

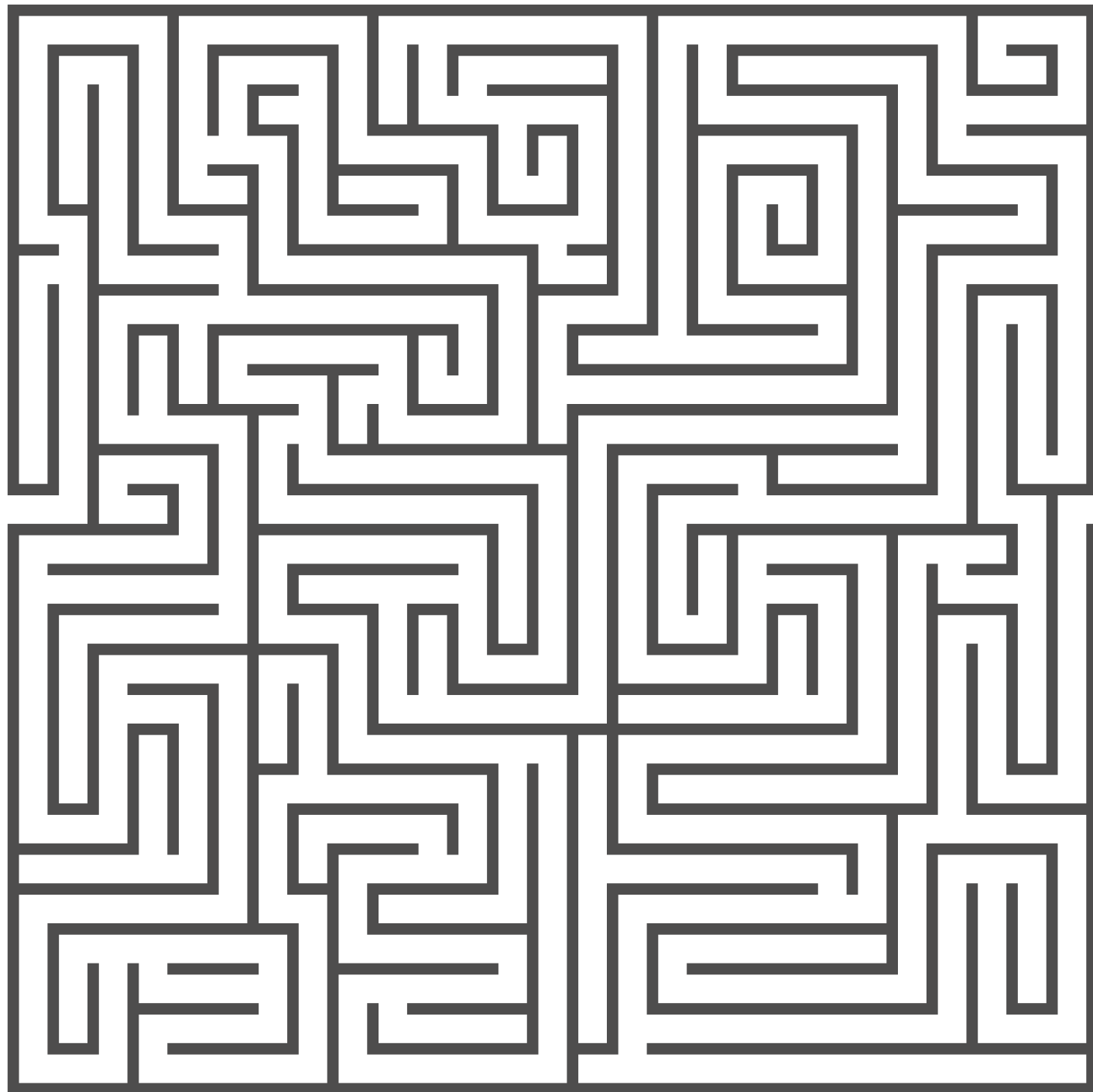
"The best way to predict your future is to create it."  
— Abraham Lincoln

September 2020

# The GRAND Gazette

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

## Activity Page



### Hillcrest Country Estates GRAND LODGE

#### SEPTEMBER BIRTHDAYS

Sept. 14: Peggy Brunk  
Sept. 23: Randall Falsgraf

#### WELCOME TO LODGE LIFE!

Thomas Didier, Susan Williams

#### MEET THE LEADERSHIP TEAM

**ADMINISTRATOR:**

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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



Greetings, everyone, and happy September. It is hard to believe that fall is almost upon us, school is back in session, and we are still navigating the ups and downs of this year. I thought for this month I would share a few funny jokes/sayings that I have come across recently. Just as a

reminder that even though these are challenging times, laughter is still the best medicine.

- The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay inside!
- The virus has done what no woman has been able to do: cancel sports, shut down the bars and keep men at home!
- Day 186 at home, and my dog is looking at me like, "See?! This is why I chew on the furniture!"
- I never thought the saying "I wouldn't touch them with a 6-foot pole" would become a national policy!
- 2019 – Stay away from negative people.  
2020 – Stay away from positive people.

Don't forget to find joy and laughter even in the darkest of times.

The Sarpy Walk to End Alzheimer's is on Saturday, September 12th. To register for this virtual event, visit [hillcresthealth.com/EndAlz](http://hillcresthealth.com/EndAlz). We hope you can join us in supporting this great cause!

—Lisa Winterstien, Director of Health Services

## A MONTH IN REVIEW

One of our favorite activities over the last few months has been spending time outside on the patio. I think the last six months have taught all of us not to take for granted the simple things in life like family, friends, sunshine, fresh air, connection and

socialization. So we have been trying to make it a regular occurrence to just get folks outside and enjoy a little fresh air and sunshine.

– Michael Pollock, Director of Lifestyle & Wellness



Donna loves soaking in the sun.



Eddie writes a card to her family.



Peggy spends time in the courtyard.



Residents enjoy playing bingo.



Residents do some exercising.