

"Government of the people, by the people, for the people, shall not perish from the earth." - Abraham Lincoln

July 2019

# The GRAND Gazette

## Summer Fun in the Summer Sun

Summer is a great time to enjoy outdoor activities. Seniors can engage in activities that encourage their interests and fitness goals, while also spending time with family and friends. Here are some fun outdoor activities to enjoy during the summer months.

**Picnics:** Pack a nutritious lunch and find a shady spot outdoors to stay cool. Sandwiches, fruits and vegetables can be a quick-and-easy meal for your picnic. Picnics are a great time to socialize and enjoy the weather.

**Fishing:** What an easy way to relax and have fun on the water! The activity doesn't take a lot of extraneous effort and can be rewarding after you catch a fish. It's also a great way for families to connect and spend quality time with each other.

**Swimming:** This is a great way to exercise and have fun in the water. Exercises done in a swimming pool can be another alternative to exercising outside in the warm summer heat. Plus, the pool is a great spot to hangout.

**Farmers Markets:** These provide a way to support your local community. Fruits, vegetables, crafts and games make for a fun morning in the summer sun. Enjoy the market with friends and loved ones, and find some freshly grown food too.

Finding activities that are enjoyable outside in the summer is fun. They can provide great exercise and a way to spend time with family and friends. Have fun, and be safe outside this summer.



## JULY BIRTHDAYS

July 7: Sue Gutowski  
July 16: Connie Herfkins  
July 24: George Schafer  
July 24: Pete Eckelbecker  
July 27: Gloria Merrill

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Cindy Klein, (402) 885-7102

### DIRECTOR OF HEALTH SERVICES:

Kris Saunders, (402) 885-7363

### 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

### 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!



## JULY HIGHLIGHTS

July 2: Music with Denell, 3:30 p.m.  
July 3: Grilling Out for Lunch  
July 3: Patriotic Celebration, 6:00 p.m.  
July 10: Ice Cream Outing  
July 19: Grilling Hot Dogs  
July 20: Family Movie in Cinema  
July 24: Lunch Outing  
July 26: Postal Party with Christine

## FEATURED EVENT

**Family Movie Matinee:  
"Zookeeper"  
July 20, 2 p.m.  
Grand Lodge Cinema**

We will be showing the movie "Zookeeper" and serving popcorn. Please bring yourselves and your kids to enjoy an afternoon at the movies.

**To RSVP, please call Beth at (402) 885-7363  
or email [ekarstens@hillcresthealth.com](mailto:ekarstens@hillcresthealth.com)**

## Kristeena's Column



Happy July, everyone! I hope you all are enjoying your summer so far. In January of this year, Hillcrest Country Estates Grand Lodge applied for the Bronze Award from the National Center of Assisted Living (NCAL) National Quality

Award Program.

The Bronze Award focuses on a pathway for providers of long-term care, assisted living and post-acute care services to journey toward performance excellence.

On June 4, Hillcrest's Grand Lodge was picked to receive the 2019 Bronze Commitment to Quality Award. My team and I are very excited to have reached this achievement.

Winning the Bronze Award this year is a stepping stone to applying for the Silver Award in 2020.

I would like to thank all of our families for allowing us to care for your loved ones and reaching this goal.

**-Kris Saunders, RN, Director of Health Services**

## RESIDENTS IN ACTION

On June 1, we had artist Kaitlin Walsh here to lead us in a water color activity. Eight residents participated in the event. We also had family, children, friends and Dr. Anna with us that afternoon. Kaitlin was a wonderful teacher, easily teaching us step-

by-step how to draw and paint a fish and water background. The masterpieces are on display in each household.

**-Beth Karstens, Recreation Leader**



Ted and his family celebrate Father's Day.



Lillian and Shirley enjoy the beautiful weather at the picnic.



Mary, Skip and Alex play Connect Four.



Edie's water color fish is almost complete.

## A MONTH IN REVIEW

Thursday, June 13, we celebrated Father's Day with a cookout and yard games. Volunteers from Spielbound Stay Sharp brought the games Kerplunk and Connect

Four. Residents, family, team members and the Stay Sharp group had a wonderful time!

**-Beth Karstens, Recreation Leader**



George paints a masterpiece.



Beth, Doris and Edie pose for a picture at Red Nose Day.



Everyone has fun at the group picnic at Halleck Park.



Edie plays Kerplunk at the Father's Day celebration.