

"Choose a job you will love, and you will never have to work a day in your life." - Anonymous

June 2019

# The GRAND Gazette

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

## Stay Safe in the Summer Sun

With the summer months approaching, the temperature is sure to rise. Though it's always fun to enjoy Mother Nature, it's also important to make sure to stay safe outdoors. Extremely warm weather can be dangerous to aging adults, especially those with chronic health conditions. It's important to play it safe outside in the summer heat.

Here are some tips:

**Stay hydrated.** It's always important to drink water. But when the weather is warmer outside, it becomes even more crucial. Warmer weather means a greater chance of dehydration. Don't wait until you feel thirsty to drink water. Make sure you're drinking fluids all day, whether you're thirsty or not. Avoid caffeinated and alcoholic drinks when you're outside in the heat.

**Seek shade when possible and take breaks.** It's important to take breaks in the warm weather. Find some shade to cool off in. Don't spend too much time out in the heat; head inside in the air conditioning to cool off when you start to feel warm.

**Wear sunscreen regularly.** Protect your skin from harmful UV rays. Wear health-regulated sunscreen whenever outside. Always wear a hat and sunglasses to protect your face from the harmful rays.

**Apply bug spray when you're outside.** Mosquitos, ticks and other harmful insects will bite if you're not protected.

**Understand the warning signs of heat illness.** The most common signs of heat illness are high body temperature, confusion, dizziness, fainting, fatigue, headache and nausea. If you feel sick, seek medical attention immediately.

Getting exercise, fresh air and doing outdoor activities in the summer makes for an enjoyable time. But don't forget – being safe should be a top priority for everyone in the summer heat.



## JUNE BIRTHDAYS

June 17: Mary Ann Vala  
June 21: Shirley Smith

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Cindy Klein, (402) 885-7102

### DIRECTOR OF HEALTH SERVICES:

Kris Saunders, (402) 885-7362

### 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!

## Hillcrest Country Estates GRAND LODGE

## JUNE HIGHLIGHTS

June 1: Watercolor Painting

June 5: Picnic Outing

June 15: Papillion Days Parade

June 20: Outing to Luncheon at Steppe Center

June 27: Lunch at Dairy Queen

## FEATURED EVENT

### Father's Day BBQ and Game Night

June 13, 5 p.m.-7 p.m.

### Memory Support Households

We will be serving hamburgers and hot dogs, potato salad and cookies. Volunteers from Stay Sharp will also be joining us. They will be bringing in some yard games for everyone to enjoy that evening.

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

## Kristeena's Column



Happy June, everyone!

This month we have an exciting activity planned. We will have a professional watercolor artist come and show our residents how it is done.

This will be an amazing hands-on activity that we would love to have our families come

and join in on.

Kaitlin Walsh is an independent artist specializing in abstract anatomical watercolor and oil paintings. From a young age, she exhibited an immense fascination with both art and medicine. She focused her studies on both disciplines, eventually receiving a graduate degree in Biomedical Visualization at the University of Illinois at Chicago, where she took a combination of fine art and medical school courses.

Soon after graduation, Kaitlin had her first child. Her son spent several months in the hospital recovering from severe prenatal complications and an early birth. This was Kaitlin's primary motivation to entirely focus her career on her passion: portraying the beauty and complexity of the human body through painting.

After spending some time honing her craft, she launched her studio, Lyon Road Art. She has now sold more than 5,000 prints of her work.

This event will be June 1 at 1 p.m. in the Lancaster household. We hope to see you there!

-Kris Saunders, RN, Director of Health Services

## RESIDENTS IN ACTION

We have a fun-packed month ahead. We are planning a picnic lunch outing for June 5, so save the date! On June 13, we will have a Father's Day BBQ and yard games, provided by Stay Sharp & Spielbound, a nonprofit organization. There is an event on June 20



Minta enjoys planting flowers.



Edie, Mary and Vanessa play the game Suspend.

to raise funds for the Alzheimer's Association at The Steppe Center that includes lunch, bingo and music! On June 27, we will be going to DQ for lunch.

**-Beth Karstens, Recreation Leader**



Shirley and her daughter Debbie enjoy the Mother's Day celebration.



George plants some new flowers.

## A MONTH IN REVIEW

On Saturday, May 4, we celebrated Mother's Day with a prom show and tea. We had six beautiful high school students come that day to model their prom dress. One of them even brought an escort! Zandria, Scarlett, Jia and Hannah attend Bellevue West. Emily attends

Papillion-LaVista High School; Lizzie and Zach attend Elkhorn High School. It was an enjoyable afternoon filled with reminiscing, family, food and laughter. I hope everyone had a wonderful Mother's Day!

**-Beth Karstens, Recreation Leader**



Jannah, Ann and Don enjoy spending time together.



George plays a game of Suspend.



Evelyne and Deb are happy and having a great time.



High school students enjoy the prom festivities.