

“Write it on your heart that every day is the best day in the year” –Ralph Waldo Emerson

The GRAND Gazette

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

Staying warm in the winter

It appears as though winter has finally arrived in eastern Nebraska with chillier temperatures, a little sleet and some snow flurries. For our aging adults, the temperature change can be especially shocking. Several factors can cause fluctuations in body temperature and impede a person's ability to retain heat: thinner skin, loss of body fat and muscle mass, dehydration, etc. The following are some tips to help you stay warm:

- **Wear layers of clothing**

This is perhaps one of the easiest ways to help the body regulate temperature. Adding and removing layers allows your body to slowly adjust to a comfortable temperature based upon your activity. In addition, warm air trapped between layers of clothing acts as insulation.

- **Grab an extra blanket**

Layering blankets works just like layering clothes. Fuller blankets will also provide extra coverage.

- **Wear socks, mittens and hats**

Who says they're just to be worn outside? Our appendages and head tend to be the first parts of the body to become cold due simply to their greater surface area. Use what's necessary to cover them up indoors also.

- **Keep movin'!**

An inactive body generates less heat. And as we age, our ability to react to the cold by automatic responses, such as shivering, decreases. Exercising can serve as a substitute. In addition, exercising builds muscle mass, which is important to maintaining body heat. Simple stretching allows for better blood flow throughout the body and better distribution of heat.

- **Drink water**

A hydrated body leads to better blood flow. And, again, better blood flow means a warmer body.

- **Drink warm beverages**

Warm yourself from the outside in while holding your drink. Warm yourself from the inside out by drinking it down.

- **Eat!**

Fat cells insulate the body and its organs. Take some lessons from our furry outdoor friends and try adding a few extra pounds during the winter months.



Keep warm this winter with hats, gloves/mittens and thick socks!

MEET THE LEADERSHIP TEAM

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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!

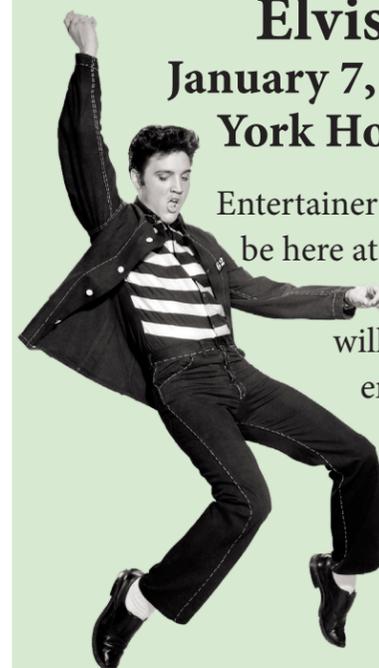


JANUARY HIGHLIGHTS

- Jan. 7: Music with Aaron Shoemaker, 10:30 a.m.
- Jan. 7: Elvis Day
- Jan. 9: Outing to Village Inn for Free Pie Wednesday
- Jan. 16: Soup Wars
- Jan. 18: Livin' Easy Jazz Band, 3:15 p.m.
- Jan. 24: Fontenelle Forest, 2 p.m.
- Jan. 25: Music with Christine, 3 p.m.
- Jan. 28: Pajama Day

FEATURED EVENT

Elvis Day January 7, ALL DAY! York Household



Entertainer Aaron Shoemaker will be here at 10:30 a.m. to sing some Elvis tunes for us. We will have a dessert Elvis enjoyed - Sour Cream Pound Cake. There will also be trivia, and we will watch an Elvis movie in the Cinema.

Kristeena's Column



Happy New Year, everyone, and I hope you all had a great Christmas! We are all looking forward to another great year here at the Grand Lodge. Our team is preparing for our Noon Year's Party and ready to start off the year with a bang. The recreation team is

planning some new and exciting activities to add to our calendars this year. Residents have played a big part in choosing the activities, and I am excited to see what our residents will be doing. One of the many changes to our activity program will be increasing our entertainment and volunteers visiting with pets for our residents to enjoy.

Hillcrest was recently recognized with a national award from McKnight's Senior Living for implementing the Montessori method in dementia care at the Grand Lodge. Through a partnership and collaborative efforts with the only secondary Montessori school in the state, The Roberts Academy, an intergenerational program was formed where students visit every Friday to engage with residents. The Grand Lodge team is very proud to be a part of this growing program.

I would like to thank the Grand Lodge team and our families for a great 2018, and I am elated to see what 2019 brings. I wish our residents, families and team a very happy and prosperous New Year!
-Kris Saunders, RN, Director of Health Services

RESIDENTS IN ACTION

I am very excited for January! To kick off the New Year we will have a Pop on Over Party on January 4. The party will be at 2 in the afternoon. We will have unique and creative decorations and lots of fun! On January 7 we will have an Elvis Day, complete with an entertainer, food, trivia and a



Kathleen, Lavon, Bill and Sharon sort items for Youth Emergency Services (YES). With the Montessori students, residents made a casserole and puppy chow and collected scarves, gloves and blankets that were delivered to YES on December 7.



David and Joe smile in front of their favorite tree at the Mormon Trail Center.

movie. We will be going to Village Inn to enjoy a slice of pie. Soup Wars is back on January 16! Livin' Easy Jazz Band will be here. They will come to York and then they will also perform in the Grand Hall. And on January 28, we will have a pajama party!
-Beth Karstens, Recreation Leader



Kathleen sorts scarves.



Bill gathers blankets.



Mary mixes puppy chow.



Evelyne makes a casserole.



Pete mixes puppy chow.



Lillian mixes puppy chow.

A MONTH IN REVIEW

Our Holiday Party, although postponed due to the weather, was a great success! The residents and team worked on decorations and food for the event. We made reindeer chow, fudge, peanut butter blossoms and cheese balls.

Santa was WONDERFUL! He stopped at each table and ensured that he saw everyone at



Connie smiles with Santa.



Barb poses with Santa.



Minta smiles by Santa at the Holiday Party.



Minta's granddaughter enjoys a visit from Santa.

the party. He passed out candy canes and asked everyone if they had been good this year. The afternoon was fun, filled with laughter, smiles and GREAT company! Thank you to everyone who was able to make it! It is a very busy time of year.

-Beth Karstens, Recreation Leader



Shirley and her grandson spend time with Santa.



Kathleen makes a silly face with her candy cane.



Shirley's grandchildren smile with Santa.



Loretta talks to Santa at the Holiday Party.