

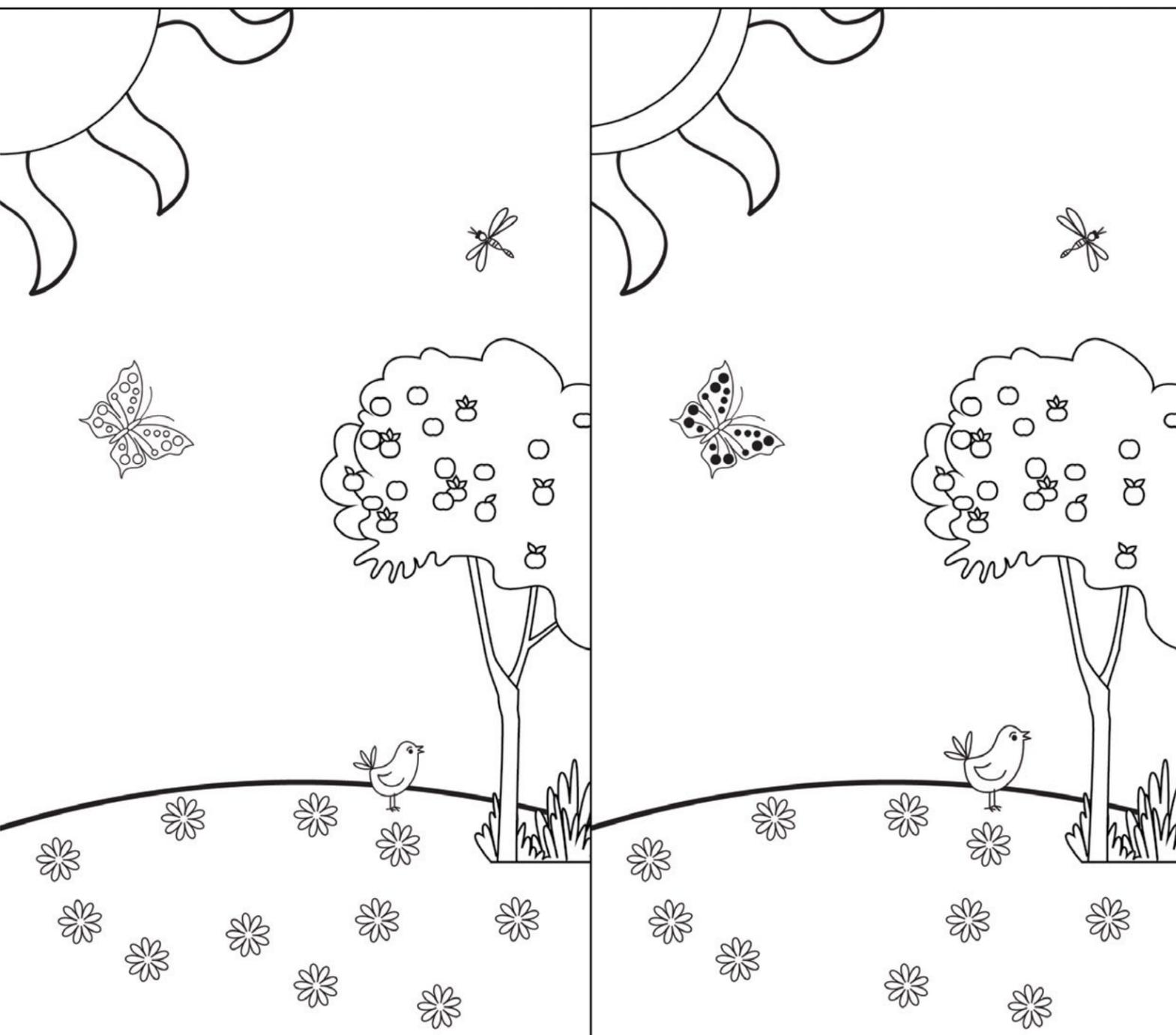
"May we think of freedom, not as the right to do as we please but as the opportunity to do what is right." —Peter Marshall

July 2020

# The GRAND Gazette

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

## Activity Page



**Find all six differences!**

### Hillcrest Country Estates GRAND LODGE

#### JULY BIRTHDAYS

July 7: Virginia Gerhardt  
July 20: Ronald Lowrance  
July 23: Larry Krell  
July 24: Howard "Pete" Eckelbecker  
July 24: George Schaefer  
July 27: Gloria Merrill

#### MEET THE LEADERSHIP TEAM

**ADMINISTRATOR:**

Jessica Fredrickson, (402) 885-7022

**DIRECTOR OF HEALTH SERVICES:**

Lisa Winterstien, (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 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!

### Lisa's Letter



Greetings, everyone! Here we are, another month gone by during what has turned into no doubt the most interesting and unique year in quite some time. I know things are becoming increasingly challenging as our state appears to be relaxing safety guidelines and opening back up,

while retirement communities and nursing care facilities are still locking down. Please understand that the number of virus cases in our geographic area is still increasing, and the state CMS (Centers for Medicare & Medicaid Services) is still requiring that our facility remain diligent and cautious to protect our aging population. We are continuing our dedication to the best practices for infection control as we do our best to keep the Hillcrest Country Estates Grand Lodge healthy and safe. We take our responsibilities very seriously. We ask that families continue to adhere and respect these safety precautions and utilize video chats, lobby entrance visits, etc. to keep in contact with your loved ones. It is a very trying time, and all of us need to be safe but also not lose sight of finding creative ways to show love and care to family and friends. Thank you all for entrusting your loved ones to us here at Hillcrest and may we all grow stronger through these current challenges!

—Lisa Winterstien, Director of Health Services



## RESIDENTS IN ACTION

As we continue to focus on individualized activities and more one-on-one interactions, we are prioritizing getting our residents up, active and moving. It's so important not to be sedentary. It's nice to be enjoying the wonderful summer weather! Although we still have the challenge of safety

restrictions on our group activities, we are trying to make sure we get our residents outside more often using our safe, enclosed patio area. A little sunshine and fresh air goes a long way in our current times!  
- Michael Pollock, Director of Lifestyle & Wellness



Marilyn folds towels.



Minta arranges some plants.



Peggy works on her tan.



Patti enjoys the fresh air.



Donna lets the wind blow through her hair.



Minta and Edie plant flowers.



Shirley sits in the courtyard.



Minta sorts some paper clips at an activity station.



Edie sorts clothes at an activity station.



Marilyn stays busy at an activity station.