

"Happiness does not depend on what you have or who you are.  
It solely relies on what you think." -Buddha

October 2019

# The GRAND Gazette

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

## Preventing the Flu this Holiday Season

Fall is officially upon us. Now we can look forward to the holiday season and all of the fun stuff that goes along with it. But we also have to be prepared for the beginning of flu season. Last year the CDC reported that the flu season lasted for more than 21 weeks and was moderately severe, with more than 40 million cases reported in the United States. Often, flu symptoms can look a lot like those of a common cold. However, the flu can happen suddenly and be much more severe than a cold. Some symptoms include fever, sore throat, runny nose, coughing and fatigue.

Fortunately there are ways that you can fight the flu. First, it is very important that you get a flu vaccine to ensure that you and your family are protected from this virus. According to the CDC, the flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications. We will be offering flu vaccines on Thursday, October 10th from 12 p.m. to 4 p.m. for IL, AL and MS. You can also take simple steps like washing your hands frequently and using hand sanitizer to prevent the spread of the flu. The CDC believes that the flu is primarily spread through coughing, so remember to cover your mouth if you start coughing.

Talk to a Hillcrest team member if you think you are starting to get sick. It is our goal to keep you healthy and happy this holiday season!



## OCTOBER BIRTHDAYS

Oct. 13: Loretta Hrbek  
Oct. 19: Margarita Falcon

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Cindy Klein, (402) 885-7102

### DIRECTOR OF HEALTH SERVICES:

Lisa Winterstien, (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:

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

## OCTOBER HIGHLIGHTS

Oct. 1: Skutt Catholic Involvement Day - Making Pizza  
Oct. 4: Music with Denell, 3:30 p.m.  
Oct. 9: Outing to Bellevue Berry Farm  
Oct. 15: Trash Can Party  
Oct. 16: Outing to Bellevue Berry Farm  
Oct. 17: Fontenelle Forest in the Grand Hall  
Oct. 18: Scatter Joy Acres Visits  
Oct. 19: Trick-or-Treat Event  
Oct. 25: Happy Hour with Christine  
Oct. 31: Halloween Party

## FEATURED EVENT

### Trick-or-Treat Event

 Saturday, Oct. 19th  
1:30 - 3 p.m.  
York Memory Support  
Neighborhood 

Bring the kids for an afternoon of trick-or-treating. Weather permitting we will have a Trunk-or-Treat in our parking lot and trick-or-treating in both households. If you are interested in entering a vehicle in the Trunk-or-Treat, RSVP to Beth: [ekarstens@hillcresthealth.com](mailto:ekarstens@hillcresthealth.com) or (402) 885-7363

## Cindy's Column



It is with great pleasure that I announce Lisa Winterstien RN, MA as our new Director of Health Services. Lisa has her bachelor's degree in Nursing and a master's degree in Health Care Administration. Lisa comes to us from Bellevue Medical Center

where she has had various positions throughout her tenure there. Lisa also has a lot of experience in caring for the geriatric population. She lives in Plattsmouth with her husband and children and will be a great addition to our team. Please help me in welcoming Lisa to our assisted living at the Grand Lodge. We are so happy to have her on board.

We are also excited to partner with Dr. Anna Fisher and Laura Mayer who are experts in dementia. We will be working with them to develop more programming for our residents, which is just one of the goals we have set for our memory support. Our residents have been coming to the pool and other activities throughout the Grand Lodge, and this has been wonderful to see. We are gearing up for Halloween and then our busy holidays start. Stay tuned.

October is when we will be presented with a bronze award through the National Center for Assisted Living. We are proud to have achieved this award as a first step in our commitment to quality. As always, it is a pleasure to serve you and your loved ones.

-Cindy Klein, Administrator

## RESIDENTS IN ACTION

October will be a busy month. On October 2nd, students from Skutt Catholic High School will be joining us for a few hours. We will make pizza and play some trivia games. Denell Danner will be here to sing on Friday, October 4th. There will be two outings to Bellevue Berry Patch. We will be making our meal on Friday, Oct. 11th- vegetable lasagna. October 15th is National Grouch Day, and we will be celebrating with a Trash Can Party. We hope you will join us for our Trick-or-Treat Event on Saturday, October 19th.

Christine Coulson will be here to sing on Friday, October 25th, and we will have our Halloween Celebration on October 31st at 6 p.m.

The households, York and Lancaster, will be having a decorating contest for Halloween. Residents, family, visitors and the team will vote on their favorite design. Voting will begin on Friday, October 18th and conclude at 12 p.m. on Tuesday, October 21st.

**-Beth Karstens, Recreation Leader**



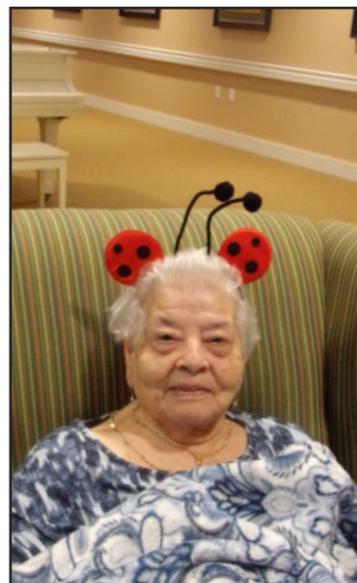
Shirley and Carol take part in Crazy Photo Day.



Cyle, Hertha, Pete, Lillian and Edie enjoy their new outfits.



Ted loves his new attire.



Margarita models a ladybug headband



Sharon and Evelyn play dress-up.



Dick and Donna pose with cool hats.

## A MONTH IN REVIEW

Kids are back in school, the weather is changing, and there is an energy in the air. September was full of excitement. Our Grandparents Day Ice Cream Social was a huge success! Thank you to everyone who was able to join us. We served more than 90 dishes of ice cream! The residents enjoyed making our ice cream decorations and worked diligently at setting up the

tables. We hope you enjoyed all of the ice cream facts. Did you see the one about brain freeze? Or the one about wine ice cream?

Thank you for sharing your mom, dad, uncle, aunt, grandpa or grandma with us! We love them all!

**-Beth Karstens, Recreation Leader**



Lillian and her family enjoy ice cream.



Pete enjoys ice cream.



Loretta and her family have fun.



Ice cream brings people together.



Joel and his family smile together at the Ice Cream Social.



Hertha and her family pose together at the Ice Cream Social.



Tons of ice cream toppings to enjoy.