

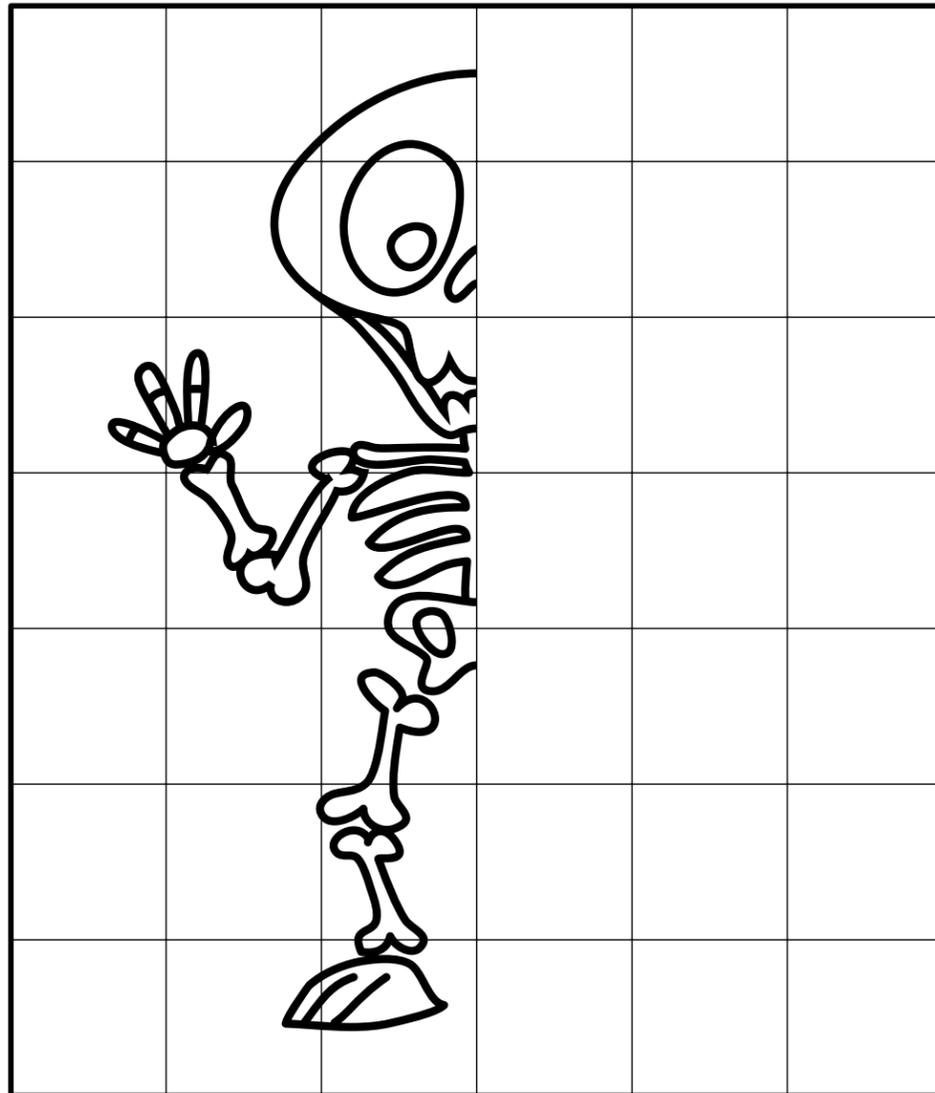
"Embrace the glorious mess that you are."
 -Elizabeth Gilbert

October 2020

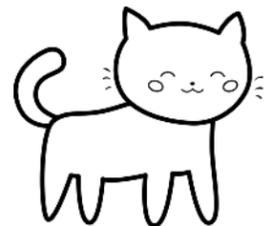
The GRAND Gazette

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

Activity Page



Complete the picture!



Hillcrest Country Estates GRAND LODGE

OCTOBER BIRTHDAYS

- Oct. 2: Barbara Schlick
- Oct. 13: Loretta Hrbek
- Oct. 26: Loise Marilyn Williams

MEET THE LEADERSHIP TEAM

- ADMINISTRATOR:**
 Jessica Fredrickson, (402) 885-7022
- DIRECTOR OF HEALTH SERVICES:**
 Lisa Winterstien, (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:**
 Jarrod 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!

Lisa's Letter



Happy October, everyone! We've gotten a lot of questions about flu shots so here's how we're handling them. We will start vaccinating in early October because in the past couple of years there have been two waves of the flu season.

The first peak tends to be at the end of December, and the second doesn't usually come until April. Waiting until October gives our residents flu protection for a little longer as the immunity from the vaccine does wear off over time. The CDC also suggests getting the flu vaccine in the first week of October. I know everyone is anxious to start the vaccination as soon as possible so we just wanted to communicate our thought process. It takes about two weeks from the time of vaccination to receive maximum immunity, which should be more than enough time to make sure everyone is protected. Thank you so much for all of the questions! This is going to be a great month!

—Lisa Winterstien, Director of Health Services



A MONTH IN REVIEW

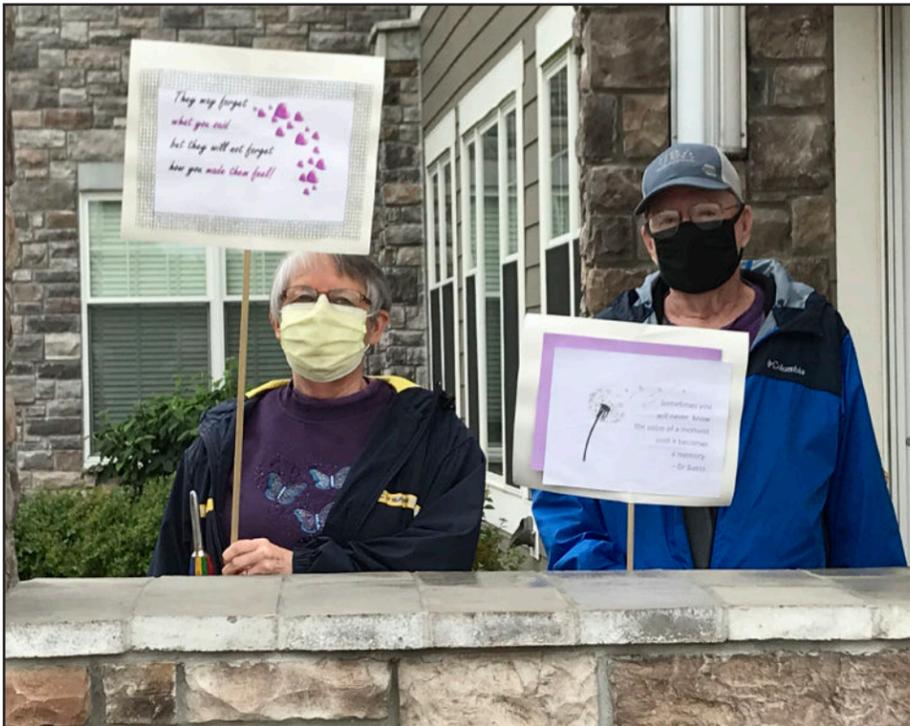
In honor of the annual Sarpy Walk to End Alzheimer's we hosted our very own Purple Walk right here at the Grand Lodge! We had a lot of people come out to raise awareness and money for the Alzheimer's Association! Fortunately, the weather was nice so we

could stay socially distanced to make this a fun and safe event. Thank you to everyone who walked with us and helped raise money for this great cause!

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



Team members and volunteers walk together during the Virtual Sarpy Walk to End Alzheimer's.



Residents Carol and Pat help raise awareness for Alzheimer's during our Purple Parade.



Mary Ann holds up a sign for the Sarpy Walk to End Alzheimer's.

RESIDENTS IN ACTION

Our activity stations are a hit! We have expanded our activity stations over the past few months in an effort to engage our residents better since group activities are challenging at best. Our activity stations are individual activities that are available 24/7

for our residents to use. We have a variety of physical, mental and spiritual activities to meet the needs of our residents. As you can see from the pictures, there is always something to do here at the Grand Lodge!

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



Elaine celebrates her 100th birthday.



George builds a colorful house using magnetic building blocks at one of the activity stations.



Don works on a nature puzzle at one of the activity stations.



Roger makes a pipe structure at one of the activity stations.