

“The aging process has you firmly in its grasp if you never get the urge to throw a snowball.”

-Doug Larson (American Journalist)

# MAGNOLIA Messenger

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

## Staying Warm in Winter

It appears as though winter has finally arrived in eastern Nebraska with chillier temperatures, a little sleet and some snow. For our aging adults, the temperature change can be especially shocking. Several factors can cause fluctuations in body temperature and impede a person's ability to retain heat: thinner skin, loss of body fat and muscle mass, dehydration, etc. The following are tips to help you stay warm:

### Wear layers of clothing

This is perhaps one of the easiest ways to help the body regulate temperature. Adding and removing layers allows your body to slowly adjust to a comfortable temperature based upon your activity. In addition, warm air trapped between layers of clothing acts as insulation. Covering up with an extra blanket can also help.

### Wear socks, mittens and hats

Who says they're just to be worn outside? Our appendages and head tend to be the first parts of the body to become cold due simply to their greater surface area. Use what's necessary to cover them up indoors, also.

### Keep movin'

An inactive body generates less heat. And, as we age, our ability to react to the cold by automatic responses, such as shivering, decreases. Exercising can serve as a substitute. In addition, exercising builds muscle mass, which is important to maintaining body heat. Simple stretching allows for better blood flow throughout the body and better distribution of heat.

### Drink water

A hydrated body leads to better blood flow. And, again, better blood flow means a warmer body.

### Drink warm beverages

Warm yourself from the outside in while holding your drink. Warm yourself from the inside out by drinking it down.

### Eat!

Fat cells insulate the body and its organs. Take some lessons from our furry outdoor friends and try adding a few extra pounds during the winter months.

-Laurie Simmons, Recreation Leader

## JANUARY BIRTHDAYS

Jan. 8 William Zvolaneck  
Jan. 15 Rosemary Scolla

## WELCOME TO MAGNOLIA!

Pauline McCann

## 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!



David and Gloria Hunt share some chili and rolls at the annual holiday party in December.



## JANUARY HIGHLIGHTS

- Jan. 9: Moms of Faith Toddler Therapy in Windsor, 9 a.m.
- Jan. 17: Grandfriends, 2 p.m.
- Jan. 18: Wayne Miller in the Chapel, 2:45 p.m.
- Jan. 19: Scatter Joy Farms, 2 p.m.
- Jan. 25: Billy Troy in the Chapel, 2 p.m.
- Jan. 30: Merrymakers' Rich Patton in the Chapel, 2:30 p.m.

## 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



### Fontenelle Forest

January 18, 10 a.m.  
Magnolia Garden

Some say, "winter is for the birds."

Instructors from Fontenelle Forest would agree. Join us for their latest presentation titled "Common Birds We Love and Know." Don't chicken out of this educational opportunity. Hoo knows...you might get goose bumps from the new things you'll learn about our feathered friends!

## Aaron's Column



Happy New Year, everyone!

Thank you to all the families that came out and participated in our holiday dinner. The residents and team members really enjoyed having you here. A very special thank you goes out to our recreation and culinary departments for making our holiday party so successful.

As we start 2018, I wonder, "Where did the year go?" The year truly did go by fast for me. As I think of this, it reminds me to slow down and enjoy the little things. I need to take time, look around, and enjoy the slow moments in life. In 2018, I am going to take more time to slow down and enjoy the time I am given. It is important to me to do this, especially to take time to enjoy the people in my life. Here is to making new and special memories in 2018 at Hillcrest Health and Rehab.

Warm wishes for a Happy New Year!

-Aaron Klaasmeyer, Administrator



## RESIDENTS IN ACTION

When the Christmas season arrived in Magnolia, there was no shortage of excitement and holiday spirit when it came to decorating. Lights were strewn, Christmas trees raised and ornaments hung to make their home merry and bright. The halls were decked, the trees were decked and even a couple of our residents were decked!

It wouldn't be the holiday season without sweet scents from the Magnolia kitchen. Santa hats and winter mittens were traded for hairnets and vinyl gloves as residents baked up some tasty treats for the annual Christmas party. Old favorites like



Birdie Tschida and Agnes Nolte decorate a Christmas tree...and each other!



Yolanda Oropeza helps fluff Christmas tree branches.



Bernie Lockett is a master mixer.

pumpkin pie and sugar cookies were on the baking menu.

Ooohs and ahhs resonated from the Hillcrest van as our bundled-up residents hit the road to view Christmas lights. They surveyed a spectacular light display at the downtown Omaha Jean Leahy Mall in addition to other sites around town.

Christmas cheer was spread by Santa himself when he briefly boarded the van to greet our residents.

Residents enjoyed the monthly visit from Scatter Joys Farms. This time they were surprised by a calf.

**-Laurie Simmons, Recreation Leader**



Betty Brown receives a cow-lick. But, her hair is still beautiful!



Birdie Tshida says pinching, pinching and more pinching is the key to a good pie crust.



Bev Sanders, Jackie Schwartz, Jackie Matsen and Kim Hackbart dressed warmly for an evening of Christmas light viewing.

## A MONTH IN REVIEW

What a JOY it was to hear laughter and witness smiles filling Magnolia as loved ones joined our residents for the annual Christmas party! In between slurps of soup and scarfing down sweets, residents were greeted by Santa's helper, Chaplain Jerry Quandt, as he delivered gifts to those



After opening her age-defying moisturizer, Jackie Matsen declares, "Age defying...so, watch out!"



Lonnie Barber thinks HE is the gift this Christmas.

residents on his good list. (Fortunately, everyone received gifts!) Christmas melodies from the local band Livin' Easy saturated the garden area. Most importantly...more wonderful memories were made amongst friends and family.

**-Laurie Simmons, Recreation Leader**



Of her new Olay gift, Marie Jacobsen tells her children, "No borrowing."



Teresa Ceuran gazes at Santa's helper as she receives her gift.



Bob Bauerkemper wastes no time, wasting the wrapping on his gift.