

"Happiness is like jam. You can't spread even a little without getting some on yourself."

-Anonymous

The GRAND Gazette

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

Activities individuals with low vision can enjoy

Living well with macular degeneration is largely about maintaining quality of life and independence. But as vision deteriorates, patients often find themselves unable to enjoy the hobbies they once did. However, finding new and engaging activities that don't necessarily require sight can help low vision patients regain a sense of control and normality in their lives. The following are fun, stimulating activities that the blind or partially sighted can enjoy whilst adapting to new circumstances:

- **Audio activities:** Any game or activity that focuses on hearing rather than sight is great for keeping the visually impaired engaged, social and mentally fit. Word and trivia games such as Jeopardy! and Trivial Pursuit are fun, inexpensive options.
- **Music:** Listening to music is an activity that can be enjoyed alone or in a group. Sing-alongs to familiar tunes can prove to be a pleasurable activity.
- **Crafts:** Those who have previously enjoyed activities like knitting or crocheting prior to age-related macular degeneration (AMD) can usually still do so with little assistance. It may be beneficial, however, to buy larger crocheting needles and thicker yarn. Tactual activities like pottery and ceramics pose another good opportunity to use sense of touch to its fullest extent.
- **Read:** Many libraries have large-print and Braille books for the visually impaired. It's also possible to purchase books on tape or download them from the internet.
- **Swim/exercise:** Sports can be somewhat intimidating for those who can't see well. However, aerobic activities like rowing, swimming and recumbent bike are safe, effective cardiovascular workout options.

The end of sharp vision does not mean the end of life. After all, there is still so much life left to live! Need some more motivation? It's been proven that AMD patients who maintain a social life and stay active have lower rates of depression, improved confidence, better memory and even a reduction in joint and muscle pain.

So what are you waiting for? Get out there and take up a new hobby!

-Juli Grimm, Recreation Director, Hillcrest Millard

OCTOBER BIRTHDAYS

Oct. 13: Loretta Hrbek

Oct. 19: Margarita Faclon

Oct. 20: Bill Clark

Oct. 22: Ed Sopcich

WELCOME TO LODGE LIFE!

Susan Gutoski, Bill Clark, Willie Pelletier

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!



OCTOBER HIGHLIGHTS

Oct. 3: Skutt Catholic Service Day

Oct. 10: Bellevue Berry Farm, 1:30 p.m.

Oct. 15: Park View Elementary –
GrandFriends, 10 a.m.

Oct. 18: Fontenelle Forest, 3 p.m.

Oct. 19: Scatter Joy Acres Animal Visits,
1:30 p.m.

Oct. 22: Dick Sladky, 4 p.m.

Oct. 24: Merrymakers – Joyce Torchia, 4 p.m.

Oct. 26: Christine Coulson, 3 p.m.

FEATURED EVENT



Bellevue Berry Farm Outing October 10, 1:30 p.m.

Join us for festivities at the Bellevue Berry Farm! Enjoy a hayrack ride, apple cider, pumpkin picking and more!

Kristeena's Column



If I brushed my teeth with half the energy I do 15 minutes before a dentist appointment, I wouldn't have a cavity! I wanted to start this month's column out with a little dental hygiene joke, but all jokes aside, October is National

Dental Hygiene Month. Our oral hygiene plays a major role in our overall health. Without healthy teeth, we can't eat our corn on the cob, apples or toast. This is especially important for our aging adults.

As we age, we lose bone structure and produce less saliva to keep our mouths moist. Tooth pain can decrease the amount of food we eat, which can lead to further health issues. A dry mouth can affect our taste buds, dries out our gums and can cause difficulty chewing and breaking down food. For dentures, it is important to ensure they fit and are secured properly. The friction of moving dentures can cause sores or irritation to the gums. It is important to rinse and soak your dentures to prevent buildup of food particles. Reminding and encouraging our elders to brush their teeth twice a day can keep them healthy and smiling.

-Kris Saunders, RN, Director of Health Services

RESIDENTS IN ACTION

We are looking forward to the change of pace in October and the cooler days. We will be getting out on the bus for weekly outings and will head to the Bellevue Berry Farm for some fall fun. One of our favorite things around here is having entertainment and listening to good music. We



Ed and Joe enjoy a bite at the Union Apple Orchard.

have three entertainers this month and would love to have visitors enjoy this favorite pastime with us. We will also be decorating for fall and carving some pumpkins.

-Laura Mayer, Dementia Care Specialist



Patty, Shirley and Lavon enjoy time at the orchard.



Ed peels potatoes for the Grandparents Day picnic.



Lavon and Nick chop eggs for potato salad.



Margarita peels potatoes for the picnic.



Wayne and daughter enjoy the photo booth props.

A MONTH IN REVIEW

September was great as we had National Assisted Living Week and Grandparents Day. We celebrated with family at a picnic and appreciate everyone that had a great time in the photo booth. The pictures came out great. There was much work

that went into the preparation and some of the photos are included here. In addition we have been cheering on our Huskers faithfully and hope for better results soon!

-Laura Mayer, Dementia Care Specialist



Anna and Barb smile at the Grandparents Day photo booth.



Ed and family take a photo on Grandparents Day.



Lillian and family enjoy the photo booth.



Shirley enjoys food at the tailgate party.



Residents cheer on the Huskers.