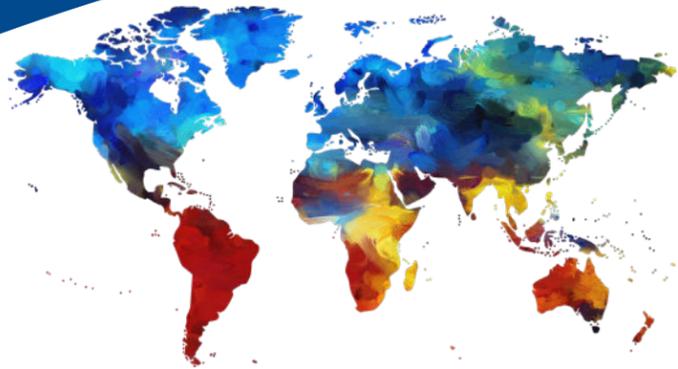


"To appreciate the beauty of a snowflake it is necessary to stand out in the cold." – Aristotle

January 2020

# The GRAND Gazette

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



## New Year's Around the World

Happy January! What did you do to celebrate the New Year? Hopefully you enjoyed good food and the company of friends and family. Almost every country in the world celebrates the New Year, and a lot of countries have unique traditions for celebrating. Here are some interesting traditions, according to worldstrides.com.

**Spain** – In Spain, the tradition is to eat a grape on each strike of the clock at midnight. The 12 grapes represent good luck for each month of the New Year.

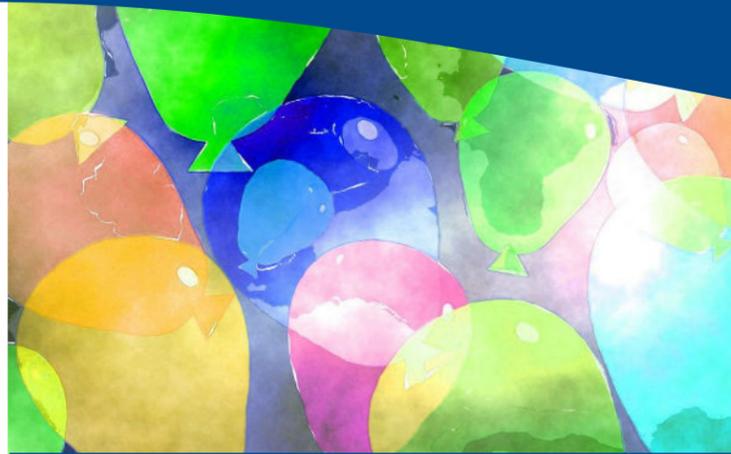
**Denmark** – The tradition in Denmark is a little bit more dramatic. Denmark residents throw old plates and glasses against the doors of relatives and friends to ward off bad spirits. They also jump off of chairs together to "leap" into the New Year with good luck.

**Greece** – In Greece, residents hang an onion by their front door on New Year's Eve as a symbol of rebirth. Then, on New Year's Day, parents will wake their children up by tapping them on the head with the onion!

**Columbia** – On the other side of the world, in Columbia, people walk around their block carrying an empty suitcase on New Year's Day, hoping it will lead to a year of fun travels.

**Scotland** – Scottish residents celebrate the first day of the year with the tradition of "first-footing." This means that whoever is the first person to cross the threshold of a home in the New Year should carry a gift for good luck.

Do you have your own traditions for celebrating the New Year? However you celebrate, it's a good time to reflect on the year prior and look ahead to the great times to come. Have a great year!



## JANUARY BIRTHDAYS

Jan. 12: Joel Morse

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Cindy Klein, (402) 885-7102

### 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:

Jarrod Quinn, (402) 885-7103

### DIRECTOR OF MARKETING:

Jessica Fredrickson, (402) 885-7022

### 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!

## Hillcrest Country Estates GRAND LODGE

## JANUARY HIGHLIGHTS

Jan. 2: Intergenerational Activities

Jan. 3: Craft Time

Jan. 8: Elvis' Birthday Fun

Jan. 13: Music with Shirley and Larry

Jan. 17: Board Game Day

Jan. 17: Putt Putt

Jan. 20: Peanut Action

Jan. 31: Music with Bob Ford

—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



## Casino Day



January 27, 1:30 p.m.

Come enjoy a fun-filled afternoon  
and try a variety of casino games!

## Lisa's Letter



I can't believe another year is behind us! I have spent the last few months learning and talking to my team, and I am amazed at the ideas they have to enhance the lives of our residents. I have seen some exciting, new activities going on, and we are committed to keeping our residents

engaged. One of the projects we will be working on is downloading our residents' favorite music onto MP3 players. Research shows that music can be one of the best communication tools and brings happiness and healing to many.

As we move forward in the year to come I would like your feedback as well. If there is something that your loved one would benefit from, please let us know. My team and I are committed to making your experience excellent. I have met so many wonderful and loving families. Our residents are so lucky to have so many visitors. My door is always open. I will continue to learn all about our residents and team and look forward to visiting with you in the years to come.

—Lisa Winterstien, Director of Health Services

2020  
happy new year

## RESIDENTS IN ACTION

It's 2020! That means most people are thinking about their ambitions, goals and plans for the future. It's always an exciting time. As we plan for the future here at the Grand Lodge, we want your input! Please send us a note of activities you would like to see happen in 2020. Places to go, games to play, activities

to start, parties to plan, etc. We love to hear feedback about activities, so don't hesitate to contact us at any time. Send an email to [ekarstens@hillcresthealth.com](mailto:ekarstens@hillcresthealth.com) or [mpollock@hillcresthealth.com](mailto:mpollock@hillcresthealth.com).

Thank you, and Happy New Year!

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



A group of residents bring donations to the Child Saving Institute.



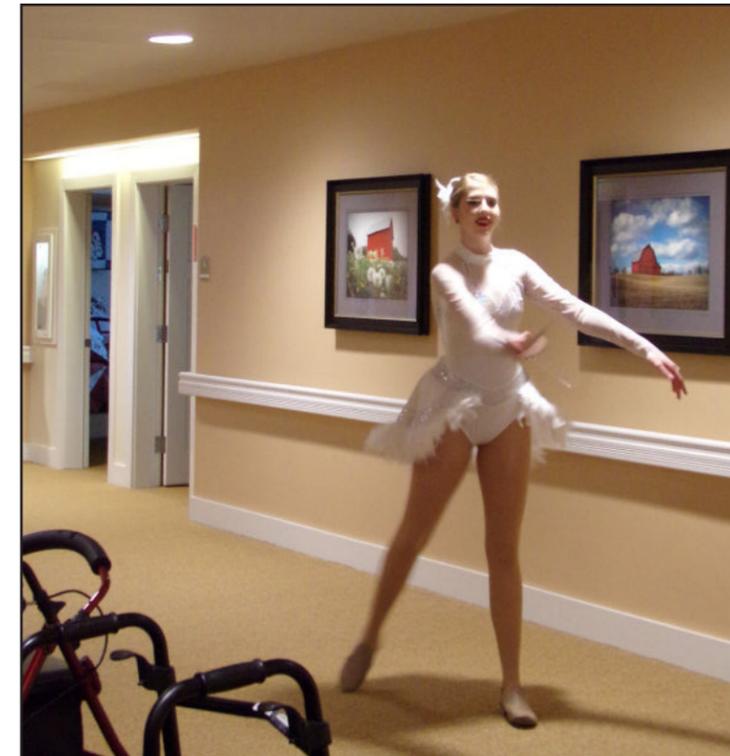
Lillian and her family celebrate the holiday festivities together.

## A MONTH IN REVIEW

Sunday, December 8th marked our annual Grand Lodge Family Christmas Party! Thank you so much to all the families that came in and shared your time to be together over this busy holiday season. We had a great turnout, and the residents were on cloud

nine the whole week that followed. What a great chance to get everyone in the holiday spirit and come together to bond as a community.

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



Olivia, a volunteer, gives a baton performance.



Loretta and her family enjoy the Christmas Party.



The group poses in front of the Grand Lodge's donations to the Child Saving Institute.



Edie and her family pose in front of a Christmas tree.



Joel and his family smile at the Christmas Party.