

“Age is a question of mind over matter. If you don’t mind, it doesn’t matter.” -Satchel Paige

# MAGNOLIA Messenger

A monthly newsletter for Hillcrest Health & Rehab’s Magnolia neighborhoods

## Health benefits of gardening

Before there were fast food restaurants, TV dinners and even grocery stores, many of our aging adults maintained a close relationship with the earth if they wanted to eat. They tilled, planted, watered, weeded, picked, washed, peeled and canned. Gardening wasn’t a hobby or a lazy day pastime. It was a necessity for survival.

While there are some who would crinkle their noses today at the thought of putting their hands back in the dirt, many find solace in welcoming nature back into their lives. Nature is a constant. Trees continue to bud, flowers continue to bloom and dirt continues to be, well...dirty. The unvarying properties of nature can be grounding as seniors deal with the weight of aging.

For a person’s psyche, gardening is a no-brainer. Aging adults feel control when they’re manipulating the dirt. Nurturing plants provides purpose. Seeing the fruits of their labor with great yields of vegetables or thriving plants and flowers offers satisfaction and a sense of accomplishment.

Digging, reaching, pulling, holding, stretching, leaning. Gardening requires so many of the movements that constitute exercise. However, when gardening, some of our aging adults may not even notice they’re getting a beneficial workout.

Most importantly, gardening provides an opportunity for every one of the senses to be stimulated. Feeling the gritty dirt and stringy plant roots, listening to the splashing of water being poured on seedlings, taste-testing herbs and vegetables, seeing and appreciating the vibrant color pallet of nature and enjoying the bold and unique fragrance of each and every flower, herb and bush. As the senses of our aging adults begin to wane, gardening allows for many of those senses to be “awakened” if even for a brief time.

And...sensing our surroundings is what constitutes being alive.

-Laurie Simmons, Recreation Leader

## APRIL BIRTHDAYS

April 8: Marie Jacobsen

## WELCOME TO MAGNOLIA!

Elizabeth Miller, Louis Bradfield,  
Kazu and Donald Cliff

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Aaron Klaasmeyer, (402) 682-4229

### DIRECTOR OF PATIENT TRANSITIONS:

Chasity Coover, (402) 682-4297

### DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

### DIRECTOR OF CLINICAL SERVICES:

Jamie Shanks, (402) 682-4220

### DIRECTOR OF INPATIENT REHAB:

Raegan Muller, (402) 682-4263

### DIRECTOR OF CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

### DIRECTOR OF ENVIRONMENTAL SERVICES:

David Murdoch, (402) 682-4235

### REGIONAL ADMINISTRATOR:

Cindy Klein, (402) 933-4662

## 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!



## APRIL HIGHLIGHTS

- April 5: Entertainer Wayne Miller, 2:45 p.m. in the Chapel
- April 13: Merrymakers’ Paul Siebert, 10:30 a.m. in the Chapel
- April 19: Fontenelle Forest, 10 a.m. in Magnolia Gardens
- April 20: Scatter Joy Farms, 2 p.m. in Magnolia
- April 26: Entertainer Billy Troy, 2 p.m. in the Chapel

## WORSHIP SERVICES

- Sunday, 10 a.m., Catholic Mass in the Chapel
- Monday, 1:30 p.m., Worship with Chaplain Jerry
- Tuesday morning, Catholic Communion, provided by John DuBay

## FEATURED EVENT

### Garden Planning Day

April 19, 2 p.m., Magnolia Garden

Spring has sprung! It’s time to make plans for what our outside Magnolia garden will look like. Vegetables? Flowers? Shrubs? Bring your ideas and descriptions of your favorite vegetation, and we’ll design our “secret garden.”



## Aaron's Article



It’s hard to believe winter is almost over and spring is on the way. This is a good time to start some early spring cleaning. Please come in and survey your loved one’s closet and take home anything they don’t use. Bring in spring clothes and take home winter ones. Closet space is

limited, and we like to keep them looking neat and organized.

Hillcrest Health & Rehab hosted its annual Easter Egg Hunt on March 24. We had great attendance for the event. This year I was able to bring both of my children to the event, and they both enjoyed looking for eggs and, of course, eating all of the candy on the ride home. I would like to thank all of the Hillcrest team members that helped make the event possible.

-Aaron Klaasmeyer, Administrator

## Spaghetti DINNER

Fundraiser & Silent Auction to support the Alzheimer’s Association  
**Friday, April 27, 4:30-7 p.m.**  
**Bellevue Volunteer Firefighters Hall**  
2108 Franklin St, Bellevue

**Adults: \$10 | Children (12 & under): \$5**

Purchase tickets online or contact Mary Johnson at (402) 682-4223 or [mjohnson@hillcresthealth.com](mailto:mjohnson@hillcresthealth.com).

[ticketstripe.com/HillcrestSpaghettiDinner](http://ticketstripe.com/HillcrestSpaghettiDinner)

## RESIDENTS IN ACTION

Scatter Joy Acres made two visits. They first brought the farm to the residents when showing a 1-week-old lamb. He was appropriately named Lambert! Residents couldn't keep their hands off of him. A few weeks later, a puppy made a visit.

Break out the good dishes! It's teatime! Several ladies spent a special afternoon drinking

different flavors of tea, storytelling and knitting. Honey tea won the blue ribbon as favorite.

What makes a lady feel like a lady? Having her hair done. Though already beautiful, several of our ladies became even more "beautified" after a visit to the hair salon.

**-Laurie Simmons, Recreation Leader**



Joan Spain and daughter, Kelly, tell stories during teatime with the ladies.



Lambert stared while Bob Erwin did the "baaaaahing."



Richard McConnell pets a "man's best friend." Residents always look forward to the animal visits from Scatter Joy Acres.



It's puppy love for Beth Miller.



Birdie Tschida looks gorgeous after her trip to the Beauty Shop.



Marie Apostol looks beautiful after having her day at the Beauty Shop.

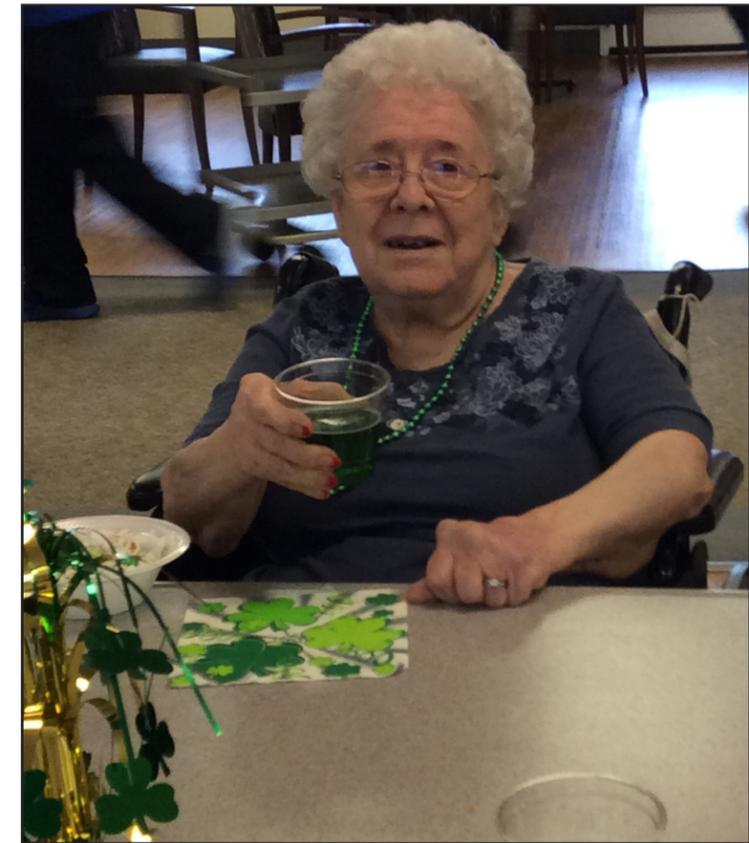
## A MONTH IN REVIEW

With the promise of green beer, or non-alcoholic as it was, it wasn't difficult to find residents eager to celebrate St. Patrick's Day. With Irish music playing in the background, residents and guests filled the 1702 Bistro for an array of snacks and drinks. The clover head was passed around for some goofy pictures. And those fans of basketball had an opportunity to watch, root and visit with fellow March Madness minions.

**-Laurie Simmons, Recreation Leader**



Betty Miller turned into a clover!



Bottoms up with the green punch for Jackie Matsen.



It's a St. Patrick's Day pose for Jackie Schwartz and her friend Linda.



Corrine McKay's daughters celebrate St. Patrick's Day with their mom.