

“Everything slows down with age, except the time it takes cake and ice cream to reach your hips.”

-John Wagner



The Magic of Music

There’s an 80s song that I love. When I hear it, I’m a teenager again riding to the beach with my high school sweetheart in his car...his “blue bomber” gritty with sand, the smell of salt water and French fries and that feeling of being carefree. One song and for six minutes, I’m in another time and place. This happens to me often. Suffice to say music is the keeper of my memories.

That is often the case with many individuals, including our aging adults. Like an autobiography, autobiographical memories are those memories that define who we are. Music has the ability to help us recall those memories, awakening feelings and thoughts hidden in the depths of our minds. For the aging adult with dementia, this can be profound, as it could be the catalyst for reconnecting with them. Muscular memories are those actions that are associated with repetition. As parts of the brain succumb to dementia, muscle memories tend to stay intact. Singing a song over and over can become a muscle memory, just like a child learning his ABCs by singing the alphabet song rather than just speaking the letters.

Music has been proven to stimulate a number of areas of the brain, leading to increased cognition. Coupled with the discovery that music takes very little mental processing, it is a very easy way to “reach” a person with dementia. Even those who are in the later stages of dementia can achieve some pleasure from listening to music and singing. In addition, music has been proven to release feel-good hormones that elevate mood and calm agitation. As a result, those listening to music are more inclined to socialize and interact with others.

-Laurie Simmons, Recreation Leader

MAGNOLIA *Messenger*

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

MARCH BIRTHDAYS

Mar. 22: Johnna Baltimore

WELCOME TO MAGNOLIA!

Corinne McKay

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Aaron Klaasmeyer, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

Chasity Coover, (402) 682-4297

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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!



MARCH HIGHLIGHTS

- Mar. 8: Entertainer Bill Naiderhiser in the Chapel, 2:30 p.m.
- Mar. 9: Scatter Joy Farms in Magnolia Gardens, 2 p.m.
- Mar. 12: Merrymakers’ Tom “Woody” Strohmyer in the Chapel, 3 p.m.
- Mar. 13: Moms of Faith Toddler Therapy in Windsor, 9 a.m.
- Mar. 15: Fontenelle Forest in Magnolia Gardens, 10 a.m.
- Mar. 22: Merrymakers’ John Worsham in the Chapel, 2 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

Annual Easter Egg Hunt
Saturday, March 24, 2 p.m., 1702 Bistro
We’re going to have a hoppin’ good time!

Invite your little loved ones to pose for a picture with Peter Cottontail. Then, watch them as they scurry to gather eggs during our annual egg hunt. BYOB (Bring Your Own Basket).



Aaron's Article



Valentine’s Day is a day to reflect on relationships. And, while we mainly focus on those with our loved ones, relationships are also being built in the smallest of ways through acts of kindness.

Case in point...the teachers at the daycare at which my children attend had the kids create Valentine’s Day cards to be distributed to our residents. Meticulously designed and colored, stapled and glued...each lopsided heart or crayon-scribbled message was an extension of affection. It was exactly what some of our residents needed to bring joy on this special day.

Relationships made between our team members and the residents we serve here at Hillcrest are an integral part of our service. We make it our focus to learn the personalities, character, strengths and dreams of our residents so that we may provide the utmost care and enhance their lives.

Enhancing the lives of aging adults...the mission of Hillcrest Health Services. It can be your mission as well with the simplest act of kindness — be it the touch of a hand, the exchange of a smile or a scribble on a piece of paper.

-Aaron Klaasmeyer, Administrator

RESIDENTS IN ACTION

It was quite the playing and partying in Magnolia this month! In lieu of the upcoming Easter holiday, Scatter Joy Farms brought to our resident a long-haired angora rabbit named Lucy to pet. The only thing distinguishing her from a ball of fluff were her ears.

Did you know that Mardi Gras is known in some parts of the world as “Pancake Day?” What



Bev Sanders, Birdie Tschida and Jackie Schwartz prepare to fling their pancakes.



Yolanda Oropeza strokes Lucy's ears, calling her a “furry ball.”



“I wouldn't mind having that hair color,” says Juanita Arcola about Lucy.

better way to celebrate than to have a pancake tossing contest! This month, we encouraged residents to play with their food!

Music from Aaron Shoemaker never gets old. He returned in his bright blue suit to woo and croon the Magnolia crowd.

-Laurie Simmons, Recreation Leader



Singer Aaron Shoemaker literally gets down during his performance.



Aaron Shoemaker captivates new resident Mildred Carey with his vocals.



Could Jackie Matsen and Bonnie Miller be ... twins?

A MONTH IN REVIEW

Family memories are often embedded in the holidays of the year. This Valentine's Day, more memories were made for our residents as family congregated around their loved ones and celebrated with a feast.

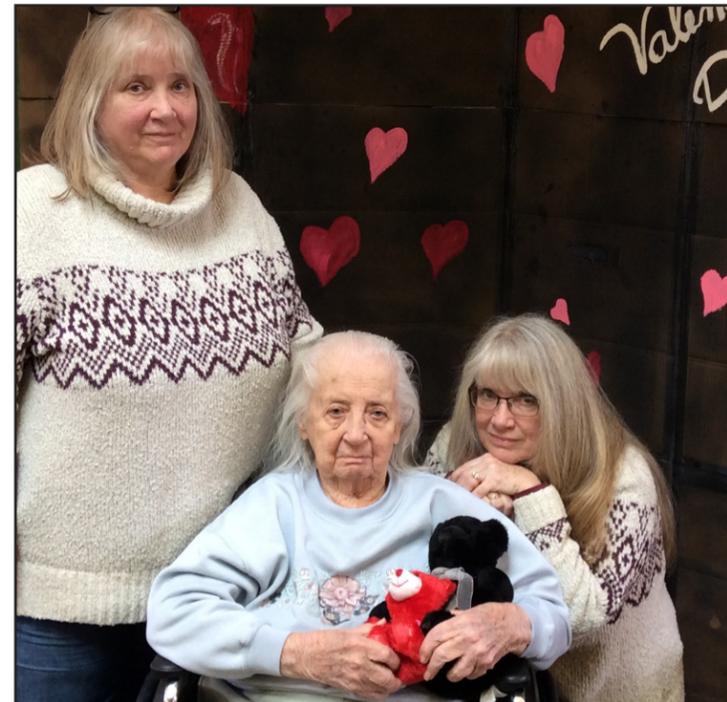
-Laurie Simmons, Recreation Leader



Yolanda Oropeza and her husband Lano enjoy the Valentine's Day Party together.



Bob Erwin is joined by his sister, Karen, for the party.



Daughters of Corinne McKay help their mom begin making memories in her new home.



Joan Spain is joined by her daughter.