

“Don't change so people will like you. Be yourself and the right people will love the real you.”

-Unknown



The Magic of Music

There's an 80s song that I love. When I hear it, I'm a teenager again riding to the beach with my high school sweetheart in his car...his "blue bomber" gritty with sand, the smell of salt water and French fries and that feeling of being carefree. One song and for six minutes, I'm in another time and place. This happens to me often. Suffice to say music is the keeper of my memories.

That is often the case with many individuals, including our aging adults. Like an autobiography, autobiographical memories are those memories that define who we are. Music has the ability to help us recall those memories, awakening feelings and thoughts hidden in the depths of our minds. For the aging adult with dementia, this can be profound, as it could be the catalyst for reconnecting with them. Muscular memories are those actions that are associated with repetition. As parts of the brain succumb to dementia, muscle memories tend to stay intact. Singing a song over and over can become a muscle memory, just like a child learning his ABCs by singing the alphabet song rather than just speaking the letters.

Music has been proven to stimulate a number of areas of the brain, leading to increased cognition. Coupled with the discovery that music takes very little mental processing, it is a very easy way to "reach" a person with dementia. Even those who are in the later stages of dementia can achieve some pleasure from listening to music and singing. In addition, music has been proven to release feel-good hormones that elevate mood and calm agitation. As a result, those listening to music are more inclined to socialize and interact with others.

-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab

The GRAND Gazette

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



MARCH HIGHLIGHTS

- Mar. 6: National Eat the Middle First Day
Mar. 7: Thrift Store Shopping
Mar. 14: Conoyers Nursury
Mar. 15: Fontenelle Forest Sun Program
Mar. 17: St Patrick's Day Party
Mar. 20: Annual Rueben Sandwich Luncheon
Mar. 21: Uptown Bakery
Mar. 22: Merrymakers, Musical Guest
Mar. 23: Christine Coulson, Musical Guest
Mar. 27: Dick Sladky, Musical Guest

FEATURED EVENT



Join us for a Mad Hatter's Tea Party in celebration of Easter!

RSVP to Chris: (402) 885-7363 or catwood@hillcresthealth.com



Sarah's Story



I would like to thank everyone for the warm welcome I have received here at Hillcrest Country Estates Grand Lodge. I am very happy and excited to be here and have enjoyed meeting the team members, residents

and families. I have had many years of experience in the service to seniors, with the past 12 years focused mainly on assisted living and memory support. Please feel free to stop by my office if I have not yet had a chance to meet you.

My husband are both originally from Fulton, IL, and moved here 19 years ago and have made Nebraska our home. We have five grown children and have been recently blessed with our first grandchild born in February. I enjoy baking, gardening and traveling to other countries. I have had the opportunity to travel with a medical missionary team of doctors, dentists, therapists and nurses over the past three years. Recently I have been able to travel to China, Egypt and Jordan. I really enjoy experiencing the different cultures, meeting new people and trying each country's local cuisine.

March is now upon us and with it comes spring and unpredictable Nebraska weather. As the saying goes: March comes in like a lion and goes out like a lamb. Fluctuations in temperatures can occur daily and even hourly and leave wet sidewalks slick when a dip in temperature occurs. Gusts of wind can catch you off balance if you are not prepared. So be prepared for weather changes by checking the weather report before going out, keep an umbrella handy and don't put away your winter clothing yet.

-Sarah Van Zuiden, Director of Health Services

MARCH BIRTHDAYS

- Mar. 7: Kathleen Crowell
Mar. 22: Evelyn Nelson
Mar. 27: Mary Jo Dressel

WELCOME TO LODGE LIFE!

Nancy Cook & Ellen Schuette

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:

Jarrold Quinn, (402) 885-7103

DIRECTOR OF MARKETING:

Jessica Fredrickson, (402) 885-7022

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 look forward to better weather, our hope is to get out a bit more this month. We will visit a local nursery to get ideas for our garden, go thrift shopping to look for interesting things for our Mad Hatter's Tea Party and visit Uptown Bakery in Bellevue. Each year after St. Patrick's Day, we use our leftover corned beef to make rubeen sandwiches, an Omaha classic. Join

us on Tuesday, March 20 for this annual treat!

For several months now, we have visited the 370 Bistro most Fridays for ice cream. It is by far our most attended event of the week. The team at the Bistro looks forward to our weekly visits and joins us at the table for conversation. Please feel free to join us for this or any other event.

-Chris Atwood, Director of Resident Services



Char and family celebrate her birthday.



Lavon celebrates with her golf-themed cake.



Margarita has some Mardi Gras fun.

A MONTH IN REVIEW

Thank you to all of our wonderful family and friends who so graciously joined us for our Valentine's Family Soup Supper. The soups were good, and with the snowy weather we had, they hit the spot. Our residents spent quite a bit of time



Ben and Evelyn smile with family at the Valentine's Soup Supper.

preparing for this event, and their work paid off. It is always our pleasure to provide meaningful opportunities for families to get together.

-Chris Atwood, Director of Resident Services



Shirley and her daughter enjoy the family Valentine's Day gathering.



Wayne and friends wrap silverware.



Ed does his part for the party.



Connie makes desserts for the Valentine's Party.



David makes cornbread muffins.