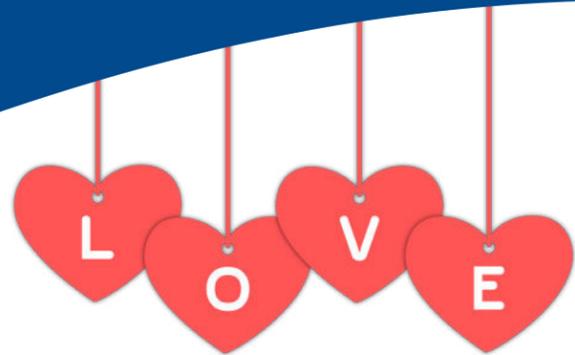


"If I cannot do great things, I can do small things in a great way." —Martin Luther King Jr.

February 2020

The GRAND Gazette

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



Fun Valentine's Day Ideas

It's finally February, and that means we can finally celebrate Valentine's Day! Even though Valentine's Day is most commonly known as a romantic holiday, it can also be a day to celebrate the non-romantic loved ones in your life. There are a lot of different presents and cards you can buy, but some of the most meaningful gifts are handmade. So to give you some ideas, here are three of our favorite valentines from goodhousekeeping.com.

Write a Poem: Poems don't have to be long and complicated. Start small with a few simple rhymes. Then start working them into sentences expressing how much your loved one means to you. You'll be amazed how quickly you can become a poet!

Leave Notes: Reminding your loved ones how much they mean to you doesn't have to be extravagant. Try writing a few notes and leaving them where your loved one will find them. This valentine is sure to brighten their day.

Make a Valentine Card: Try making a personalized Valentine's Day card. This could mean making a heart-shaped card or even drawing a picture. This is a great opportunity to get out the craft supplies and have some fun.

These are just a few ideas. There are a lot of different ways you can show your loved ones your appreciation. Get creative with your valentines. Whatever you decide to make, remember that the perfect valentines are the ones that show your loved ones how much they mean to you. Happy Valentine's Day!



FEBRUARY BIRTHDAYS

Feb. 7: Lillian Rhoades
Feb. 10: Patricia Witthauer

MEET THE LEADERSHIP TEAM

INTERIM ADMINISTRATOR:

Jessica Fredrickson, (402) 885-7022

DIRECTOR OF HEALTH SERVICES:

Lisa Winterstien, (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

REGIONAL ADMINISTRATOR:

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!

MINUTE-TO-WIN-IT WEEK

February 9th-15th

Compete in Minute-to-Win-It challenges at spontaneous times throughout the week!



Hillcrest Country Estates GRAND LODGE

FEBRUARY HIGHLIGHTS

Feb. 2: Super Bowl Party, 5:30 p.m.
Feb. 7: Music with Aaron Shoemaker, 10:30 a.m.
Feb. 14: Valentine's Day Party, 10:30 a.m.
Feb. 14: Music with Christine Coulson, 3 p.m.
Feb. 17: President's Sing-along, 10:30 a.m.
Feb. 21: Scatter Joy Acres Animal Visits, 1 p.m.

—Wednesdays: Handbell Playing with Michael, 11 a.m.

Exercise Classes

Mondays: Aqua Therapy with Norma, 12:30 p.m.
Tuesdays: Tai Chi with Michael, 12:30 p.m.
Thursdays: Yoga with Meg, 12:30 p.m.
Fridays: Walking with Beth, 12:30 p.m.

FEATURED EVENT

Mardi Gras Party

February 25th, 2:30 p.m.

York Neighborhood

Come enjoy a fun and festive New Orleans style party with snacks, music and games!



Lisa's Letter



The new year is in full swing here at the Grand Lodge, and the month of February is all about love. I know that sounds a bit cheesy, but what a great time of year! The craziness of the holidays has subsided and February brings us Valentine's Day. With that we should all think about love. It is

good for all of us to be reminded how important it is to show love, caring and appreciation to those with dementia. It is easy to only see the disease and not the person, which makes it easy to forget to give attention to those we love. Here are several good reminders from alzheimers.net:

1. Be educated about the disease.
2. Be realistic in your expectations for yourself and your loved one.
3. Do not argue with your loved one.
4. Give them independence when possible.
5. Have fun! Your loved one can still have fun.
6. Meet your loved one in the now. Don't try to change them back into the person they once were.
7. Remember that your loved one can remember emotions even after they forget the actual event that caused those emotions. Your actions and words matter!
8. Remember the person is more than the disease.
9. Use every method of communication to reach your loved one through the disease – Art, music, reading, touch, gestures, etc.

—Lisa Winterstien, Director of Health Services

RESIDENTS IN ACTION

A fun month ahead! We have parties to celebrate both Valentine's Day and Mardi Gras this month. Be sure to check out our calendar. Feel free to join us for any and all of the monthly events. Family involvement is such an important part of the Grand

Lodge, and we couldn't do what we do without our awesome families. So please join in on the fun and let us know any ideas or fun things you have in mind that your loved ones would enjoy in the future.

– **Michael Pollock, Director of Lifestyle & Wellness**



Marilyn and Karen play countdown.



Edie, Peggy and Jean enjoy game time.



Janice gets finger exercise by unwrapping a ball made of plastic food wrap.

A MONTH IN REVIEW

Our new exercise program is up and running! Physical movement and exercise is not only important to the body, but research shows it can have a huge impact on memory, cognition and brain function.

Make sure to check out any of our classes throughout the week. We have many different options and styles to choose from. It's social, it's fun and it's important!

– **Michael Pollock, Director of Lifestyle & Wellness**



Pete practices his swing.



Pattie makes a birdie.



George putts the golf ball.



Donna plays golf.



Shirley enjoys staying active.



Edie makes a hole-in-one.