

"When I started counting my blessings, my whole life turned around." —Willie Nelson

November 2019

The GRAND Gazette

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

Three Tips for Breathing Better

November is COPD Awareness Month. Chronic obstructive pulmonary disease (COPD) is a long-term condition that affects the lungs. COPD is used to describe many types of lung issues that cause swelling and limit airflow making it difficult to breathe.

Whether you have COPD or not, we all have to try to breathe as the weather gets colder, flu season starts and allergies get worse. So here are three tips for breathing better so that you can enjoy the holiday season. Though these tips can help, as always, if you have health concerns please talk to a Hillcrest team member or your health care provider.

1. Breathing Exercises: There are many breathing exercises that increase oxygen intake. The most common is called pursed lip breathing. To try this exercise, keep your mouth closed and breathe in normally while counting to two. Then, purse your lips like you're going to blow out a candle and breathe out slowly while counting to four in your head. Another exercise is deep breathing. According to healthline.com, deep breathing keeps air from being trapped in your lungs. First, sit or stand with your elbows back and inhale deeply through your nose. Then, count to five as you hold your breath. Finally, exhale through your nose slowly until you feel all the air has been released.

2. Body Positions: According to the Lung Institute, just changing your body position while sitting or standing can help you breathe better. Try sitting with both feet on the ground, lean your chest forward slightly, rest your elbows on your knees and rest your chin on your hands. This sitting position can make air flow to you lungs better.

3. Air Quality: There are a lot of things in the air that we can't see that make it hard to breathe. If you are inside, try to avoid dust or household cleaning products. If you are outside, try to avoid smoke or pollen. A good resource for monitoring the air quality outside is the Weather Underground website (wunderground.com), where it will tell you how much pollen is in the air and the overall air quality.

Using these tips can help you breathe better and let you enjoy the holidays even more!



NOVEMBER BIRTHDAYS

Nov. 26: Barbara M.

WELCOME TO LODGE LIFE!

Esther Christensen

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!

Hillcrest Country Estates GRAND LODGE

NOVEMBER HIGHLIGHTS

Nov. 10: Veterans Concert with the Sarpy Serenaders, 1:30 p.m.

Nov. 12: Memory Support Team Meet & Greet, 6 p.m.

Nov. 12: Merrymakers Concert with Kim Eames, 4 p.m.

Nov. 15: Scatter Joy Acres Animal Visit, 1 p.m.

Nov. 22: Happy Hour Music with Christine Coulson, 3 p.m.

—Wednesdays: Handbell Playing with Michael, 11 a.m.

New Exercise Classes

Monday: Aqua Therapy with Norma, 12:30 p.m.

Tuesday: Tai Chi with Michael, 12:30 p.m.

Thursday: Yoga with Meg, 12:30 p.m.

Friday: Walking with Beth, 12:30 p.m.

FEATURED EVENT



Veterans Day Program

November 11, 2 p.m.

Grand Hall

Join us for a special program to recognize all veterans at the Grand Lodge. The event will feature guest speakers, live music and a special veterans slide show.

Lisa's Letter



Greetings, and happy holiday season!

My name is Lisa Winterstien, and I am so very happy and honored to be assuming my new role as Director of Health Services here in the York and Lancaster households. I am still in the process of getting to know

everyone and getting the lay of the land around here, but I very much look forward to becoming better acquainted with everyone. With that being said, I want to personally invite residents and families to a special Memory Support Team Meet & Greet on Tuesday, November 12th at 6 p.m. in the York household. This will give myself and other new team members a chance to introduce ourselves and to share some exciting new enhancements to our recreation program. We will be serving light refreshments and answering any questions you may have. Please join us!

I look forward to being a part of the Hillcrest team. I assure you, I take my role very seriously and will do everything in my power to make sure the Grand Lodge is the safest, most fun and best place for each resident to call home.

—Lisa Winterstien, Director of Health Services



RESIDENTS IN ACTION

Exciting new changes are coming to our activity calendar! We have slightly restructured the Grand Lodge activity program, and you will be seeing some new faces in addition to our excellent Beth Karstens. Our current IL and AL activity team will now be assisting Beth to offer more variety and a more comprehensive recreation program. Again, we encourage you to come to the Memory Support Team

Meet & Greet on Tuesday, November 12th at 6 p.m. to learn more.

In addition, the holiday season has officially begun! We have several exciting holiday-themed events coming up in November and December, so make sure to check those upcoming calendars and feel free to join us for anything you think you will enjoy.

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



Edie measures ingredients for a butterscotch peach pie.



Donna helps stir the pie filling.



Sharon and Shirley make some final touches to the delicious pies.



A group goes to the Union Pacific Railroad Museum in Council Bluffs.

A MONTH IN REVIEW

Early in October we had a special group of visitors for the day! Students from Skutt Catholic High School spent the day with us as part of Community Involvement Day 2019 – an annual event the local high schools celebrate each October by sending

students out into the community to various nonprofits, organizations, businesses, daycares, nursing homes, etc. While here, they got a full taste of retirement home living – games, relaxing, cooking and more!

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



Nothing like a home-cooked meal.



Residents and students play games.



Residents and students make lunch together.



Students and residents enjoy game time.