

“All life is an experiment. The more experiments you make the better.” -Ralph Waldo Emerson

MAGNOLIA *Messenger*

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

Using sensory stimulation to improve a loved one's well-being



As the disease process of dementia progresses, a person's ability to communicate and perform everyday activities declines. Giving these individuals a means to express themselves can help them relax and feel safe. This can improve their mood, self-esteem and, in turn, their well-being.

Sensory stimulation uses everyday objects to arouse one or more of the five senses (sight, smell, hearing, taste and touch) with the goal of evoking positive feelings. It is intended to bring enjoyment, reduce or prevent anxiety/depression, and it increases social interaction.

Shared experiences and memories help bring individuals back to a time that they remember fondly, which can help them feel meaningful again. With the use of everyday objects, it can trigger memories and emotions in seniors who have lost their ability to connect with the world around them. For instance, art or photos can trigger memories and emotions for individuals who no longer speak. A person who has not expressed a word in months might suddenly smile, interact with an object or talk.

Sensory stimulation can become a means for the senior to communicate, either through action or simply by sharing the experience.

When you are visiting a loved one, please bring in photos, visit with them about their past, share stories. It can only enhance their quality of life.

-Juli Grimm, Director of Recreation, Hillcrest Millard



Happy Birthday to Beverly Sanders, who turned 100 on June 9! Her wish: "For everyone to be as happy as I am!"

JULY BIRTHDAYS

July 20: Bob Bauerkemper July 26: Dorothy Schultz
July 20: Joan Spain July 30: Mary Belle Graham

WELCOME TO MAGNOLIA!

David Overbey

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (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

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!



JULY HIGHLIGHTS

July 3: Merrymakers' John Worsham, 2:30 p.m., Magnolia Gardens
July 12: Encore Bingo, 1 p.m., Rec Room
July 18: Toddler Therapy, 9 a.m., Windsor
July 19: Fontenelle Forest, 10 a.m., Magnolia Gardens
July 19: Entertainer Wayne Miller, 2:45 p.m., Chapel
July 20: Scatter Joy Acres, 2 p.m., Magnolia Gardens
July 26: Entertainer Billy Troy, 2 p.m., Magnolia Gardens

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



Independence Day Celebration

July 4, 11 a.m.-1 p.m.
1702 Bistro

Celebrating life, liberty and country! It's time to don your reds, your whites and your blues for this annual celebration. On the menu: burgers and hot dogs, baked beans, chips and desserts.

Tammy's Take



I'm feeling very grateful as we head into summer. Despite the heat, I have a variety of hobbies that allow me to take in nature every single day, which inspires me. I was visiting a family member just last week, and she was sharing how much her dad, who is here with us, enjoys being

outside. So we talked about ways to get around the extreme heat and enjoy the cooler parts of the day. I shared our thoughts with the team here at Hillcrest Health & Rehab and plans were made so that we could accommodate — a little inspiration goes a long way!

I'm thankful for my family, but certainly joining the Hillcrest family has been added to my list of joys. It's a pleasure to work for a company that truly stands by its mission to enhance the lives of aging adults. I witness the care that our folks provide each day and see the pride that they take in the services provided. There's a saying that I read recently — something like this, "at the end of the day what really matters is not what we bought but what we built; not what we got but what we shared; not our competence but our character and not our success but our significance." There is a lot of heart here at Hillcrest Health & Rehab. Happy to serve!

-Tammy Weston, Administrator

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.

ANIMAL ADVENTURES



June was a very exciting recreation month! Several of our residents had the opportunity to explore the offerings of Eastern

Nebraska. For some, it was a trip to the Henry Doorly Zoo. For others, it was a morning of fishing. Either way, it was fun for all!