

"The struggle ends when the gratitude begins."
 -Neale Donald Walsch

MAGNOLIA *Messenger*

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

Experience the benefits of reading

Reading is a great pastime that comes packed with many benefits. The following are some of those benefits:

- **Reduced stress:** Stress from your daily life can just slip away when you find yourself in the middle of a great story. A novel can transport you to another place and time. It is a great distraction from the present moment and will drain away tensions and let you relax.
- **Mental stimulation:** Keeping yourself mentally stimulated has been shown to slow or possibly prevent Alzheimer's and dementia. Keeping your brain in a state of action and engagement prevents it from dwindling or losing its capacity. Brains need exercise, too.
- **Increased knowledge:** Who doesn't want to be smarter — to have a wealth of information at their disposal? You may not remember everything you read, but the information deposits knowledge into your brain that you can use. It better equips you to tackle challenges. Knowledge you gain is always yours.
- **Expanded vocabulary:** Being articulate and well-spoken can be of great benefit in any profession. It also boosts self-esteem and confidence.
- **Increased awareness:** Reading about scientific breakthroughs, global events and national and local issues expands the window through which you see the world. It helps you better understand others.
- **Improved memory:** Reading a book gives your brain a lot to work with, including a variety of characters, scenery, history, sub-plots that are developing and so on.
- **Better analytical thinking skills:** This is especially true when you read mysteries that you must carefully think through in order to solve. The pieces of the plot are given to you one by one and your brain must try to piece them together to arrive at the solution. This exercise carries over into everyday living to help you solve problems.

Reading is good for people of all ages. Pick up a good book, and enjoy!

-Juli Grimm, Director of Recreation, Hillcrest Millard



JUNE BIRTHDAYS

June 9: Bev Sanders (100 years!)

June 14: Doris Marshall

WELCOME TO MAGNOLIA!

Louis Bradfield, Robert Gross, Bernard Killeen,
 Ted Kisicki, Dorothy Schultz and Ronald Vance

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

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!



JUNE HIGHLIGHTS

June 7: Merrymakers' The Links, 2:30 p.m. in the Chapel

June 14: Entertainer Bill Neiderheiser, 2:30 p.m. in the Chapel

June 15: Scatter Joy Acres, 2 p.m. in Magnolia

June 19: Fontenelle Forest, 10a.m. in Magnolia Gardens

June 21: Indoor Camping, S'mores & Sing-along, 2 p.m. in 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

Father's Day Brats & Beer

June 17, 11:30 a.m.-1:30 p.m.
 Magnolia Gardens

"Any man can be a father, but it takes someone special to be a dad." -Anne Geddes

With that sentiment in mind, please join us in honoring our special dads with a celebration. What better way to celebrate than with manly food!

Please RSVP to Mary by June 8: (402) 682-4223
 or mjohnson@hillcresthealth.com

Tammy's Take



Hello, Magnolia residents and family. My name is Tammy Weston, and I am excited to serve you as the new administrator of Hillcrest Health & Rehab. I assume this position with a passion for the elder population and a commitment to health care that

has spanned my entire adult life.

A little bit about myself: I am originally from Southwest Iowa. As with many of our residents, I am a proud veteran of the United States Army, having served in the Persian Gulf War. With my military service completed, I began serving aging adults and have been doing so for more than 15 years. When I am not working, I enjoy spending time outdoors and with my three daughters in a variety of capacities, given my oldest is 28 and my youngest is 10.

I am committed to Hillcrest's mission of enhancing the lives of aging adults. I feel the best way to accomplish that goal is to first foster communication and relationships with our residents and their families. I look forward to meeting you!

There is much to learn as I familiarize myself with the Hillcrest organization, Hillcrest Health & Rehab and the families and individuals that grace us with their presence. I am eager for the challenge and thank you for this opportunity.

-Tammy Weston, Administrator

RESIDENTS IN ACTION

Did you know that the natural sound a goat makes is called a “bleat?” There was much “bleating” from a very vocal baby goat, or kid, when he visited Magnolia residents. Jasper was a rescue goat brought by Scatter Joy Acres.

Paul Siebert from Merrymakers filled the chapel with not only his voice, but music from



Joan Spain cuddles Jasper as he settles in for a rest.



Jasper is content in the lap of Jackie Schwartz.



After “tasting” clothes and furniture, Jasper allows Lee Bradfield to stroke his head.

numerous instruments. Among them was a hammered dulcimer. As he dropped and bounced hammers on the strings, the notes that filled the chapel were truly angelic sounding. Residents were so entranced that you could hear a pin drop.

-Laurie Simmons, Recreation Leader



Bob Bauerkemper moves to the music of the accordion played by Paul Siebert.



Merrymakers’ Paul Siebert plucks away on the banjo while entertaining residents.

A MONTH IN REVIEW

You may be familiar with Cinco de Mayo – the annual May 5th celebration commemorating Mexico’s success in stopping the French overthrow of the country. But, at Hillcrest, we got the party started earlier this year with Cuatro de Mayo (4th of May)! Residents and patients enjoyed the diversity of Hispanic culture while indulging in chips and dips, wearing sombreros and listening to festive music.

-Laurie Simmons, Recreation Leader



Señor Bill Zvolanek sports a sombrero during the Cuatro de Mayo Party.



Señorita Jackie Matsen flaunts her sombrero during the Cuatro de Mayo party.



What would a fiesta be without food? Marie Jacobsen and family enjoy flavorful snacks during the event.