

"What good is the warmth of summer, without the cold of winter to give it sweetness." - John Steinbeck

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Kaleb's Corner



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

The holiday season has arrived and I hope you have had time to square your account with Old Saint Nicholas. Nobody wants coal in their stocking...

We are grateful to have Kimberly McQuillen join our team as our new director of culinary. She has several years of experience working in the CHI healthcare system, managing restaurant kitchens and teaching culinary classes at Metro Community College. Kimberly will be bringing in her knowledge of food and management style to improve the dining experience for our elders.

We are also welcoming Kelli Gregerson back to the Cottages as the new director of clinical services. This is a role she held previously. She is excited to return to our community. Kelli starts Dec. 4, and we look forward to having an experienced individual in this role.

Last month, I asked for feedback when stellar service was given by our team. Thank you to all who provided feedback. We were able to give recognition to our team for their efforts! My wish for all of you this holiday season is that you will connect with family, share time with friends and give something of value to someone in need so that your heart may be full of joy.

-Kaleb Hight, Administrator



DECEMBER HIGHLIGHTS

- Dec. 8: Pretend to be a Time Traveler Day
- Dec. 16: Chocolate Covered Anything Day
- Dec. 21: Crossword Puzzle Day
- Dec. 25: Christmas Day
- Dec. 31: New Year's Eve



FEATURED EVENT



Holiday Cookie Decorating

Wednesday, Dec. 13, 4 p.m.

Elders will decorate holiday cookies and enjoy hot cocoa with Ralston High School students.

DECEMBER BIRTHDAYS

- | | |
|----------------------|----------------------|
| Dec. 2: Delma F. | Dec. 19: Robert W. |
| Dec. 4: Donna L. | Dec. 25: Deborah C. |
| Dec. 9: Joyce C. | Dec. 26: Carol S. |
| Dec. 9: Maryann S. | Dec. 26: Marjorie S. |
| Dec. 9: Wanda W. | Dec. 27: Roy W. |
| Dec. 11: Marian F. | Dec. 28: William D. |
| Dec. 15: Kathleen K. | Dec. 28: Keith B. |

WELCOME TO COTTAGE LIFE!

- | | |
|--------------|------------|
| Wilbur C. | Deborah C. |
| Barbara L. | Connie G. |
| Allan L. | Paul J. |
| Catherine W. | |

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

DIRECTOR OF MARKETING:

Stephanie Sass, (402) 885-7011

DIRECTOR OF CULINARY:

Kimberly McQuillen, (402) 885-7019

DIRECTOR OF CLINICAL SERVICES:

Kelli Gregerson, (402) 885-7333

DIRECTOR OF ENVIRONMENTAL SERVICES:

Spencer Schmitz, (402) 885-7018

DIRECTOR OF REHAB:

Abby Benak, (402) 885-7467

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!



Get into the holiday spirit!

The holiday season is here, and the Hillcrest team is ready to celebrate with all of our residents, elders and guests. Here are some ways to share your holiday spirit with those around you.

Put up decorations

One fun way to show you're festive is by decorating. Put up lights, garland or a small tree. To make your decorations unique, you can even have fun making your own. Get together with your peers or a family member and make a wreath or paint holiday pictures and hang them up.

Share holiday recipes

Families often have their own traditions when it comes to baking or cooking for the holidays. Gather with those you're close to and reminisce about your favorite holiday baking or cooking memories, or share a special recipe with someone.

Have a holiday movie night

Whether you like action, comedy or romance movies, the holiday season has them all. Grab a group of friends and some popcorn and watch your holiday favorites!

Listen to holiday music

In December, holiday music seems to be the most popular choice. Whether you just like to listen to it or sing along, holiday music has tunes for everyone. If you like to sing along, go caroling around your community and brighten the spirits of those around you.

ELDERS IN ACTION

The holidays are here, and we are doing so much to celebrate! One of the activities many of us are looking forward to is a holiday light tour. We plan to drive through Papillion and Bellevue to see all of the beautiful light displays.

Decorations will be hung by the fireplace in each cottage by our team and elders. Everything will look so

festive just in time for our cookie celebration on Dec. 13. Elders and Ralston High School students will get together to enjoy hot cocoa and decorate cookies. We will also be working on holiday crafts. We can't wait to spend some quality time with our loved ones. That's what the holidays are all about.

-Michelle Adams, Cottage Guide



Marlin shows off his pumpkin craft.



Bev finishes painting her turkey craft.



Dorothy sings along to "How Great Thou Art."



Dorothy starts painting her turkey craft with red paint.



Trish and Doris join Chaplain Jerry in singing hymns.



Les takes a goofy Halloween photo.

A MONTH IN REVIEW

During the month of November, elders here at Hillcrest Country Estates Cottages enjoyed spending time with their loved ones during our Sippin' on Cider event. We served a variety of fall desserts along with apple cider. We then took the time to express our gratitude for how grateful we are to spend another Thanksgiving with our peers and loved ones.

Hands of Heartland made visits and enjoyed

playing bingo, along with crafting and socializing. Table bowling was a lot of fun. Elders also enjoyed manicures and music, meditation exercises and audiobooks throughout the month.

We would like to take the time to thank Pastor Laura for playing the piano for elders. Everyone enjoyed listening to the music.

-Kelsey Williams, Business Office Coordinator



Les and his daughter wait for pie and apple cider.



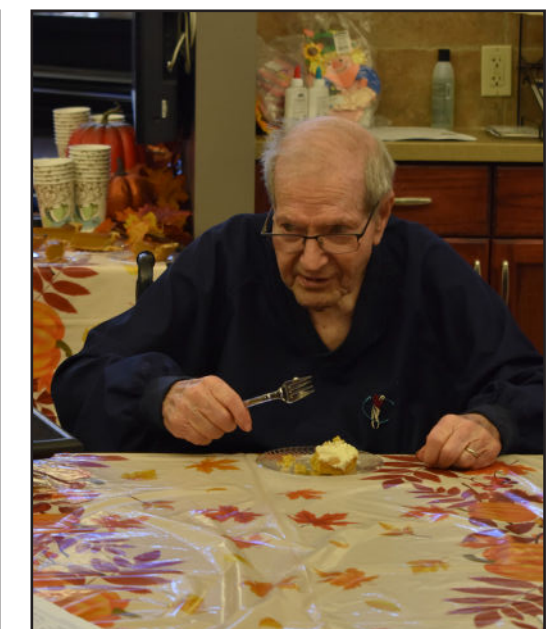
Nate serves apple cider to Roy and Marlin at the Sippin' on Cider event.



Cindy and Kaleb chat during Sippin' on Cider.



Bri asks Allan what type of pie he wants.



Russ enjoys a pumpkin bar.