

“Life isn’t about waiting for the storm to pass;
it’s about learning to dance in the rain.”
– Vivian Greene

November 2018

The GRAND Gazette

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

Five reasons baking is good for you

Whipping up treats in the kitchen can do more than just create yummy comfort food. In fact, baking has been found to have therapeutic value, which helps to ease depression and anxiety.

1. Cooking is meditative

- Any activity that takes your whole attention, especially if it's simple and repetitive, can have a

calming, meditative quality. The process of weighing out butter and sugar, whisking eggs, beating and folding creates space in the mind and eases negative thinking.

2. Baking stimulates the senses - The feel of the flour, the sound of the blender and, of course, the smell of the delectable final product – all of these experiences stimulate the senses, which in turn increase feel-good endorphins.

3. Nourishing activities feel good - Baking and any sort of cooking or food preparation is ultimately about nourishing ourselves and others. To internalize this benefit, make an effort to bring your whole awareness to the healthy ingredients and love that go into your baked goodies.

4. Baking is creative - Psychologists have found a strong connection between creative expression and overall wellbeing, so experiment with that recipe if you dare, and make that frosting the prettiest it can be.

5. It makes other people happy - One of the best things about baking is that you can give away your creations and make other people feel happy, which in turn puts a smile on your dial. It's a win-win.

-Juli Grimm, Recreation Director, Hillcrest Millard



NOVEMBER BIRTHDAYS

Nov. 17: Mary Pat Rhine

Nov. 26: Barb McGuire

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

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

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

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

NOVEMBER HIGHLIGHTS

Nov. 9: Veterans Celebration, 2 p.m.

Nov. 12: Outing to Parkview

Nov. 13: Music with Merrymakers' Pam Kragt,
4 p.m.

Nov. 14: Outing to Durham Museum,
1:30 p.m.

Nov. 15: Fontenelle Forest Visit, 3 p.m.

Nov. 16: Scatter Joy Acres Visit, 1:30 p.m.

Nov. 20: Music with Dick Sladky, 4 p.m.

Nov. 21: Be Thankful Social, 3:30 p.m.

Nov. 23: Music with Christine, 3 p.m.

FEATURED EVENT



Joslyn - Pattern & Purpose: American Quilts from Shelbourne Museum

Thursday, November 29, 3:30-5:30 p.m.

Joslyn Art Museum

On this visit, we'll be seeing a display of 34 quilts made from the 1800s to today.

RSVP to Beth at (402) 885-7363 if you're interested in joining us.

Kristeena's Column



Happy fall, everyone!
This year has flown by, and the holidays are upon us. We have some fun and exciting activities planned for this month.

I am very excited to introduce our new recreation leader for memory support, Elizabeth Kartsens. Beth is a Certified Therapeutic Recreation Specialist (CTRS) and loves to keep our residents active and engaged.

Here is a short introduction from Beth: Hello! My name is Beth Karstens. I was born and raised in Omaha, never left, and I don't plan on leaving. I have two teenagers, Zach and Kayleigh. The kids and I enjoy bowling, watching UNO hockey, movies and spending time with family. I have been working in recreation for 19 years in both long-term care and memory support. Thank you for allowing me this opportunity to work with you and your loved ones! I truly enjoy spending time with our residents, and look forward to meeting and working with all of you!

Stop by when you have a chance and welcome Beth to the Grand Lodge family!

-Kris Saunders, RN, Director of Health Services

RESIDENTS IN ACTION

In November we will have our Mystery Bus Rides and two outings. We will be going to the Durham Museum on November 14th to see the Thomas Mangelsen Art Display and then to the Joslyn on November 29th for the quilt display. If you are interested in joining us for one or both of these outings, please contact Beth at (402) 885-7363.

We are again partnering with The Roberts



Students visit with Ed.

Academy, the only secondary Montessori school in the state. There are many new faces this year. They will be visiting, learning and working on projects with the residents throughout the school year. The first day we took time and watched "The Carol Burnett Show" together. The students are currently learning about baking, so we will have lots of goodies!

-Beth Karstens, Recreation Leader



Students make paper bag trees with Lavonne.



Montessori students gather for a group photo.

A MONTH IN REVIEW

On October 11th we had an Oktoberfest celebration. For supper we served brats, braised cabbage and homemade dumplings. After supper, we gathered in the York household, played music, danced and had some drinks. Team member

Bonnie Beacom is quite the polka dancer! Thank you to all of those who came and joined in the festivities!

-Beth Karstens, Recreation Leader



Barb dances during the Oktoberfest celebration.



Connie dances to traditional German music.



David has a drink while enjoying the music.



Evelyn grabs a team member to dance with her.



Lavonne works on her dance moves.



It's all smiles for Shirley as she moves to the music.