

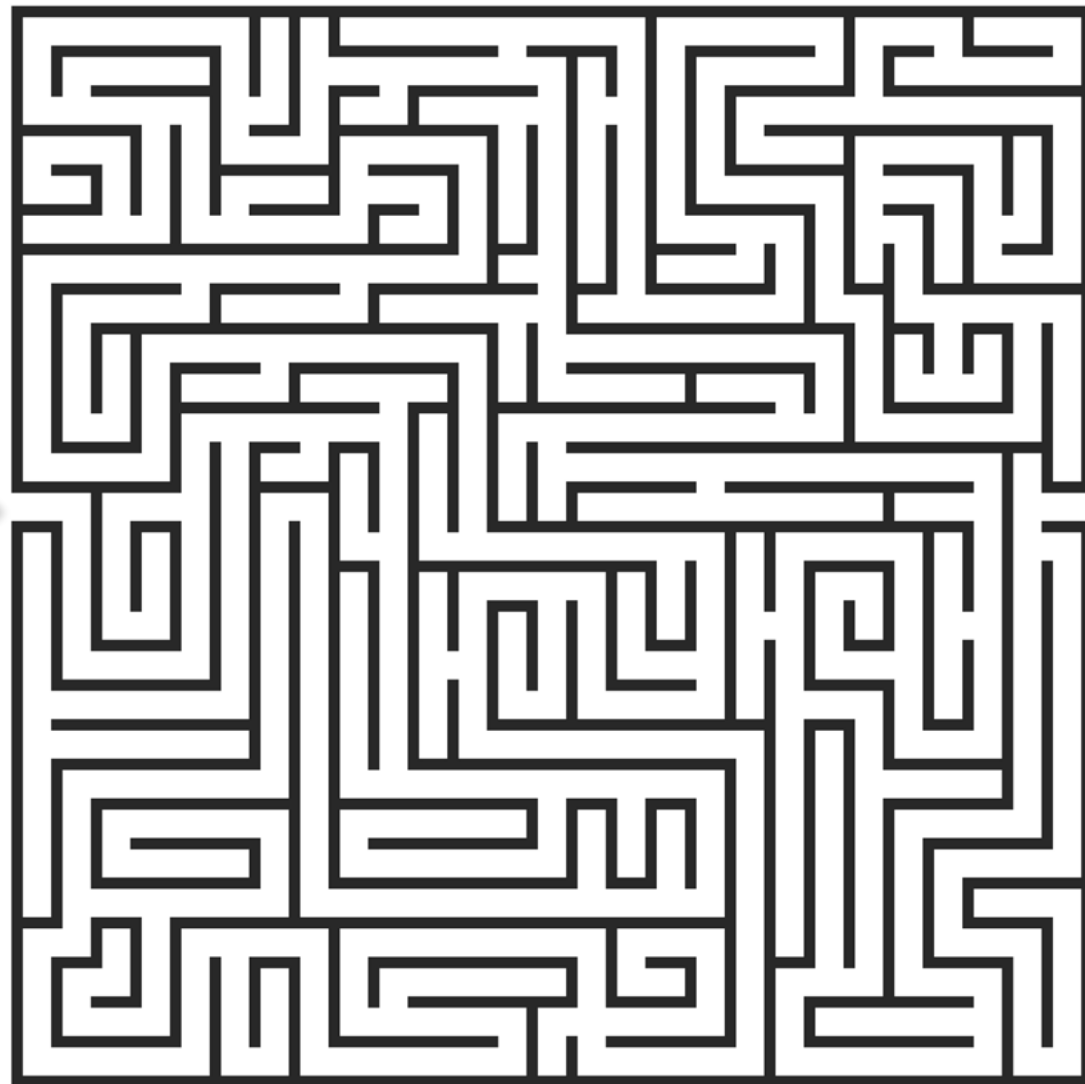
"Change begins at the end of your comfort zone."
—Roy T. Bennett

June 2020

The GRAND Gazette

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

Activity Page



Hillcrest Country Estates GRAND LODGE

JUNE BIRTHDAYS

June 9: Donna Dragoun
June 17: Mary Ann Valla
June 21: Shirley Smith

WELCOME TO LODGE LIFE!

Thomas Plummer
Larry Krell
Marlies Bramhall
Joyce Huebner

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

Lisa's Letter



Thank you all for your patience with the ever-changing COVID-19 situation. We know that you miss your loved ones. We miss having visitors and getting to see you too. As businesses and other organizations begin to lift restrictions across Nebraska,

we have been getting many questions about when we will reopen to guests. At this point, we are going to continue to only allow medically necessary guests. Please understand that this decision comes from the recommendation of state medical professionals. Our top priority is maintaining the health and safety of our residents and team members.

We will continue to update you as soon as we know any further details. If you have any questions, comments or needs at any time do not hesitate to contact us and let us know how we can further enhance your loved one's life!

—Lisa Winterstien, Director of Health Services

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!



RESIDENTS IN ACTION

As we are still under necessary safety precautions due to COVID-19 we are prioritizing one-on-one time with residents. We have enhanced our activity stations to include peg-boards, coloring, magnet tiles, sorting activities and aqua-painting — just to name a few. Team members are focusing more on bringing out these stations as they find residents searching for something to do. We have also been utilizing technology with our in-house closed-circuit TV channel on the common area TVs. Through this channel residents can watch exercise classes, concerts, church services, nature presentations, brain training seminars and educational lectures. We have also set up laptops when appropriate to show videos about residents' personal interests. We have added a seek-

and-find board at the end of each household that offers themes and pictures for residents to check out (with the real goal of getting them up and walking around). We have done socially distanced sing-alongs, Bible readings, inspirational quotes and storytelling. We also just had a successful spirit week with a different theme each day with special snacks and table activities during meals.

Lastly, as another reminder, please let us know if you would like to schedule a FaceTime/Zoom/Skype with your loved one and we would be happy to set that up. Just email ekarstens@hillcresthealth.com.

– **Michael Pollock, Director of Lifestyle & Wellness**

A MONTH IN REVIEW

We had a fun time last month with a special animal parade, courtesy of Scatter Joy Acres! What a wonderful organization. They brought several different animals to parade around the outside of the building

so that residents could see them through the windows. Everyone had a great time, and it was so nice to see smiles on everyone's faces!

– **Michael Pollock, Director of Lifestyle & Wellness**



Don works on a Magna-Tiles® puzzle.



Shirley finishes a word jumble.



Edie makes words out of a word jumble.



George smiles at an adorable puppy from Scatter Joy Acres.



The goat from Scatter Joy Acres tries to get a better look at the residents.



Ron watches a goat from Scatter Joy Acres.



Patti enjoys a fun craft.