

"Wrinkles should merely indicate where smiles have been." -Mark Twain

5 Reasons Why Baking is Beneficial

We love to bake in Magnolia. It's one of our favorite activities for many reasons. We bake every Friday at 10 a.m. and love to make yummy treats to share with each other. The smell catches everyone that goes by and always spurs the question: "Can I try that?" Of course, we are proud and honored to hand out samples.

Whipping up treats in the kitchen can do more than just create yummy comfort food. In fact, baking has been found to have therapeutic value, which helps to ease depression and anxiety.

1. Cooking is Meditative

Any activity that takes your whole attention – especially if it's simple and repetitive – can have a calming, meditative quality. The process of weighing out butter and sugar, whisking eggs, beating and folding, creates space in the mind and eases negative thinking processes.

2. Baking Stimulates the Senses

The feel of the flour, the sound of the blender, and, of course, the smell of the delectable final product – all of these experiences stimulate the senses, which in turn increase feel-good endorphins.

3. Nourishing Activities Feel Good

Baking – and any sort of cooking or food preparation – is ultimately about nourishing ourselves and others. To internalize this benefit, make an effort to bring your whole awareness to the healthy ingredients and love that go into your baked goodies.

4. Baking is Creative

Psychologists have found a strong connection between creative expression and overall wellbeing, so experiment with that recipe if you dare, and make that frosting the prettiest it can be.

5. It Makes Other People Happy

One of the best things about baking is that you can give away your creations and make other people feel happy, which in turn puts a smile on your dial. It's a win-win!

-Laurie Simmons, Recreation Leader

MAGNOLIA Messenger

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

Aaron's Column



'Twas the day of Christmas
And all through Magnolia
Residents, family and friends
Were guzzling punch and cola

It was party time
In our wonderful dwelling
And the scents from the kitchen
Were all too telling

Not to be outdone
By the Thanksgiving dinner
The culinary team
Cooked a delectable Christmas winner

Prime rib, asparagus,
Rolls, potatoes and pie
Scarfin one, two, three slices...
No need to be shy

For it was a Christmas celebration
That most certainly delighted
All who joined us
And, with their loved ones, united

Please join us Christmas Day for this year's feast
from 11:30 a.m. to 1 p.m. in Magnolia.
-Aaron Klaasmeyer, Administrator



DECEMBER HIGHLIGHTS

Dec. 4: Christmas Singing with Amy Cerny in the Chapel, 2 p.m.
Dec. 8: Wayne Miller in the Chapel, 2:45 p.m.
Dec. 12: Moms of Faith Toddler Therapy in Windsor, 9 a.m.
Dec. 13: Christmas Light Gazing, 7 p.m.
Dec. 14: Merrymakers' Kim Eames in the Chapel, 2:30 p.m.
Dec. 21: Fontenelle Forest, 10 a.m.

WORSHIP SERVICES

Sunday, 10 a.m., Catholic Mass in the Chapel
Monday, 1:30 p.m., Worship with Chaplain Jerry
Tuesday, 10 a.m., Communion Services with John & Lucy

FEATURED EVENT

Christmas Party December 19, 4:30 p.m.
Magnolia Garden

Jingle! Jingle! It's time to mingle! Join us for the best Christmas party in town! The halls will be decked! Soup will be served with rolls and desserts. Living Easy jazz band will set the groove for the holiday. Evening highlight? SANTA!
RSVP to Recreation Director Mary Johnson:
(402) 682-4223 or mjohnson@hillcresthealth.com

DECEMBER BIRTHDAYS

Dec. 23 David Hunt
Dec. 26 Clarence Boukal

WELCOME TO MAGNOLIA!

Robert Erwin & Doris Marchall

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!

HOLIDAY FOOD DRIVE

Hillcrest team members are participating in a food drive for the Bellevue and Tri-City food pantries Dec. 1-15. Families are welcome to donate. Call us for details.

RESIDENTS IN ACTION

Aging adults and pre-kindergarten children ... imagine this wonderful combination! Magnolia residents continue to partner with Belleaire Elementary School for their "Grandfriends" intergenerational program. Once a month, residents visit the school and assist the children with activities such as art and reading.

Entertainer Aaron Shoemaker continues to croon the Magnolia crowd. He sings songs of the past from artists like Frank Sinatra and Bing



Aaron Shoemaker serenades Magnolia residents.



Marie Jacobson pets Digger from Scatter Joy Farms.

Crosby. His flashy garb, a vintage microphone and a little imagination allows residents to travel back to the 40s and fabulous 50s!

From kittens and puppies to llamas and pigs — any creature is liable to show up in the laps of our residents. Scatter Joy Farms brings their animals to Magnolia monthly for some holding, cuddling and petting.

-Laurie Simmons, Recreation Leader



Bernie Lockett is in hog heaven petting Pip, the potbellied pig from Scatter Joy Farms.



Pip nestles under Bill Zvolanek's hands.

A MONTH IN REVIEW

Hillcrest had the privilege of thanking our veterans for their honorable service to this country during a special veterans ceremony held November 9th. Nine men representing all branches of the military were present for the event held in the chapel and conducted by Hillcrest's Chaplin Jerry



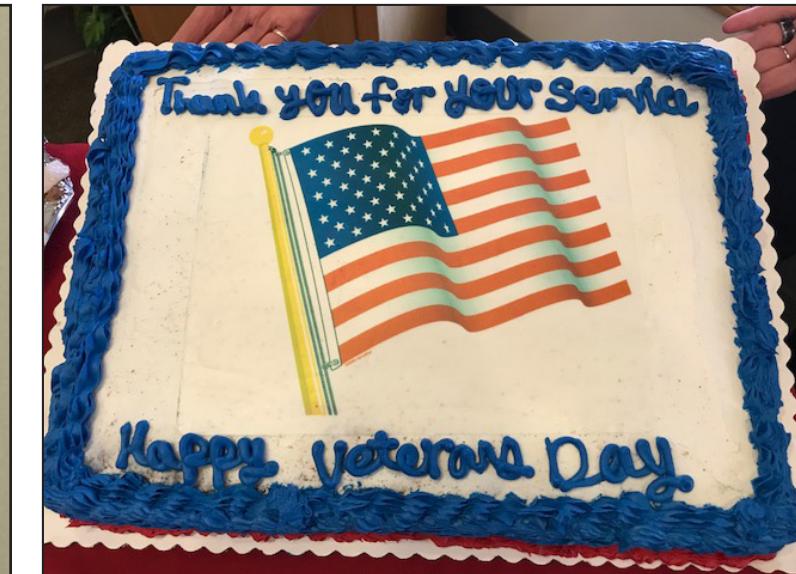
Chaplain Jerry Quandt officiates the service.



Senior Master Sergeant Jimmy Toombs pins veteran Lonnie Barber.

Quandt. Senior Master Sergeant Jimmy Toombs of Offutt Air Force Base had the distinction of pinning each veteran with an American flag. Family and friends joined in a chorus of military songs, followed by a luncheon.

-Laurie Simmons, Recreation Leader



A special cake helped commemorate Veterans Day.



Clem Boukal is pinned by Senior Master Sergeant Toombs.