

"Some old-fashioned things like fresh air and sunshine are hard to beat."
-Laura Ingalls Wilder

May 2019

The GRAND Gazette

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

Gardening As You Grow Older

Gardening can provide many benefits for aging adults such as engaging in physical activity, growing nutritious fruits and vegetables and simply connecting with the beauty of nature.

Gardening is a great way for aging adults to get moving and have some fun, too. Some helpful tips include using supportive tools and equipment, taking frequent breaks to pace yourself and stretching or changing positions to avoid any injuries.

While gardening is an enjoyable activity many adults perform throughout life, reduced mobility, flexibility and pain caused by arthritis may make this difficult as individuals age. A primary factor in managing arthritis is actually engaging in physical activity and exercise to help improve strength and stability. So if gardening is what you love, there are ways to help support the body while you garden.

Utilize supportive tools and equipment.

Gardeners with bad knees can use a gardening mat or pad. When rising from a kneeling position, it is helpful to use a nearby shovel or stool for support. If kneeling is painful, another modification is to use a small stool and garden while seated. Raised planters are also a good option for individuals who may need to garden while seated, including those in wheelchairs. Your recreation team can help if you're needing special tools or equipment for gardening.

Take frequent breaks, and pace yourself.

With the first rays of sun, it can be tempting to spend all day in the garden as the days get longer, but it's best to start slow. Perhaps potting flowers for the porch is a great first step. As the season progresses, the body builds tolerance to do more.

Stretch and change positions. Gardening often involves repetitive motions, requiring you to bend over with the body in a forward flexing position. To help back and knee strain, it's important to stretch before, during and after time in the garden.



MAY BIRTHDAYS

May 14: Kathy Salazar
May 17: Don Haase

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

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Michael Pollock, (402) 885-7365

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Darren Cobb, (402) 885-7105

DIRECTOR OF ENVIRONMENTAL SERVICES:

Jarrod 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

MAY HIGHLIGHTS

May 3: Montessori Students' Last Day & Graduation Celebration
May 4: Prom Show and Mother's Day Tea
May 5: Cinco de Mayo Celebration
May 17: Scatter Joy Acres Visits
May 29: Outing to Lauritzen Gardens

FEATURED EVENT

Prom Show & Mother's Tea

May 4, 2:30 p.m.

Memory Support Households

High school students from the area will showcase their prom dresses. The show will be commentated, and there will be opportunities to reminisce. There will also be a photo booth. Refreshments will be served following the prom show.

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



Kristeena's Column

Summer is almost here, and the weather is getting nicer every day. We like to take advantage of the beautiful weather with our residents. We are getting the courtyard ready with new mulch, flowers and some springtime decorations.

I know the residents and the team are looking forward to spending time outside together. May is going to be a busy month of activities and parties for our residents, and I can't wait to see how much fun they will have.

Saturday, May 4 we are having a Prom Show and Mother's Day Tea. Beth and the residents have been hard at work deciding decorations, food choices and finalizing the plans. Our residents will be enjoying a lemonade stand on May 23 for Red Nose Day, and we will be grilling out to celebrate the Montessori students' last day with us on May 3. Beth, the team and the residents are brainstorming new and fun activities to try out. I can't wait to see what ideas they come up with.

-Kris Saunders, RN, Director of Health Services



RESIDENTS IN ACTION

May is the last month of school. We will be saying goodbye for now to our friends from The Roberts Academy and Parkview Elementary. We hope to get out to the courtyard where we can plant and soak up some sun. We also plan on playing some

backyard games- corn hole, putt putt golf, etc. Our friends from Scatter Joy Acres and Fontenelle Forest will be out visiting again this month. And we look forward to music with Christine!

-Beth Karstens, Recreation Leader



Kathleen and her daughter enjoy some flavored Coca Cola.



Don, Connie, Mary and Evelyne sample blueberry acai, strawberry guava, ginger lime, and orange vanilla Coca Cola.



Jeannie enjoys making her coffee filter butterfly.



Evelyne paints her butterfly blue.

A MONTH IN REVIEW

On Saturday, April 13, We enjoyed a beautiful afternoon with family and friends. The day before the event, residents and students from The Roberts Academy made a dessert, puppy chow/ muddy buddies. Our rocking team and residents worked together to set up,



Minta enjoys time with her family.



Resident and team member families participated in an egg hunt on April 13. We hid 160 eggs.

decorate and hide eggs. The sun was out, our ears were filled with little giggles and laughter and our hearts were filled with love!

-Beth Karstens, Recreation Leader



Don and Deb enjoy an Easter party.



Jaden builds an egg tower.