

*"You learn more from failure than from success. Don't let it stop you.*

*Failure builds character." – Unknown*

August 2019

# NEIGHBORHOOD News

A monthly newsletter for the Cottages  
at Hillcrest Country Estates

## 5 Tips to Improving Your Sleep

A good night's sleep can make for the perfect start to the next day. Sleeping can help the physical and mental well-being of aging adults, enabling them to live a happier and healthier life. According to familydoctor.org, aging adults need at least 7 to 8 hours of sleep per night. Here are some ways to improve your sleep habits.

**Develop a routine:** Make sure you go to bed at the same time each night, including weekends. This helps your body develop a pattern, which will make it easier to go to sleep at night.

**Sleep in a quiet and dark place:** It can be difficult to sleep in a noisy or bright room. Make sure all of the lights and the TV are off before your bedtime so your mind can turn off easier and faster.

**Eat a healthy snack before going to sleep:** Eating healthy is always important. But eating healthy before bed can help you sleep better, especially if you're hungry. Avoid sugary foods because they can keep you awake for long periods of time. Opt for a fruit or vegetable instead.

**Avoid caffeine before you sleep:** Caffeine is often used as a way to stay alert throughout the day. Drinking it before bed can make it very hard to sleep. Choose water instead if you're thirsty before bed.

**Avoid napping in the evenings:** Napping can make for a great way to get through the day if you're tired. But napping in the evening can make it very hard to sleep at night. Take naps in the late mornings or early afternoons to make it easier to fall asleep at night.

Say goodbye to restless nights! With the help of these tips, you can improve your sleeping pattern and be a happier, healthier you.

## AUGUST BIRTHDAYS

August 3: Brenda Mosteller

August 6: Bonnie Miller

August 7: Elizabeth Paulson

August 8: Josephine Mickells

August 18: Sharon Schur

August 21: Colleen Uehling

August 22: Anne Gammill

August 29: Elmer Johnson

## WELCOME TO COTTAGE LIFE!

Charlene Reimer, Vickie Bonitz and  
Marion Zenker

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

### DIRECTORS OF CLINICAL SERVICES:

Kelli Gregerson, (402) 885-7280

Tami Harms, (402) 885-7021

### DIRECTOR OF CULINARY SERVICES:

Christian Loughran, (402) 885-7019

### DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

### DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

### REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

## ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the distribution list, please contact Abby at (402) 885-7000.



## AUGUST HIGHLIGHTS

- Aug. 7: Jimbo's Diner, load at 10 a.m. (80/90)
- Aug. 8: Grand Lodge Cinema Outing, load at 1 p.m. (60/70)
- Aug. 13: Twin Creek Cinema Outing, showtime TBD (72/82)
- Aug. 15: Grand Lodge Cinema Outing, load at 1 p.m. (40/50)
- Aug. 20: Sonic Ice Cream Outing and Bus Ride, load at 1 p.m. (60/70)
- Aug. 21: Village Inn Lunch & Pie Social, load at 10 a.m. (72/82)
- Aug. 28: Roma Lunch Outing, load at 11 a.m. (40/50)
- Aug. 29: Grand Lodge Cinema Outing, load at 1 p.m. (80/90)

## FEATURED EVENT

### Pet Party August 29, 3 p.m. Cottage 60

Bring your pets to Cottage 60 for our pet party. Pet treats will be provided. RSVP to Abby at (402) 885-7000 or [abrandt@hillcresthealth.com](mailto:abrandt@hillcresthealth.com)

## Theresa's Take



I can't believe it's already August and school is starting back up in just a few short weeks. We have enjoyed being able to spend some time outside with our elders these past two months.

Nebraska was once known as "The Great American Desert," and recently it has felt like just

that! August is a special month for us Nebraskans, as this month is when we kick off our annual harvest. Farmers all over the state work tirelessly to get all the crops ready for what we all hope to be a very successful year.

Football is also in the air as we look forward to our second year of the Scott Frost era down in Lincoln as he coaches our Cornhuskers. The first game is August 31, and we will face off against South Alabama.

Friendships are really important to me as I'm sure they are for you, too. August 5 is National Friendship Day, and we could all use a little extra love, kindness and joy. Whether your friends are near or far, let them know how much you appreciate their friendship. No matter if it's a phone call, handmade letter or a small gift, it will definitely brighten their day.

Save the date! Hillcrest is a huge supporter of the Sarpy County Walk to End Alzheimer's. This year it is scheduled for August 25 at Prairie Queen Recreation Area. Registration begins at 8 a.m., the ceremony is at 9 a.m. and the walk is at 9:30 a.m. Register to walk with Hillcrest or make a donation at [tinyurl.com/teamhillcrest](http://tinyurl.com/teamhillcrest).

-Theresa DeBilzan, Administrator

## ELDERS IN ACTION

For the month of August, we will be visiting Sonic, Roma Italian Restaurant and Jimbo's Diner for all of our food and treat cravings. We look forward to these trips. Village Inn is also on our list for both a lunch and pie social! How fun! Movies and popcorn

are always favorites of ours here at the cottages. This month, we will be seeing films at both the Grand Lodge Cinema and Twin Creek Cinema. We can hardly contain our excitement for these trips!

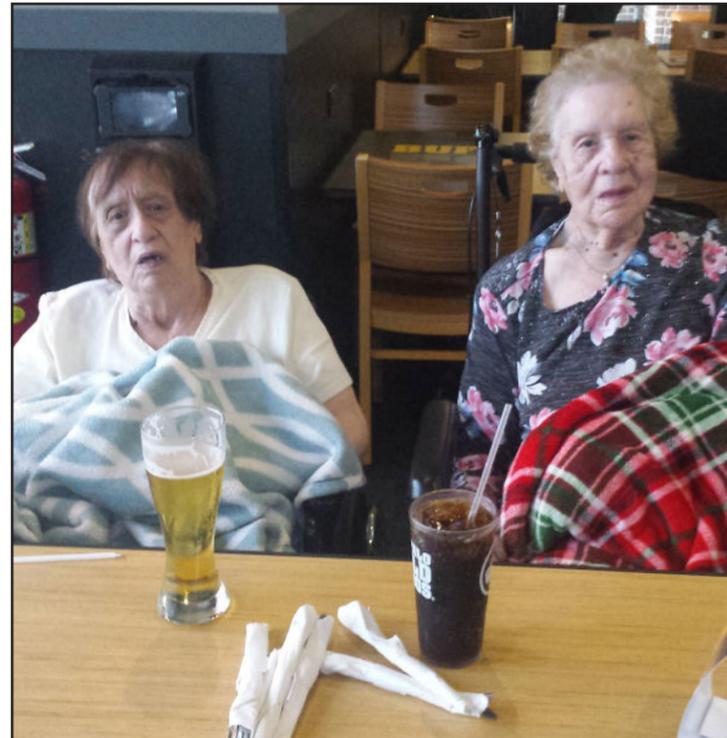
**-Abby Brandt, Administrative Assistant**



Cottage 60 enjoys a game of bingo. It's always a fun time.



Sisters Jojo and Nancy visit Cottage 70.



Nancy and Jojo enjoy Buffalo Wild Wings.

## A MONTH IN REVIEW

Here at the cottages, we celebrated the Fourth of July the entire week! Cottages 40 and 50 had ice cold sherbert. Cottages 60 and 70 got to have some delicious watermelon on the patio. Team members placed red, white and blue decorations around the campus. Some of the décor included Uncle Sam, stars and stripes and

wind spinners. We got a few rain showers that week and weekend, but it didn't stop the fun. Residents and families enjoyed the firework display. I hope everyone enjoyed the festivities and fun, and we can't wait to celebrate again next year.

**-Abby Brandt, Administrative Assistant**



Betty cuddles with the puppy.



Sara explores the bird houses from Fontenelle Forest.



Anna loves visits from Princess.