

*"The bad news is time flies. The good news is you're the pilot."
-Michael Altshuler*

February 2022

The GRAND Gazette

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

Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 60 years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Many use Valentine's Day as an opportunity to spend quality time with each other, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy either by themselves or with a group. Show your Valentine's Day spirit by making red velvet cupcakes, heart-shaped cookies or even heart-shaped grilled cheese sandwiches.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.



FEBRUARY BIRTHDAYS

Feb. 10: Patricia W.
Feb. 10: Roger F.
Feb. 22: Randy H.

WELCOME, NEW RESIDENTS!

Pauline S.
Marie C.
Jeanette 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:

Jarrold Quinn, (402) 885-7103

DIRECTOR OF MARKETING:

Sarah Russell, (402) 885-7024

REGIONAL AREA DIRECTOR:

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!



FEBRUARY HIGHLIGHTS

February 11

Live Music with "Living Easy" Jazz Combo

February 13

Super Bowl Tailgate Party

February 14

Valentine's Day Party

February 15

Story Telling Event

February 17

Mr. Rogers Day

Every Monday

Travel Club

FEATURED EVENT

Winter Olympics

Feb. 7 – Feb. 11

Each day we will be having different Winter Olympics inspired events and activities!



Erin's Notes



Happy February!

It was a crazy January, and chances are this month will be just as crazy as this Omicron variant disrupts our community, city and country. We want to remind everyone to do their part to minimize the spread. Masks and distancing still tend to be the best ways to stay safe and healthy. So

thank you for continuing to practice these.

We wanted to update everyone on our current outside medical services. Many of you know that Delivered Dental is no longer in business, so we have just recently partnered with Aria Care Dental. We are very excited to get dental services back underway. We will be reaching out to families for consents and information to transition to this new dental partner. Be on the lookout for further information.

Also, as a reminder, Think Whole Person Healthcare is our podiatry provider. They are here every two months, and you can find them on the monthly calendars. Custom Hearing takes care of any hearing and audiology needs. They provide services on the third Monday of every month. Senior Vision Services deals with any eye or glasses needs. They are a little more sporadic in their visits, but they too can be found on the monthly calendars. If you would like more information, or want to make sure your loved one is seen by any of these services, just let us know!

Stay safe, and as always, thank you for entrusting your loved ones to us!

-Erin Edwards, Director of Health Services

A MONTH IN REVIEW

Make sure to check the calendars for all of the upcoming events happening in February. Also, we want to continue to encourage folks to utilize our Lifeloop communication app and tool. In Lifeloop, you can view the daily calendars and menus to see what's coming up. You can also view pictures of your loved ones in action as well as send them free postcards for holidays, birthdays and more. You

can contact the concierge desk to request medical transports and maintenance requests. Lifeloop is THE best way to stay engaged and connected with our residents and team. Feel free to email Michael at mpollock@hillcresthealth.com with any questions regarding Lifeloop.

-Michael Pollock, Director of Lifestyle & Wellness



Tom and Susan enjoy pet therapy.



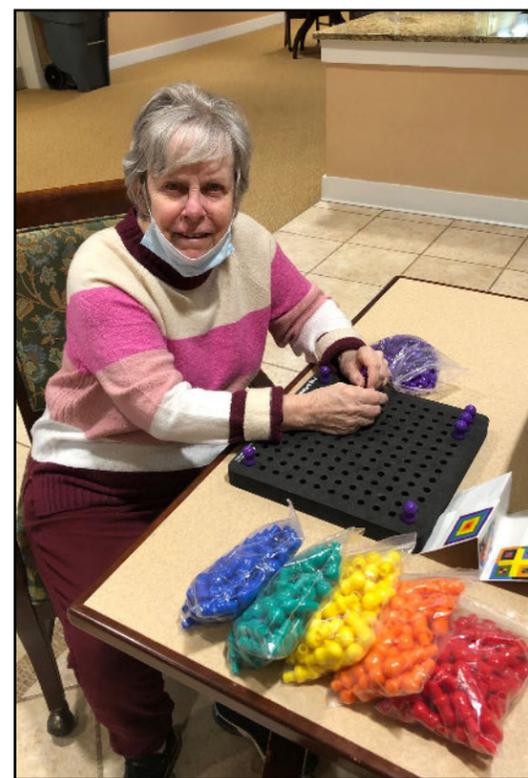
Edie and Betsy enjoy some pool time.



Verneel sorts quilt squares.



Les practices his ax throwing.



Susan gets creative with a peg board.

RESIDENTS IN ACTION

We had a great time at our Let it Snow Day event last month. At a time when most people grumble about the cold and snow, we celebrated it! We did so in the comfort and warmth of the Grand Lodge instead of

out in the cold, but either way we had a blast making crafts, having a snowball fight, playing games and enjoying hot cocoa!

-Michael Pollock, Director of Lifestyle & Wellness



Let It Snow

Top Left: Tom enjoys making snowflakes while eating some snowball snacks.

Top Right: Edie and Marie show off their winter crafts.

Above: Patty makes some snowman crafts.

Left: Residents toss "snowballs" during the snowball fight.