

"The struggle ends when the gratitude begins."
-Neale Donald Walsch

The GRAND Gazette

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

Experience the benefits of reading

Reading is a great pastime that comes packed with many benefits. The following are some of those benefits:

- **Reduced stress:** Stress from your daily life can just slip away when you find yourself in the middle of a great story. A novel can transport you to another place and time. It is a great distraction from the present moment and will drain away tensions and let you relax.
- **Mental stimulation:** Keeping yourself mentally stimulated has been shown to slow or possibly prevent Alzheimer's and dementia. Keeping your brain in a state of action and engagement prevents it from dwindling or losing its capacity. Brains need exercise, too.
- **Increased knowledge:** Who doesn't want to be smarter — to have a wealth of information at their disposal? You may not remember everything you read, but the information deposits knowledge into your brain that you can use. It better equips you to tackle challenges. Knowledge you gain is always yours.
- **Expanded vocabulary:** Being articulate and well-spoken can be of great benefit in any profession. It also boosts self-esteem and confidence.
- **Increased awareness:** Reading about scientific breakthroughs, global events and national and local issues expands the window through which you see the world. It helps you better understand others.
- **Improved memory:** Reading a book gives your brain a lot to work with, including a variety of characters, scenery, history, sub-plots that are developing and so on.
- **Better analytical thinking skills:** This is especially true when you read mysteries that you must carefully think through in order to solve. The pieces of the plot are given to you one by one and your brain must try to piece them together to arrive at the solution. This exercise carries over into everyday living to help you solve problems.

Reading is good for people of all ages. Pick up a good book, and enjoy!

-Juli Grimm, Director of Recreation, Hillcrest Millard



JUNE BIRTHDAYS

June 13: Effie Norton
June 21: Shirley Smith

WELCOME TO LODGE LIFE!

Robert Wilt

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!



JUNE HIGHLIGHTS

- June 6, 13 & 20: Mystery Bus Ride
- June 12: Merrymakers Musical Guest
- June 14: Music in the Park
- June 19: Picnic at Papio Park
- June 21: Fontenelle Forest Sun Program
- June 22: Scatter Joy Farm Animal Visits
- June 22: Musical Guest Christine Coulson
- June 26: Musical Guest Dick Sladky
- June 28: Music in the Park

FEATURED EVENT

Father's Day BBQ
Friday, June 15, 11 a.m.-1 p.m.
Grand Lodge Outdoor Patio
Families of our wonderful dads:
you're invited to join us for
food, games and fun!



**RSVP to Chris
by June 8:**

(402) 885-7363 or
catwood@hillcresthealth.com



Sarah's Story

Winter is gone, and summer is almost here, along with the hot, humid weather that can come with it. We all love to be outside and enjoy summer activities, such as barbecuing, gardening, baseball and more. Unfortunately, hot summer weather can be especially dangerous for older adults, due to chronic health conditions and age-related physical changes in the body. As long as you're careful and keep in mind some summer safety tips, you can enjoy summer activities.

Here are tips on how to be safe this summer:

1. Stay out of direct sunlight whenever possible. Seek out a shady area when outdoors. Don't spent too much time out in the heat; take a break and go into the AC to cool off when you start to feel too warm.
2. Protect your skin from the harmful UV rays, and wear sunscreen when outdoors. Don't forget to protect your head and eyes from the sun by wearing a hat and sunglasses.
3. Stay hydrated, drink plenty of water, and avoid drinks with caffeine and alcohol that can contribute to dehydration.
4. Check with you doctor about potential interactions that your medications may have with the increased heat and the sun. Some medications can cause increased sensitivity to the sun.
5. When outdoors, apply insect repellent to avoid mosquitos, ticks and other bugs that might bite.
6. Recognize warning signs of heat illness — increased body temperature, dry, flushed skin, nausea, vomiting, headache, heavy breathing and rapid pulse, not sweating even when it's hot out and fainting.

-Sarah Van Zuiden, Director of Health Services

RESIDENTS IN ACTION

Now that the flowers are blooming and the herbs and vegetables are in the ground, we are able to sit back and enjoy the outdoor gardens. We have several avid gardeners here and look forward to a colorful display as well as a bumper crop of veggies. It is finally picnic weather, so we will go to one of our beautiful local parks and grill hot dogs for lunch. Each week on our Mystery Bus Rides, we will be sampling a bit of what the Papillion area has for warm weather treats, such as ice cream and cold

drinks. If we're lucky, we will run into an ice cream truck! We will also venture out a few evenings to listen to music at Washington Park in Bellevue. Watch the calendar, and join us if you can.

Did you know that there are movies in the Grand Lodge Cinema on Friday and Saturday nights at 7 p.m. as well as a matinee on Sunday at 2 p.m.? Please check with the concierge for movie titles, and feel free to take your family to the show!
-Chris Atwood, Director of Resident Services



Kathleen's family enjoys time together at the Mother's Day Party.



Guests and residents enjoy the Mother's Day Tea.



Robert and Nick set up chairs for the party.



Don't forget to take advantage of the Cinema!

A MONTH IN REVIEW

We had such a great time at our Mother's Day Tea. Yellow was the theme color of the day and included lots of yellow flowers, yellow corsages for all, lemon cake and lemonade. Everyone got creative while painting and decorating a picture frame. It is always nice to see so many family

members enjoying a special occasion together.

Another favorite activity, shopping for and planting our garden, was a success! Lots of smiles and dirty fingers! Be sure to check out the pictures.

-Chris Atwood, Director of Resident Services



Zabrina and Kathleen dig in the dirt.



Mary Ann starts an herb garden.



Shirley, Mary and the team plant flowers.



The ladies shop for their flowers.