

*"I wish that every day was Saturday and every month was October."
-Charmaine J. Forde*

October 2021

The GRAND Gazette

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

Join Us In Supporting the Walk to End Alzheimer's



This month, Hillcrest Health Services is forming a team to walk in the 2021 Sarpy County Walk to End Alzheimer's. This cause is very near and dear to our hearts, so we're really looking forward to this event.

Alzheimer's is a type of dementia that impacts memory, thinking and behavior. In Nebraska, alone, more than 35,000 individuals live with Alzheimer's or dementia. Additionally, more than 61,000 individuals care for loved ones with some form of this disease.

Across our Hillcrest communities we care for many individuals with dementia and see first-hand the impact of Alzheimer's and dementia. In response, we've invested a lot of time and resources into providing high-quality memory care. One of the results of our efforts is our Dimensions™ program, which implements the Montessori method into senior care. This method enables, empowers and engages individuals at every step of their dementia journey. We also partner with the Alzheimer's Association in their annual walks because we share the goal of helping individuals with Alzheimer's and dementia and hopefully one day finding a cure for this disease.

If you're interested in supporting the Alzheimer's Association by donating or joining our team, visit tinyurl.com/TeamHillcrest2021. This event will take place at Prairie Queen Recreation Area in Papillion on Sunday, October 17. We will be providing breakfast for our team during the registration period at 8:30 a.m. The opening ceremony will begin at 9:30 a.m., and the walk will begin at 10 a.m. We hope you can join us in supporting this worthwhile cause.



OCTOBER BIRTHDAYS

Oct. 2: Paul N.
Oct. 13: Loretta H.
Oct. 26: Marilyn W.
Oct. 28: Les S.

WELCOME TO LODGE LIFE!

Les S.

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!

Hillcrest Country Estates GRAND LODGE

OCTOBER HIGHLIGHTS

Oct. 6: Oktoberfest
Oct. 14: Safari Park Trip
Oct. 19: LifeLoop Training
Oct. 25: LifeLoop Training
Oct. 27: Polish Party

FEATURED EVENT



Travel Club

Monday Mornings

We are starting a weekly travel club! Each meeting we will be visiting countries via virtual tours, learning about other cultures and sampling foreign cuisine! In October we will travel to Sweden, Italy, Poland and Yosemite National Park.



Erin's Notes



Hello again, everyone. I am so excited to bring you news of a very cool, new communication technology we are implementing. This month, we will be introducing LifeLoop! LifeLoop is a powerful website and mobile app that is going to greatly enhance communication here. Each resident and family member will

be granted an individual profile and login that will allow everyone access to the Grand Lodge portal. Within the LifeLoop app you can see menus, send photos/messages to your loved ones, submit maintenance or transportation requests and receive announcements and other communications. Our newsletters and calendars will be posted within the portal as well. It's all very exciting stuff!

We will be having two family trainings this month to answer questions, get everyone logged in and demonstrate all that you can do with LifeLoop. Be looking out for an email message from LifeLoop later in the month before the trainings (they may go to your spam/junk folders). When you receive the email you will be able to login and set a password. You can also download the LifeLoop app on any mobile device. Just look in your app store. Trainings will take place on Tuesday, October 19 at 6 p.m. and on Monday, October 25 at 6 p.m.

Michael Pollock, our Director of Lifestyle and Wellness, is our LifeLoop "expert" and manager, so if you have any questions or need assistance at any time, feel free to shoot him an email at mpollock@hillcresthealth.com. We're looking forward to enhancing Hillcrest Country Estates Grand Lodge with all that LifeLoop can do!
—Erin Edwards, Director of Health Services

A MONTH IN REVIEW

Last month we enjoyed a Labor Day cookout! All of our residents pitched in to help prepare the food and get ready for a great day. We enjoyed a nice feast, followed by some fun and games and lots of laughter. We also enjoyed a traveling ranch from Scatter Joy

Acres. It was great to see the animals from the comfort of our campus! There was a wide variety of creatures, and residents had a great time interacting with each of them!

- Laura Mayer, Dimensions Coordinator



Edie whips up a snack during cooking club.



Sue B. and Wanda prepare the food for Labor Day.



Patti gets food ready during cooking club.



Betsy, Tom and Verneel eat a special meal for Labor Day.

RESIDENTS IN ACTION

We are looking forward to the fall season. We have some fall, Halloween and football-themed fun planned. We will also be starting a travel club to virtually "visit" several locations throughout the world.

We will even get to try lots of different kinds of foods from each place. We're really going to make it a great and educational experience for everyone!

- Laura Mayer, Dimensions Coordinator



Peggy B. looks at the traveling ranch animals.



Marlies B. gets a closer look at the goats .



George enjoys the traveling ranch.



Sue W. pets a llama.