

"Happiness is like jam. You can't spread even a little without getting some on yourself."
-Anonymous

October 2018

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

Activities individuals with low vision can enjoy

Living well with macular degeneration is largely about maintaining quality of life and independence. But as vision deteriorates, patients often find themselves unable to enjoy the hobbies they once did. However, finding new and engaging activities that don't necessarily require sight can help low vision patients regain a sense of control and normality in their lives. The following are fun, stimulating activities that the blind or partially sighted can enjoy whilst adapting to new circumstances:

- **Audio activities:** Any game or activity that focuses on hearing rather than sight is great for keeping the visually impaired engaged, social and mentally fit. Word and trivia games such as Jeopardy! and Trivial Pursuit are fun, inexpensive options.
- **Music:** Listening to music is an activity that can be enjoyed alone or in a group. Sing-alongs to familiar tunes can prove to be a pleasurable activity.
- **Crafts:** Those who have previously enjoyed activities like knitting or crocheting prior to age-related macular degeneration (AMD) can usually still do so with little assistance. It may be beneficial, however, to buy larger crocheting needles and thicker yarn. Tactile activities like pottery and ceramics pose another good opportunity to use sense of touch to its fullest extent.
- **Read:** Many libraries have large-print and Braille books for the visually impaired. It's also possible to purchase books on tape or download them from the internet.
- **Swim/exercise:** Sports can be somewhat intimidating for those who can't see well. However, aerobic activities like rowing, swimming and recumbent bike are safe, effective cardiovascular workout options.

The end of sharp vision does not mean the end of life. After all, there is still so much life left to live! Need some more motivation? It's been proven that AMD patients who maintain a social life and stay active have lower rates of depression, improved confidence, better memory and even a reduction in joint and muscle pain.

So what are you waiting for? Get out there and take up a new hobby!

-Juli Grimm, Recreation Director, Hillcrest Millard



OCTOBER BIRTHDAYS

Oct. 3: Chris Christensen
Oct. 12: Allen Leaders
Oct. 18: Eldon Stille
Oct. 31: Robert Gross

WELCOME TO AZALEA!

Roger Bentz

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

Angie Wallace, (402) 682-4250

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

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (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 newsletter distribution list, get us your email address, and we'll keep you posted!



OCTOBER HIGHLIGHTS

Oct. 9: Christ Cathedral Service, 7 p.m., Chapel
Oct. 10: Merrymakers' The Links, 2 p.m., Chapel
Oct. 18: Fontenelle Forest, 10 a.m., Magnolia
Oct. 18: Entertainer Billy Troy, 2 p.m., Chapel
Oct. 19: Scatter Joy Acres, 2 p.m., Magnolia
Oct. 31: Spooky Bingo, 2 p.m., Bistro

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



SPOOKTACULAR Trick-or-Treat Night Thursday, October 25, 6-7 p.m.

Hillcrest Health & Rehab

Children and adults alike are invited to dress in costume and trick-or-treat among our residents. Don't forget to explore our haunted house, which begins in the Willow/Windsor Dining Room.

Tammy's Take



As I walk the halls of Hillcrest Health & Rehab, I can't help but notice the positive energy that our team members are radiating each and every day. I love seeing everyone so willing to help out one another! Our team members who go out of their way to help others are setting great

examples.

Leadership is a very important aspect in a community, such as Hillcrest Health & Rehab, and I am seeing a ton of it! **True leaders don't create followers, they create leaders!** I see great things happening here at Hillcrest. The cooler seasons are coming soon, but I feel nothing but warmth within these walls. Just as with any community, there are obstacles, and there always will be, but I know that we have a great team and together, we can accomplish anything!

-Tammy Weston, Administrator



Hillcrest Health & Rehab team members recently came together with the greater Hillcrest team for community events, including Bellevue's Arrows to Aerospace Parade and the Sarpy County Walk to End Alzheimer's.

RESIDENTS IN ACTION

Football season is here! And you know what that means...tailgate parties! The 1702 Bistro was buzzing with Nebraska fans who were gearing up for the Huskers' first real game of the season against Colorado.

Our residents discovered a little 'hole in the wall' near downtown Omaha that provided

an afternoon of fellowship and fun. Spielbound Board Game Cafe contains several hundred board games to choose from. Sorry! and Apples to Apples were the picks for our residents and volunteers during their outing.

-Laurie Simmons, Recreation Leader



Patrick Gray and his wife cheer on Jan Judd in a game of cornhole during the tailgate party.



Rabbit ears for Lois Steele from husband Eldon during the tailgate party.



Beth Miller and Eileen Clark conspire together during a game of Apples to Apples at Spielbound.



Volunteers, Hillcrest team members and residents enjoy an afternoon of board games at Spielbound.

A MONTH IN REVIEW

Blue or yellow frosting? Sprinkles or no sprinkles? Regardless of how our residents decorated their sugar cookies, they indulged their taste buds during our Grandparents Day

celebration. In between bites, they shared stories with each other about their families and grandchildren.

-Laurie Simmons, Recreation Leader



Recreation Leader Malena Brotherson discusses decorating options with Juanita Arcola.



Jim Heydenreich shows off his sprinkled cookie.



Recreation Leader Jenna Clark receives decorating instructions from Margaret Smyth.