

"Sweet April showers do bring May flowers."

- Thomas Tusser

April 2024

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



The History of Earth Day

In April, we begin to see more rain and less snow. Budding flowers start coming into view, and warmer weather is just on the horizon.

We celebrate all of this amazing beauty happening in the world around us on April 22, Earth Day.

Earth Day began in 1970 in the U.S., but it wasn't until 1990 that Earth Day became a global event to raise awareness about environmental issues. The first Earth Day remains the largest single-day protest in human history. More than 20 million people showed support for the environmental issues the U.S. was facing. In 1990, one of the original coordinators of the event took this international and organized Earth Day events in 141 nations.

Today, people celebrate Earth Day by picking up litter, planting trees, recycling and much more.

Though Earth Day falls in April every year, there are many ways to preserve the beauty of the world around us throughout the entire year. These include conserving energy, limiting water usage, finding transportation alternatives like walking or biking, shopping with reusable bags and drinking from reusable water bottles.

Most importantly, we can spread the word and teach generations to come how important it is to keep our environment and world clean, healthy and happy.



APRIL BIRTHDAYS

April 10: Dolores K. April 19: Susan B.
April 18: Sheri S. April 22: Karen G.

WELCOME TO COTTAGE LIFE!

Michelle L. Ermin S.
Gary M. Ronald F.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

ASSISTANT ADMINISTRATOR:

Heather Penc, (402) 885-7014

DIRECTOR OF SENIOR LIVING SALES:

Stephanie Sass, (402) 885-7011

DIRECTOR OF CULINARY:

Kimberly McQuillen, (402) 885-7019

DIRECTOR OF CLINICAL SERVICES:

Kelli Gregerson, (402) 885-7333

DIRECTOR OF REHAB:

Abby Benak, (402) 885-7467

ARE YOU ON THE LIST?

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!



APRIL HIGHLIGHTS

- April 1: April Fools' Day
- April 10: National Siblings Day
- April 14: National Gardening Day
- April 19: April Birthday Celebration
- April 22: Earth Day
- April 26: Arbor Day

FEATURED EVENTS

Easter Egg Hunt

Thursday, April 4
1:30 p.m.

It's no secret that the Easter Bunny is hopping to town. We're taking our elders back to their childhood by hunting for eggs filled with tasty treats.



Kaleb's Corner



Hello, elders and loved ones. Thank you for the opportunity to serve you at Hillcrest Country Estates Cottages. As we enter into spring, our team has started to shift our focus to getting our elders outside to enjoy the sunshine.

We are also committed to setting up more external activities throughout the community. In December, we scheduled multiple van rides to see the holiday lights, and many enjoyed this. This spring, elders will have the chance to ride in one of our buses or the van to local restaurants, shopping centers, Wildlife Safari Park, Lauritzen Gardens, Storm Chasers games and more.

We are so thankful to have awesome volunteers who assist with activities such as bingo, singing hymns and playing live music for our elders. Elders look forward to these activities with them each week. We are also excited to be adding a new role, recreation leader, to our team to further enhance the activities here at the Cottages. This team member will plan and lead activities and encourage elders to participate in the fun.

On a final note, after this monthly issue of the "Neighborhood News," we will be moving to a quarterly newsletter. Our first quarterly newsletter will be published in July, but we'll still continue to publish the recreation calendars each month.

As always, we are honored to serve you, and we look forward to a beautiful spring!

-Kaleb Hight, Administrator

ELDERS IN ACTION

On April 8, we will host a Parkinson's Support Group meeting at 4:15 p.m. in our administrative office (education center). This support group is a great way to connect with those affected by Parkinson's and their caregivers in a safe and supportive environment.

With the arrival of spring, we are looking forward to planting gardens around the Cottages, weather pending. Every spring, elders take such great care of

the gardens and are excited to watch plants as they grow. We will also continue to coordinate with our neighbors at the Grand Lodge for movie outings. Elders love to spend some time outside of their cottage enjoying a movie with their peers. It's looking like we'll have a great start to a new season.

-Kelsey Williams, Business Office Manager



Joan pins Joe in honor of his military service.



Donna places her hand over her heart for the Pledge of Allegiance.



Russ and Bob, volunteers and veterans, visit each cottage to honor veterans.



Russ watches as volunteers salute the American flag.

A MONTH IN REVIEW

During the month of March elders kept busy and enjoyed many different crafts for St. Patrick's Day and Easter. Pastor Laura visited Cottage 40 and played piano for elders. Elders in Cottages 80 and 90 enjoyed many games of bingo, Monopoly and Parcheesi. Cottages 72 and 82 had spa days and watched movies with popcorn.

Early in the month, we honored Vietnam-era

veterans at Welcome Home, Vietnam Veterans events. We had such a great turnout. Thank you to all who made these possible for our veterans.

Each cottage also celebrated St. Patrick's Day with family, peers and team members. We had a fun photo booth gathering where elders took photos. Everyone had such a good time.

-Kelsey Williams, Business Office Manager



Carol shows off her St. Patrick's Day temporary tattoo.



Marlin takes a photo in front of the St. Patrick's Day photo booth.



Janet wears St. Patrick's Day beads.



Laura and Allan pose for a photo together.



Les puts on a fun hat for St. Patrick's Day.