

"A grandparent is a little bit parent, a little bit teacher
and a little bit best friend." —Unknown

September 2021

The GRAND Gazette

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



NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12-18, 2021

This month we're celebrating National Assisted Living Week! Established in 1995 by the National Center for Assisted Living (NCAL), this celebratory week gives individuals the opportunity to recognize the role of assisted living in caring for seniors in America.

The theme for 2021 is "Compassion, Community, Caring." NCAL chose this theme to highlight the parts played by team members in assisted living communities during the COVID-19 pandemic. When safety guidelines prevent in-person visits between residents and their loved ones, team members provide that extra bit of loving compassion to each individual under their care.

At Hillcrest Country Estates Grand Lodge, we will be celebrating with our residents all week long with food, music and lots of activities. We can't wait to also celebrate our team members who truly keep compassion, community and caring at the center of everything they do.



SEPTEMBER BIRTHDAYS

Sept. 2: Hank A.
Sept. 14: Peggy B.
Sept. 21: Verneel N.

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

2021 Sarpy County Walk to End Alzheimer's Sunday, October 17

8:30 a.m. - Registration

9:30 a.m. - Ceremony

10:00 a.m. - Walk Begins

Join us in supporting the Alzheimer's Association by walking in the 2021 Sarpy County Walk to End Alzheimer's! Visit [tinyurl.com/TeamHillcrest](https://www.teamhillcrest.com) to join the our team.



SEPTEMBER HIGHLIGHTS

Sept. 1: Country Music Day
Sept. 3: Labor Day Cookout
Sept. 15: Scatter Joy Acres
Sept. 16: Decades Concert
Sept. 17: Grill Out
Sept. 21: Fontenelle Forest Visit
Sept. 22: The Air Force's Birthday
Sept. 30: Concert with Kim Eames

FEATURED EVENT

NATIONAL ASSISTED LIVING WEEK

September 12-18

Enjoy a full week of events to celebrate National Assisted Living Week! Refer to this month's calendars for full details.

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!

Erin's Notes



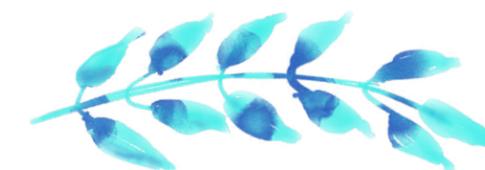
Hello again, everyone! Welcome to September! It is going to be a fun month as we celebrate National Assisted Living Week. As we plan all of these fun events, please rest assured that we are continuing to do everything in our power to keep everyone at Hillcrest Country Estates Grand Lodge healthy and safe. We

want to remind all visitors that it is still required to check in and out any time you come to visit a loved one. Masks are still required, even if you are vaccinated. Right now the Delta variant seems to be ramping up, and we want to continue to be diligent in our safety protocols. We thank you all for your continued flexibility as we navigate these trying times.

Now for something more fun! Check out the information both in this newsletter and on the monthly calendar about National Assisted Living Week, beginning on September 12! We have some great events that will be fun for everyone. Our team members and residents here at the Grand Lodge are amazing, and I can't wait to spend a week celebrating them.

As always, feel free to reach out to us if you have any questions or suggestions for the team at the Grand Lodge. We are always happy to help in whatever way we can. Have a great month!

—Erin Edwards, Director of Health Services



A MONTH IN REVIEW

In August we enjoyed the Dog Days of Summer with a variety of fun activities. Ice cream sundaes and root beer floats on the patio were crowd favorites. We were happy to welcome back our volunteer, Randy,

this month. Randy has been leading our poker club for many years now. Everyone has enjoyed some competitive games and large candy bars for prizes!
- **Laura Mayer, Dimensions Coordinator**



Residents play basketball.



Wanda, Patti and Verneel play together.

September is always a special month for assisted living because September 12-18 is National Assisted Living Week! It starts on National Grandparents Day. While we won't be having our usual family party to kick it off, we have many fun events and activities planned for the week. We'll be sure to take plenty of pictures. Scatter Joy Acres, Decade Days and a

cookout are just a few of the events we have planned for the week. We will be creating original art pieces this month for an art show. If your loved one has any original pieces you would like to share, please reach out to Laura Mayer at lmayer@hillcresthealth.com by September 10.

- **Laura Mayer, Dimensions Coordinator**



Sue and Amanda create art for the art show.



Betsy, Tom and Ted compete in a game of basketball.



Randy, a volunteer, leads our Poker Club.



George, Skyler and Edie create sunflower paintings.



Our Walking Club enjoys some fresh air.