

*"Life is like a bicycle. To keep your balance you must keep moving."
- Albert Einstein*

August 2023

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Reaching Beyond Our Communities

At Hillcrest, our mission of "enhancing the lives of aging adults" extends far beyond the care and services we deliver each day.

We proudly partner with many organizations that align with our mission – from associations advocating for a cure to diseases affecting the aging population, to educational institutions providing opportunities for students. We also believe in supporting our local communities through participation in events and other initiatives.

The Hillcrest Foundation for Enhancing Lives is dedicated to improving quality of life for older adults and has assisted seniors in several of our Hillcrest communities, as well as individuals on hospice. The Foundation's 3rd Annual Golf Tournament is on Aug. 17 at Eagle Hills Golf Course. Many of our Hillcrest teams will be supporting the event, and we'd love to see family members on the course as well! Learn more about the tournament and how to nominate a gift recipient at hillcrestfoundation.org.

On Aug. 19, we'll be participating in the Bellevue Arrows to Aerospace Parade. Hillcrest is a sponsor of the annual event, organized by the Bellevue-Offutt Kiwanis Club, and will have a group of walkers, as well as a few Hillcrest vehicles with residents.

Save the date for the Sarpy County Walk to End Alzheimer's! On Sept. 9, our Hillcrest team will once again be joining the Alzheimer's Association in walking at Prairie Queen Recreation Area. We've been supporting this organization's annual walks for many years and even helped lead the efforts to form the Sarpy County event. Family members are welcome to join.

Talk to your administrator to find out how you or your loved one can get involved. We hope you will support us in enhancing lives.

AUGUST BIRTHDAYS

| | |
|--------------------|---------------------|
| Aug. 4: Mary N. | Aug. 9: Mary Ann W. |
| Aug. 4: Mary S. | Aug. 13: Pamela C. |
| Aug. 5: Loretta N. | Aug. 25: Sharon A. |
| Aug. 8: Douglas C. | Aug. 26: Julia M. |

WELCOME TO COTTAGE LIFE!

| | |
|-----------|-----------|
| Annie D. | Pamela C. |
| Donald F. | Marlin D. |

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

DIRECTOR OF CULINARY:

Joy Hadley, (402) 885-7019

DIRECTOR OF MARKETING:

Stephanie Sass, (402) 885-7011

DIRECTOR OF REHAB:

Abby Benak, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ryan Newman, (402) 885-7018

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!



AUGUST HIGHLIGHTS



Aug. 2: Coloring Book Day
Aug. 6: Root Beer Float Day
Aug. 9: S'mores Day
Aug. 14: Creamsicle Day
Aug. 21: Senior Citizens Day
Aug. 30: Slinky Day
Aug. 31: Eat Outside Day

FEATURED EVENT

Defenders of Freedom: Paper Airplanes

Friday, Aug. 25
2:30 p.m.

Elders will learn about different models of airplanes while making paper airplanes.



Kaleb's Corner



Hello, elders and loved ones. Thank you for the opportunity to serve you at Hillcrest Country Estates Cottages.

As we begin August, we realize fall will be here before we know it. With that comes the changing of the weather and the start of a new season.

Recently, I have been diving into some of the challenges that we are facing coming out of the pandemic. Throughout the last few years, long-term care organizations came to a standstill in terms of activities outside and, to some extent, inside of the communities in order to keep everyone safe. This was understandable during the outbreak, but it did cause somewhat of an isolation culture for our elders and team members.

I'm here to say, as we come out of the pandemic, the leadership team at the Cottages is encouraging our team members and elders to embrace these fun activities. While elders have the right to refuse to participate, we want to make the "fear of missing out" (FOMO) strong enough to overcome those objections. Change is hard, but it is worth the challenge when the outcome is elders who smile and retain their highest quality of life both physically and mentally.

As always, I encourage you or your loved ones to keep us informed of how we can continually strive to go above and beyond your expectations.

-Kaleb Hight, Administrator

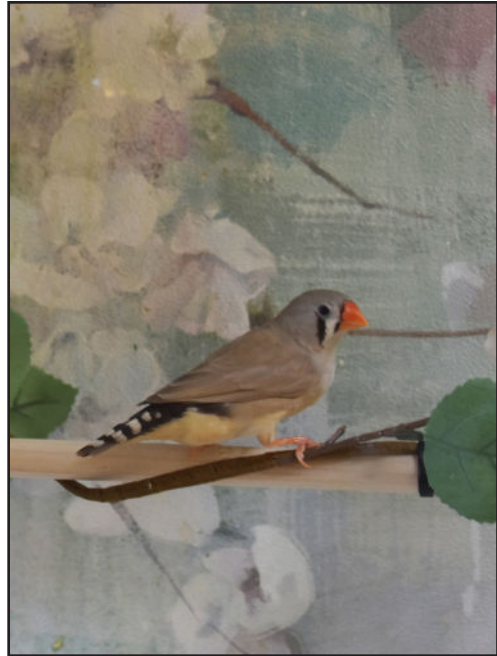
ELDERS IN ACTION

This month, we look forward to eating our freshly grown tomatoes and green peppers. They will go great in our salads! Elders will continue to enjoy Popsicles by the pool on some of our warmer August days. We will also be coloring on National Coloring Book Day and listening to the king of rock 'n roll himself on Aug. 9.

While the Defenders of Freedom air show will not be visiting Offutt Air Force Base this year, we will

be bringing airplane fun to the Cottages. We'll make paper airplanes and learn about the different models of airplanes on Aug. 25. Elders will also test their skills with a slinky on Aug. 30, National Slinky Day. While we love to catch some sun, we are looking forward to the cooler months ahead, so we can enjoy more time out on the patio.

-Michelle Adams, Cottage Guide



Two birds are the newest elders in Cottage 40.



Charlie chooses green as his first color to paint with.



Janet and Russ watch the birds.



Bella helps Donna paint her ice cream cone.



Charlie, Beverly and Donna paint together.

A MONTH IN REVIEW

The month of July was filled with lots of fun summer activities here at the Cottages. We hosted National Hot Fudge Sundae Day for our elders and invited their loved ones to enjoy these sweet treats too. Everyone chose from a variety of toppings such as chocolate, caramel, sprinkles and more.

From meditation and breathing exercises, to hymns

with Chaplain Jerry and game nights with lemonade, elders have kept active and busy. They participated in relaxing activities such as spa days and pet therapy. They also put their brains to the test with word searches and book clubs. Most importantly, elders continue to have fun.

-Kelsey Williams, Administrative Office Coordinator

Game Night

Right: Carol lays down a card during a game of Red and Black.

Far Right: Roy waits to make his next move during a game of cards.

Below: Pete checks his hand of cards.

Bottom Right: Carol, Pete and Roy enjoy getting together in the afternoon to play card games.

