

"Welcome sweet November, the season of senses and my favorite month of all." —Gregory F. Lenz

November 2021

# The GRAND Gazette

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

## As We Continue to Fight COVID, Don't Forget About the Seasonal Flu

While we were busy fighting the pandemic last year, we experienced far fewer incidences of the seasonal flu. Since we all wore masks and kept our distance, seasonal flu infections remained extremely low.

Things are different this year. The masks are off and — thanks to our COVID vaccines — we can enjoy group activities again. However, the fact that we'll be closer together during the cold-weather months increases the possibility that the flu will make a comeback.

As with COVID, the best way to prevent the flu is to get vaccinated. In addition to advanced cleaning protocols and other safety measures implemented at the onset of COVID, Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents and elders. Our clinical team will be contacting you about your flu vaccine. If you have any questions, please reach out to your Director of Health Services.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID. Wash your hands often and well. Cough and sneeze into your elbow. If you feel sick, stay away from your friends, and let our team know.

As we continue the battle against COVID, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Jessica Fredrickson, (402) 885-7022

### DIRECTOR OF HEALTH SERVICES:

Erin Edwards, (402) 885-7362

### 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:

Sarah Russell, (402) 885-7024

### 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!



## NOVEMBER HIGHLIGHTS

- Nov. 3: National Jigsaw Day
- Nov. 4: National Candy Day
- Nov. 11: Veterans Day Program, 1:30 p.m.
- Nov. 12: Merrymakers Concert with Mike McCracken, 10:30 a.m.
- Nov. 17: Fontenelle Forest Presentation, 3 p.m.
- Nov. 26: Huskers vs. Hawkeyes Football Game, 12:30 p.m.
- Mondays: Virtual Travel Club, 10 a.m.

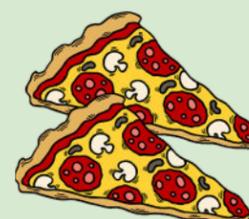
## WORSHIP SERVICES

- Thursdays: NEW Lutheran Worship Service with Thanksgiving, 3 p.m.

## FEATURED EVENT

### National Pizza Day

Friday, November 12 - Lunch



Our Cooking Club will make homemade pizza for lunch, followed by mocktails at Happy Hour. Join us!

## Erin's Notes



Happy November, everyone! We want to give you all an update on LifeLoop that was unveiled last month! LifeLoop is up and running, and we will continue to utilize it as our main communication tool. If you haven't logged in yet, please do so!

Within LifeLoop you can view photos of your loved ones, see the activity schedules, contact Grand Lodge team members, request medical transportation and even send a postcard to your loved ones free of charge! There are a lot of great benefits to this new technology, so we want to encourage everyone to check it out and utilize it to enhance our residents' lives.

To login, you should have received an email invite from ourlifeloop.com with instructions to register a password (your email address acts as your username). Lifeloop provides unlimited family connections to your loved ones, so if you want more family/friends connected, please let us know.

Michael Pollock is the main manager of the program here at the Grand Lodge, but all of our team is using it and familiar with it. If you need a password reset, need to add another family member, are having trouble logging in or have any questions at all, please email Michael at [mpollock@hillcresthealth.com](mailto:mpollock@hillcresthealth.com).

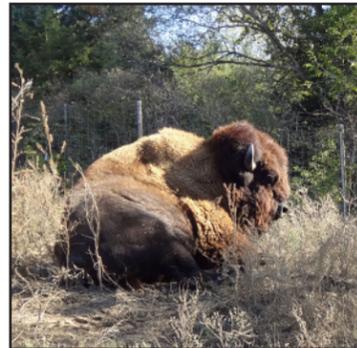
Thank you all so much for entrusting us with your loved ones and, as always, let us know if there is anything we can do to help!

—Erin Edwards, Director of Health Services

## A MONTH IN REVIEW

We enjoyed a nice outing through the Wildlife Safari last month with a great group of residents. It turned out to be a beautiful fall day and we were able to see all sorts of animals out and about. There were smiles all around as we enjoyed a wonderful afternoon outing!

- Laura Mayer, Dimensions Coordinator



## Wildlife Safari

Top: Cranes and elk are spotted at the Safari.  
 Middle: Residents enjoy the ride and the views at the Wildlife Safari.  
 Left: A herd of bison graze the land.  
 Above: A lone bison rests; goats enjoy hay.

## RESIDENTS IN ACTION

The holidays are fast approaching. We are looking forward to the next few months of celebrations and spreading joy at the Grand Lodge!

- Laura Mayer, Dimensions Coordinator



Left: Shirley and Marlies enjoy Cooking Club.

Top: Mary Ann, Shirley and Patti are proud of their homemade treats.

Above: Mrs. Dunlap and Patti work on crispy treats.



Above: Randi and Tom enjoy time with Abe the Babe.



Right: George and Pattie pet Abe.



Far Left: Ted and Wanda celebrate their 70th Wedding Anniversary.

Left: The celebration wouldn't be complete without a beautiful anniversary cake.