

“All life is an experiment. The more experiments you make the better.” -Ralph Waldo Emerson

The GRAND Gazette

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

Using sensory stimulation to improve a loved one's well-being



As the disease process of dementia progresses, a person's ability to communicate and perform everyday activities declines. Giving these individuals a means to express themselves can help them relax and feel safe. This can improve their mood, self-esteem and, in turn, their well-being.

Sensory stimulation uses everyday objects to arouse one or more of the five senses (sight, smell, hearing, taste and touch) with the goal of evoking positive feelings. It is intended to bring enjoyment, reduce or prevent anxiety/depression, and it increases social interaction.

Shared experiences and memories help bring individuals back to a time that they remember fondly, which can help them feel meaningful again. With the use of everyday objects, it can trigger memories and emotions in seniors who have lost their ability to connect with the world around them. For instance, art or photos can trigger memories and emotions for individuals who no longer speak. A person who has not expressed a word in months might suddenly smile, interact with an object or talk.

Sensory stimulation can become a means for the senior to communicate, either through action or simply by sharing the experience.

When you are visiting a loved one, please bring in photos, visit with them about their past, share stories. It can only enhance their quality of life.

-Juli Grimm, Director of Recreation, Hillcrest Millard



JULY BIRTHDAYS

July 10: James Herfkens
July 16: Connie Herfkens
July 20: Mambo Contreraz
July 27: Gloria Merrill

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Cindy Klein, (402) 933-4662

DIRECTOR OF HEALTH SERVICES:

Sarah Van Zuiden, (402) 885-7362

DIRECTOR OF RESIDENT SERVICES:

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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!



JULY HIGHLIGHTS

July 11 & 18: Mystery Bus Rides
July 17: Merrymakers Musical Guest
July 19: Fontenelle Forest SUN Program
July 20: Scatter Joy Acres Animal Visits
July 24: Dick Sladky, Musical Guest
July 27: Christine Coulson, Musical Guest

FEATURED EVENT

**Dog Days of Summer
Hot Dog Cookout** 
Wednesday, July 11, 11:30 a.m.
Lancaster/York

Join us for a summer celebration with grilled hot dogs and all of the fixings!

WALK TO END ALZHEIMER'S

**Saturday, August 25
Prairie Queen Recreation Area**

Support the Hillcrest team in the Sarpy Walk to End Alzheimer's. Registration begins at 8:30 a.m., the ceremony is at 9:30 a.m., and the walk begins at 10 a.m. Sign up to walk with us or donate to the Alzheimer's Association at tinyurl.com/y7ucf5r3.



Sarah's Story

July is Social Wellness Month. Social wellness refers to the relationships we build throughout our lives. It involves using good communication skills, having meaningful relationships, respecting yourself and others and creating a support system that includes family members and friends. Staying connected is an important part of a healthy lifestyle.

Social contact is proven to be just as effective as physical activity for improving your mood, helping you maintain better emotional, cognitive and physical health. Here are some benefits of social wellness for seniors:

- Studies show that seniors that are lonely tend to have increased inflammation and poor immune systems while seniors who have strong social connections tend to have a stronger immune systems.
- Chronic conditions and diseases like rheumatoid arthritis, osteoporosis, Alzheimer's disease and even some cancers are reduced in seniors that are more sociable.
- Seniors who build and maintain relationships are at less risk for depression. Social isolation has been found to be a factor leading to depression in older adults.
- A strong social network can create a good mood and enhance self-esteem in seniors.
- Seniors with healthy relationships respond better to stress and have healthier cardiovascular systems.
- Seniors who interact socially on a regular basis tend to live longer and live longer independently.

You can enjoy the benefits of social wellness by keeping in touch with family and friends, exploring your hobbies or volunteering, among other ways.

-Sarah Van Zuiden, Director of Health Services

RESIDENTS IN ACTION

The Dog Days of Summer are here. This month we will do some fun summer activities, such as grilling, eating watermelon, making sun tea and enjoying our patio. Water balloons have been a favorite activity, so expect to see some flying. I hope that we will begin to see some vegetables and can make summer salads. I hope you are taking advantage of the beautiful campus

when you are here visiting. We will continue our walks about campus each week as we find relaxing spaces to spend time in. We are always looking for opportunities for our residents to drink fluids, so please feel free to ask for juice, tea or water when you're in and join them in a cool beverage.

-Chris Atwood, Director of Resident Services



Connie makes mints for a graduation party.



The ladies enjoy breakfast at iHOP.



A large crowd enjoys Culver's ice cream.



Sunday Hymn Sing is a popular event.

A MONTH IN REVIEW

June was a warm but busy month. Our summer sweet treat bus rides took us to Dairy Queen for Dilly® Bars, McDonald's for hot fudge sundaes and Sonic for slushes. We celebrated National Banana Split Day, National Peanut Butter Cookie Day and made s'mores. We honored our fathers with a western-themed lunch of pulled

pork, coleslaw and corn on the cob, all made by our folks here at The Grand Lodge. It was a great day! Music in the Park, an annual event at Washington Park in Bellevue, was such a great way to enjoy all that summer has to offer.

-Chris Atwood, Director of Resident Services



Residents enjoy Music in the Park.



Ed and his grandkids enjoy the Father's Day Luncheon.



Residents and guests enjoy pulled pork and sides.