



HILL STREET PLACE HAPPENINGS

AUGUST 2017
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Musings from the Manager...

The County Fair

The county fair is a bright balloon
Carried on a string,
An ice cream cone and popcorn stand,
A many-splendored thing.

The county fair is a hundred things
All to see and do . . .

A daring act, a flower show.
It's cotton candy, too.

The county fair is the midway,
A kewpie doll for a prize . . .

A shooting match, a thrilling ride
For every age and size.

The county fair is blue ribbon day
For every canning mom
Whose jar is judged the best of all . . .
Such gay ones to choose from.

The county fair is the farmer's day
With prize steers in the rings;

The best crops, the fowls, the pets . . .
The county fair's many things.

As summer passes by quickly it is always fun to look forward to the county fair. It is a great place to see friends and family, plenty of excitement with entertainment and rides, good food to eat, and a chance to see the fruits of people's labor.

The Lyon County fair is Aug. 9th-13th with many traditional stands and exhibits. They have some new exhibits and some wonderful local talent. We plan to have a "Hill Street Place Fair" right here at home the week of Aug. 21st-25th. Join us at coffee throughout the week for a variety of foods that remind us of the fair. On Monday we will kick off the week with some carnival games. We encourage you to bring any of your crafts, baked goods, pictures, etc... to display in our "Exhibit hall" Thursday and Friday. We hope to get some of you to share your talents with us on Friday afternoon on the "Free Stage-Variety Show". We will also be having our monthly party that week on Wed. night, Fair is in the Air, with a live petting zoo. It should be a fun time for all.

The fair also is a reminder that summer is coming to an end and a new season is beginning. It is hard to say good bye to the warm weather and fun activities but the cooler weather is refreshing and the colors are beautiful.

Just like the weather we have different seasons in our lives. There are wonderful things about each new adventure but along with that comes some loss. During my time here at Hill Street Place I have come to really appreciate each moment as a blessing and take the new seasons as they come knowing that God will bring something refreshing and make it beautiful with new colors. I do however appreciate my memories of the seasons passed. This month will be the end of an incredible season with Barb Bergstrom. She has been an invaluable member of our staff for 5 ½ years but has decided to make a change in her career. We will miss her smile, her wonderful attitude, not to mention her energy and work ethic.

Barb we wish you the very best in your future and want you to know you are always part of the Hill Street Place family.

Susie Sammons



Upcoming Events in August

Lunch Outing to Knott's Corner	2
Blood Pressure Clinic	2
Foot Clinic	2, 16
Shades of the Past Ice Cream Social	3
Open 500 Card Party	4
Pokeno	7, 30
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Chautauqua-Author Doug Bengtson	14
TAAC	16
Bus to Back to Blue Moon Event	17
Monthly Birthday Celebration	18
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Supper	23
Exhibit Hall Open	24, 25
HSP Variety Show	25
Musical Entertainment by Craig Blackstad	31

BECCA'S BLURB

We have an exciting August planned at Hill Street Place! Mark your calendars you won't want to miss any of these fun activities. To start off the month, we will go on a lunch outing to Knott's Corner in Lucan on Wednesday, August 2nd. Sign up on the Bulletin Board. Then, on Thursday, August 3rd, we will have our annual "Shades of the Past" Root Beer Float Social. Members will serve root beer floats and give car rides in their classic cars. Also, there will be a drawing for fun prizes. You must be present to win. This event is always a good time and you won't want to miss it. Next, Musical Entertainment will be by Craig Blackstad on July 31. This is the first time Craig will play at Hill Street Place or in our area. Come and enjoy a lifetime of music memories with hits from Elvis Presley, the Everly Brothers, Bobby Darin, and Paul Anka.

And our big event is going to be a special "Fair" themed week, August 21-25th. Here's your opportunity to share your talent with your fellow friends at Hill Street Place! This is sure to be a super fun, action packed week! *Becca Badgett*

GRATITUDE

Thank you to everyone who contributed their time, talent, bingo prize money or one of the tasty treats that was shared with us at Hill Street Place. Your generosity does not go unnoticed. We appreciate each and everyone of you!

TENANT CORNER

No Bake Summer Berry Lasagna

Ingredients

For Whipped Cream:

1 2/3 cup heavy cream-chilled
1/3 cup powdered sugar
1 teaspoon vanilla

For Red Velvet Crust:

3 cups graham cracker crust
1/4 cup strawberry jam
1/2cup+ 2 tablespoons unsalted butter-melted
Red gel food coloring

For Cheesecake Layer:

8oz. cream cheese-softened
1/2 cup unsalted butter-softened
1 cup powdered sugar
1 teaspoon vanilla
1 cup of whipped cream
2/3 cup diced fresh strawberries

For Blueberry Jello Salad Layer:

2 (3 oz. pkg) berry blue Jello
1 1/4 cup boiling water
2 cups blueberry pie filling
1 cup of canned crushed pineapple-drained from juice (if use pineapple chunks, pulse it in a food processor to get fine crushed pieces)

For Topping:

2 1/2 cups whipped cream
Fresh strawberries halved
Fresh blueberries



Instructions

- To make the crust combine graham cracker crumbs, strawberry jam, melted butter and red food coloring (drop the color directly in melted butter or jam, it will dissolve better). Mix until evenly moistened. Press the mixture in the bottom of 9x13 pan. Place the crust in the freezer to firm.
- To make the whipped cream in a bowl beat chilled heavy cream until soft peaks form. Add powdered sugar and vanilla and continue mixing until really STIFF peaks form. Measure out 1 cup of beaten whipped cream for cheesecake layer. Cover remaining whipped cream and reserve for topping.
- To make cheesecake layer cream together softened cream cheese, powdered sugar, vanilla and softened butter. Mix in 1 cup of whipped cream (do not use soft whipped cream, cheesecake filling has to be thick or it won't hold dense blueberry Jello salad layer on top).
- Gently fold in diced strawberries and spread over the crust. Place in the fridge to set.
- To make the blueberry Jello salad layer, in a large bowl place 6 oz. berry blue Jello gelatin mixture. Pour 1 1/4 cup boiling water and stir for a few minutes until the gelatin dissolved completely. Set aside to cool for 15-20 minutes, then stir in crushed pineapple and blueberry pie filling. Wait until it's cooled to room temperature and soft set, or place in the fridge to speed the process but stir from time to time.
- Spread blueberry Jello layer over chilled cheesecake layer. Do not pour warm blueberry Jello over cheesecake layer, it will melt it.
- Place in the fridge to chill until jello layer is set completely.
- Top with remaining whipped cream. Before serving arrange fresh berries on top.
- Store in the fridge.

TENANT'S CORNER

Healing Advice

Sandberg's hard-won wisdom on how to recover

Q & A: With Sheryl Sandberg

Why did you want to write *Option B*? I was really struggling. The impetus for the book was trying to figure out how to get through that acute phase of grief. But even more, to live with it and try to find some meaning, some growth. Certainly as we get older, loss is a part of our lives.

You write about fear. How does one begin moving beyond that? After Dave died. I worried about things I had never worried about before: Would my kids get hit by a car riding their bikes in our neighborhood? Would my son die under general anesthesia during an operation? I think I was much more nervous about things going wrong, because I had lived through the experience of things going completely wrong. But I think the fear is also really rooted in isolation.

So, don't isolate yourself after a trauma? You have to find ways to break the isolation. I found it very hard to tell people that I wanted to talk. It felt like I was imposing my sadness on them. When someone asked, "How are you?" I kept saying, "I'm fine,," and then people wouldn't ask me any questions. But I learned to say "I'm actually not doing that well." One of the most common things about grief, about loss, about adversity, is silence. So what happens is, you go through this adversity or trauma, and then what piles on top of that is the isolation of no one talking about it.

You write about the "three P's" that stunt recovery. The first one is personalization: the belief that we are at fault for our losses. Yes these are processing traps that were identified by the psychologist Martin Seligman. With personalization, we all blame ourselves. I blamed myself for Dave's death initially, because I thought he had died of trauma. He didn't die of trauma. He died of coronary artery disease. And when I found that out, I blamed myself that I hadn't diagnosed coronary artery disease. You have to let that go.

The second "P is pervasiveness: the belief that an event will affect all areas of our lives. Can you talk about that? Even though there's so much that's gone wrong, there are things that are still positive. You have to give yourself permission to notice and appreciate what's good.

And the third "P permanence - that's the belief that the aftershocks of the event will last forever, right? Yes, you have to really believe that it won't feel like this forever. People who had been through trauma and grief and loss told me it would subside, but I did not believe them, because it was so overwhelming.

You also believe that resilience is a muscle that everyone can build. Yes. I'm not happier than I was before Dave died. Not close. But there are ways in which I've grown. I have closer, deeper relationships and more meaning in my life. These things are real growth. And it's by knowing they're possible that they become possible. When we look for happiness, we often look for the big event—the birth of a grandchild, getting a job, getting married. But, really, psychologists show us that happiness is found in the small things we do. It is by hanging on to those small moments of joy that they start to add up in our minds.

Even if your spouse has died and your children, if you have them, live far away? It's never too late to make new friends. Building those bridges and finding the ways to talk about those things really help. And a hugely important lesson is self-compassion, treating yourself with the kindness you would a friend. And journaling is incredibly powerful. Even writing a few minutes for a few times helps us process emotions. And remember that death ushers in all kinds of guilt. But guilt is a theft of joy. you have to find your own voice—and listen to your own voice.

The book talks about dating again. Have you found new love? I am very happily dating, and I fell lucky. I'm hoping *Option B* gives people permission to feel joy and permission to date if they want to. Because death robs us of so much—our sense of security, our sense of justice, and happiness. Whatever we can take back, we should take back. We need to acknowledge the capacity of the human spirit to persevere.—interview by Alanna Nash June/July 2017