

“The world’s favorite season is spring. All things seem possible in May.” –Edwin Way Teale

The GRAND Gazette

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

Enjoy outdoor springtime activities

Spring is a time of awakening and rejuvenation. Watching the earth renew itself and bring forth flowers and greenery gives us hope. It also gives us a reason to get outside! Our loved ones need the chance to experience the joy that spring brings, too. The following are some springtime activities we can do as a group or as individuals:

1. Fill the bird feeders and feed the birds.
2. Water plants. Sure, everyone may get wet. But watering is rejuvenating. (And clothes can be changed.)
3. Plant some seeds in pots for a windowsill or patio garden. Dill, basil, cilantro, lavender, parsley, mint, thyme, oregano, chives, marigolds and pansies are the easiest to grow, and many are quite fragrant.
4. Separate the spring bulbs into groups or place the bulbs right side up after the planting area has been prepared for them.
5. Help with spring cleaning by emptying out a closet. (Of course, you will be the one who puts the items back into place. But your loved one can help by putting items to be donated into a box or bag.)
6. Go for a walk. It’s good for all of us.
7. Watch cooking shows and write down recipes. This may help to jog your loved one’s memory about an old recipe that they used to make, which can be noted for a family cookbook.
8. Pull weeds. This is not often seen as fun. But, with some singing or a little bit of chit-chatting, it can be enjoyable. Pulling weeds allows our aging adults to be out in the fresh air. And, when the flowerbeds become weed free, it gives them a sense of accomplishment.
9. Deadhead flowers. Deadheading is the process of pinching off the spent blooms of flowering plants such as marigolds, geraniums, pansies, etc., so that they will produce more blooms.
10. Wash the tops of patio tables and the seats of patio chairs.

Certainly, we don’t anyone to help with these tasks unless they choose to. But by participating in these activities, our aging adults may feel better because they are contributing.

-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab



MAY BIRTHDAYS

May 17: Don Haase

WELCOME TO LODGE LIFE!

Mary Ann Valla

MEET THE LEADERSHIP TEAM

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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!



MAY HIGHLIGHTS

- May 1: Musical Guest Aaron Shoemaker
- May 9: Outing to Smallcakes
- May 10: Fontenelle Forest SUN Program
- May 11: Roberts Academy End of Year Luncheon
- May 15: Merrymakers' Kim Eames
- May 16: Garden Shopping
- May 17: Garden Planting Party
- May 18: Scatter Joy Acres Animal Visits
- May 22: IHOP Breakfast Outing
- May 25: Musical Guest Christine Coulson
- May 26: Roberts Academy Graduation
- May 28: Musical Guest Dick Sladky

FEATURED EVENT

Mother's Day Mother/Daughter Tea & Craft Party

Saturday, May 12, 2-4 p.m.
York Household



Join us for tea, homemade goodies and fun crafts!

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



Sarah's Story

For many of us, the season of spring is a joyful time, with the grass and leaves turning green and flowers blooming. Unfortunately, if you suffer from seasonal allergies, the coming of spring may be a trying time for you. Seasonal

allergy sufferers do not look forward to the symptoms of sneezing, watery and itchy eyes, runny or stuffy nose, post nasal drainage or itchy throat.

According to Nebraska Medicine, approximately one-third of adults in the Midwest have seasonal allergies due to the prevalence of trees, weeds and grasses. If you suffer from seasonal allergies, here are some tips you can follow to minimize the symptoms.

- Keep windows closed to avoid letting pollen inside, and run the air conditioner to circulate air. Tree pollens are especially hardy. Once they get inside of your home, they can last for months.
- Visit your doctor and begin prescribed allergy medications and nasal sprays early to help reduce the severity of your symptoms.
- Check the daily weather report for local pollen and mold counts. You may choose to stay inside when the counts are high. Pollen counts are usually highest on warm, dry, windy days and in the early morning.
- Avoid yard work, such as raking wet leaves, mowing the grass or handling gardening materials like compost and mulch.
- Wash your skin, hair and clothing after being outside during allergy season.

-Sarah Van Zuiden, Director of Health Services

RESIDENTS IN ACTION

With the warm weather right around the corner, now is the time to get out as much as possible. This month we will shop and plant our garden. We will see what Smallcakes, a local bakery, has to offer and go out to breakfast at IHOP. There is always room for one more on the bus! We will celebrate Cinco de Mayo, Mother's Day and Memorial Day. We hope to spend as much time as possible enjoying the patio spaces here at the Grand Lodge. When you are visiting, be sure to



Evelyn and Ben enjoy some sunshine and ice cream.

take advantage of the beautiful campus. Walking outside is a great way to spend time with your loved one while promoting exercise and wellbeing. There are very nice pathways around campus, including around the pond, which is located behind the Signature Villas. As always, we would be happy to get you and yours a cool drink and a place to rest and relax.

-Chris Atwood, Director of Resident Services



Evelyn puts the finishing touches on the Easter Tea Party trays.



Shirley and Marlene enjoy the Easter Tea Party.



Minta decorates for the Easter Tea.

A MONTH IN REVIEW

May 11th marks the end of another year spent with the students from The Roberts Academy. The Roberts Academy is the only 7-12th grade Montessori School in Nebraska. Each Friday the students have spent their school day here at the Grand Lodge. This time is part of their curriculum at school. The students and their instructors spent time with our residents doing things like baking, art projects and music, focusing on activities designed to maintain and enhance the skills of our residents. Along with this unique program came opportunities for integrated learning, such as with

the criminal justice elective taught by a police officer who came to us each week. Native American Art was another elective we enjoyed with the students. Dreamcatchers, beaded moccasins, native toys and watercolors were all things we learned about and experienced with the students and their instructors. We will say farewell on May 11th with a BBQ lunch. The graduating seniors, many of whom have been with us for several years, will have their graduation ceremony in the Grand Hall on May 26th at 10 a.m. Feel free to join them.

-Chris Atwood, Director of Resident Services



Ed and a friend create tree art.



Margarita, Gina and Mary decoupage Christmas platters.



Kathleen works on a puzzle with students.



Sandy and friends work with pictures.



Mary, Margarita and friends do parquetry tiles.