults so desperately need. They serve as a companion, give our seniors something to look forward to and give them a purpose for getting out of bed in the morning.

### Physical Advantages

As we age, physical changes lead to limited mobility, lower energy, isolation and depression. Petting or holding an animal has been scientifically proven to increase the “feel good” hormone serotonin and other hormones that elevate mood and reduce depression. Blood pressure and cholesterol decrease, anxiety is reduced and appetites are stimulated. Those that take care of pets also tend to take better care of themselves. This can lead to the reduction of the need for some medications. Petting or brushing an animal can improve range of motion and provides physical activity.

-Laurie Simmons, Recreation Leader,  
Hillcrest Health & Rehab

## FEBRUARY BIRTHDAYS

- Feb. 4: Charlotte Sansone
- Feb. 6: Lavon Krieger
- Feb. 7: Lillian Rhoades
- Feb. 10: Patricia Witthauer
- Feb. 12: Gloria Houser

## WELCOME TO LODGE LIFE!

Lillian Rhoades & Barbara McGuire

## 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:

Jarrood 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!



## FEBRUARY HIGHLIGHTS

- Feb. 7: Party Shopping Trip
- Feb. 10: Family Valentine's Soup Supper
- Feb. 13: Mardi Gras
- Feb. 14: Valentine's Party
- Feb. 14 & 21: Mystery Bus Rides
- Feb. 15: Fontenelle Forest Sun Program
- Feb. 16: Scatter Joy Farms Animal Visits
- Feb. 22: Casey's Pizza Luncheon
- Feb. 23: Christine Coulson, Musical Guest
- Feb. 27: Dick Sladky, Musical Guest

## FEATURED EVENT



*Valentine's Family  
Soup Supper*

**Saturday, February 10, 5 p.m.**  
**York & Lancaster Households**

Join us for homemade soups, breads and desserts.

RSVP by Jan. 5 to Chris: (402) 885-7363 or  
catwood@hillcresthealth.com



## Cindy's Column

We are in the middle of the influenza season. The Centers for Disease Control reports an increase in influenza this year as compared to recent years. This makes it even more

important that we are diligent to avoid the spread of influenza. If you are experiencing a cough, fever, chills or just not feeling well, it is important to stay home. Our residents are at higher risk for complications of the flu. Handwashing is the single most important thing we can do to prevent the spread of influenza germs. You can also help by coughing or sneezing into your elbow instead of your hand. It is not too late to get the flu vaccine. If you have not received the vaccine this year, please contact your physician. Thank you for helping us to safeguard your loved ones. If you are in doubt about whether you should visit, feel free to give us a call.

We are pleased to announce the addition of Sarah Van Zuiden, RN, as Director of Health Services for our Grand Lodge Assisted Living and Memory Support. Sarah has many years of experience in this capacity and most recently developed quality improvement systems and completed mock surveys for assisted living facilities. Please welcome Sarah to our team!

-Cindy Klein, Regional Administrator

## RESIDENTS IN ACTION

Family gatherings are one of our favorite things to have here at the Grand Lodge. Many hours go into the planning and preparation for these parties. We have several committees all doing their part to make the event a success. Your loved ones make all decisions such as day, time, type of food, designing and addressing invitations and table décor. There's no shortage of ideas and opinions. For the Valentine's Family Soup Supper, residents will shop for and prepare the food the week before the event, so please RSVP by January

5th so we can be ready for our shopping trip on the 7th.

Because we are not sure if we can get out this month due to the cold, we are planning our monthly lunch in this month. We have had quite a few discussions regarding what we should bring in and the consensus was pizza. Interestingly, the pizza they asked for is Casey's Pizza, so we will order it in! As always, feel free to join us for any activity anytime.

**-Chris Atwood, Director of Resident Services**



Residents enjoy their annual trip to Union Station during the holiday season.

## A MONTH IN REVIEW

January was a very cold month, so we enjoyed many indoor activities. We spent an entire day in our pajamas on the coldest day of the month. We made homemade chicken noodle soup, played with our handcrafted marshmallow launchers, did hand and foot massages with relaxing lavender-scented soaks and lotions, made chocolate chip cookies and hot cocoa. We have also spent a lot of time planning parties. Stay tuned for

our next big family event coming up in February. Other fun events this month will include Super Bowl Sunday, Mardi Gras and our Annual Soup Wars. This fun event pits York against Lancaster for the honor of hanging the Golden Ladle in the house. Each soup is judged by both residents and family members on taste, creativity and presentation.

**-Chris Atwood, Director of Resident Services**



Mary shoots snowballs during our Snowed In Party.



Kathleen and family celebrate the New Year.



The team gets ready for a New Year's Eve celebration.



Shirley enjoys a game of Pie Face.



Wayne helps with an envelope-stuffing project for the marketing team.