

“Be yourself; everyone else is already taken.”
-Oscar Wilde

MAGNOLIA Messenger

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

Benefits of Laughter

Q: What did one raindrop say to the other?

A: Two's company. Three's a cloud!

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing or giggling can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. **Exercising muscles:** Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. **Relief from stress and anxiety:** Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. **Increase blood flow:** When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. **Mood booster:** Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. **Social benefits:** A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Tell a joke or read from a joke book, watch a tv comedy or funny movie, listen to a comedian, share a funny story, do a silly dance, find humor in the little things of life, and most importantly...don't forget to laugh at yourself!

-Laurie Simmons, Recreation Leader



AUGUST BIRTHDAYS

- Aug. 14: Richard McConnell
- Aug. 17: Eileen Clark
- Aug. 18: Charlotte Zimmerman
- Aug. 19: Teresa Cepuran
- Aug. 27: Louis Bradfield

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

Angie Wallace, (402) 682-4250

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

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!



AUGUST HIGHLIGHTS

- Aug. 3: Aaron Shoemaker, 2 p.m., Magnolia Gardens
- Aug. 14: Entertainer Billy Troy, 2:30 p.m., Chapel
- Aug. 16: Fontenelle Forest, 10 a.m., Magnolia Gardens
- Aug. 17: Scatter Joy Acres, 2 p.m., Magnolia

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



Summer Luau
Friday, Aug. 24, 2 p.m.
Magnolia Gardens

It's time to don the hula skirts! Join us in making leis, learning hand motions to a hula song, taking pictures in front of a Hawaiian backdrop, listening to ukulele music, and sampling Hawaiian-inspired treats. You may even forget you're in Nebraska!

Tammy's Take



We have been really focusing on highlighting team member appreciation recently! It is so wonderful to see so many of our team members here at Hillcrest Health & Rehab be acknowledged for their great customer service. We have had an abundance of team members recognized during our all team meetings, as well

as by other team members, for their great customer service. We introduced Hillcrest Heroes, and I am so glad to see everyone taking part. Hillcrest Heroes is a recognition program where team members or families can fill out a slip of paper, sharing how a team member has gone above and beyond to enhance lives. I am feeling very blessed to be a part of a place where we all value each other and work together to care for not only our residents, but each other as well.

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.” -Andrew Carnegie

I am seeing great strides taking place here every day at Hillcrest Health & Rehab, and I am looking forward to see where it takes us in the future!

-Tammy Weston, Administrator

SARPY WALK TO END ALZHEIMER'S
Saturday, August 25
Prairie Queen Recreation Area

Support the Hillcrest team! Registration - 8:30 a.m.; ceremony - 9:30 a.m.; walk - 10 a.m. Sign up to walk with us or donate at tinyurl.com/y7ucf5r3.

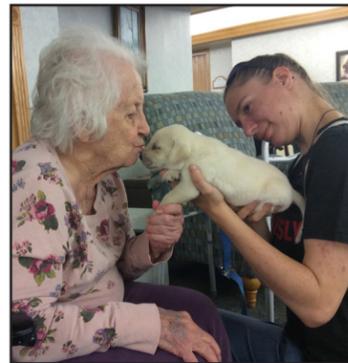
RESIDENTS IN ACTION

Summer may have come upon us quickly, but the heat didn't deter our Magnolia residents from enjoying the beauty that nature had to offer. Several residents braved the outdoors to enjoy tours at Lauritzen Gardens. In addition to the foliage, they enjoyed a traveling bird house exhibit with creations representing all 50 states.

Four-legged friends from Scatter Joy Acres visited Magnolia. Sampson, a puppy, and



Betty Miller is tickled by Timothy.



Corrine McKay found puppy love in Sampson.



Juanita Arcola and Nurse Tech Samantha Swezey use push pins to mark their birth states at the bird house exhibit.

Timothy, a kitten, kindled memories for some of our residents who had stories of childhood pets to share.

It's hard to resist pie...especially when it's FREE! There was no shortage of those willing to venture to Village Inn for Free Pie Wednesday. Favorites included peach pecan, banana cream and apple.

-Laurie Simmons, Recreation Leader



Eldon Stille smiles at Village Inn with a belly full of apple pie.



Beverly Sanders, Jackie Matsen, Jackie Schwartz and Juanita Arcola are the real beauties of this garden.

A MONTH IN REVIEW

The 4th of July is special to a lot of our residents as many have seen America through its achievements and through its struggles in the past decades. Several of our Magnolia residents shared in the nationwide tradition of eating grilled hot dogs and hamburgers,

baked beans and chips during a feast in the Bistro to commemorate the day. Many enjoyed reminiscing about the ways in which they celebrated the holiday as children.

-Laurie Simmons, Recreation Leader



Magnolia Terrace residents were decked out in red, white and blue for the 4th of July.



Birtie Tschida, Jackie Schwartz and Jackie Matsen enjoy a 4th of July lunch.



Marie Apostol, Juanita Arcola, Bev Sanders, Eldon Stille and Birtie Tschida enjoy traditional 4th of July food during the celebration.