

"There is only one happiness in this life; to love and be loved."
 — George Sand

March 2021

The GRAND Gazette

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

Activity Page

F A M F J I X K F R B B W W C L I A
 E S L L S E A I U S B F Y Y U E T M
 Z Y Q O E Y T Z X R S F O D F P T S
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 I E Z S Y D R R L C U V S B Y H U I
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 H E S P Z N F B M M N R C T R N R U
 P L U C K M R A I N B O W G X Z U B
 C N M S P R I N G T Y V E I S G B G

**Clover
 Flowers
 Irish**

**Leprechaun
 Luck
 March**

**Rainbow
 Spring
 St. Patrick's Day**

Find the Words!



MARCH BIRTHDAYS

Mar. 3: Tom Didier
 Mar. 26: Edie Nabity

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

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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!



Erin's Notes



Greetings and happy March everyone! This month I would like to talk a little bit about our recreation and activity program, as I have been receiving some questions on the topic. First off, we are ecstatic that we can start safely getting back to activities and recreation. Just know that we will still be following the state's regulations so that everyone

here remains safe and healthy.

Secondly, we need your help with encouraging your loved ones to participate and get involved in activities. Staying active and engaged is essential to everyone's health and longevity. The more you can do to reinforce their involvement, the better. Also, we are always open to suggestions about activities that you think might better engage your loved one. Don't hesitate to reach out!

And finally, a little more explanation on what we are trying to accomplish through the activities here at Hillcrest Country Estates Grand Lodge. Beth Karstens, our Recreation Leader, is a Certified Recreation Therapist. We are creating activities with the purpose and goal of helping our residents maintain their lifestyle and daily activities. Each activity is carefully planned with that goal in mind. For example, what some see as a simple game of bingo, we see as an opportunity to improve concentration, alertness and eye-hand coordination. Exercise in a memory support setting is not solely for strengthening the body, but an opportunity to reinforce the mind-body connection, physical coordination and social engagement.

We appreciate all of your support and ideas as we continue to rebuild our recreation program here at the Grand Lodge!

—Erin Edwards, Director of Health Services

A MONTH IN REVIEW

In February we celebrated Valentine's Day! Hillcrest Country Estates Grand Lodge was covered in red decorations and hearts in every room. We were able to have a nice party and celebrate our residents. We had great food and snacks, played games and



Residents get active during exercise class.



The ladies' afternoon discussion group gets together.

celebrated with a lot of red! I would like to thank everyone from the community who sent in valentines. You really made the day of our residents.

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



Ted and Wanda celebrate Valentine's Day together.

RESIDENTS IN ACTION

We are looking forward to getting back to a more regular activity routine! Please take note of the calendar and the plan for the month. We are still following all of+ the recommended COVID-19 safety guidelines, but we are doing our best to work within that framework to continue to progress and enhance

the engagement of our residents.

As family members, we encourage you to help motivate and remind your loved one to get involved. If the pandemic has taught us all anything, it's that none of us do well in isolation. We need each other!

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



Randi gets dressed up for Valentine's Day.



George receives tasty candy treats for Valentine's Day.



Sue wears red to celebrate Valentine's Day.



Peggy loves her valentine.



Patti shows off her valentines.



Roger smiles with his valentine.