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

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**June Birthdays**

June 13: Effie Norton
June 21: Shirley Smith

**Welcome to Lodge Life!**

Robert Wilt

**Meet the Leadership Team**

**Regional Administrator:**
Cindy Klein, (402) 933-4662

**Director of Health Services:**
Sarah Van Zuiden, (402) 885-7362

**Director of Resident Services:**
Chris Atwood, (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

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**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

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

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--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

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

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

Don’t forget to take advantage of the Cinema!

The ladies shop for their flowers.

Mary Ann starts an herb garden.

Zabrina and Kathleen dig in the dirt.

Shirley, Mary and the team plant flowers.

Robert and Nick set up chairs for the party.

Guests and residents enjoy the Mother’s Day Tea.

Shirley, Mary and the team plant flowers.