

Embracing Fall

As autumn graces us with its crisp air and vibrant colors, it's the perfect time to celebrate the season's beauty. Fall offers a variety of activities and opportunities for enrichment and connection.

Seasonal Activities

Fall is a great time to explore new hobbies and participate in community events. Consider joining in pumpkin carving or painting or an autumn-themed craft. These activities not only foster creativity but also provide a wonderful opportunity to socialize and bond with friends and loved ones.

Health & Wellness

With the change in weather, it's important to stay proactive about health. Ensure you're equipped with warm clothing and blankets to stay comfortable. It's also an ideal time to review your health routines – perhaps schedule a check-up or flu shot to stay in good health. Regular exercise can boost mood and energy levels during cooler months, so be sure to join us for a group fitness class or chair yoga.

Nutritional Delights

Fall offers a bounty of seasonal produce. Enjoy hearty, nutritious meals featuring pumpkins, apples and squash. These foods not only taste great but are packed with vitamins that support overall health. Consider joining us for some fall baking or share a favorite autumn recipe with your friends.

Outdoor Enjoyment

Each fall, our campus transforms into a picturesque autumn landscape, with trees changing color and leaves carpeting the ground. Take time to enjoy this natural beauty from a cozy bench. It's a perfect way to unwind and appreciate the serene environment of the season.

Whatever activities you're interested in, we encourage you to participate in something new, attend fall-themed gatherings or simply spend quality time with loved ones this season.

HAPPY BIRTHDAY!



Oct. 4: Glen D. (90)
 Oct. 28: Leslie S. (95)
 Dec. 9: Wanda W. (95)

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WELCOME TO COTTAGE LIFE!

Marvin J.	Ladonna W.	Jackie C.
Daniel L.	Dean M.	Jane K.
Georgia H.	Helen O.	Charlene B.
Martin G.	Chuck W.	

ARE YOU ON THE LIST?



We distribute the newsletter via email. If you'd like to be included on the distribution list, send us your email address, and we'll keep you posted! Email us at

info@hillcresthealth.com to get started!



SAVE THE DATES

Oct. 9 & 15: Bellevue Berry & Pumpkin Ranch
 Oct. 27: Trunk-or-Treat
 Nov. 11: Veterans Day
 Nov. 28: Thanksgiving
 Dec. 25: Christmas
 Dec. 31: New Year's Eve

Check our monthly calendars for musicians, holiday light outings, Santa visits, socials and more!

SUPPORT GROUPS

Parkinson's Support Group

Join us for an open discussion about Parkinson's disease on the first Monday of every other month at 3 p.m. Our next meeting is Oct. 7. For more information, call Stephanie at (402) 885-7011.

Caregiver Connection

Join us for a conversation about dementia. A light meal will be provided. Our next meeting will be Wednesday, Jan. 15 at 4:30 p.m. For more information, call Heather at (402) 943-7947.

NEIGHBORHOOD News

Kaleb's Corner



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

As we transition into fall, we are grateful for the cooler weather and excited to witness the beauty of nature as the leaves change color. We all enjoyed the heat of the summer as we traveled around the Omaha area. It was truly a joy to see elders' faces

light up during trips to the Durham Museum, shopping at Shadow Lake Towne Center, fishing and spending time at the casino.

Another well-attended event was our second-annual Grandparents' Day Cookout. The day was filled with good food, great weather and wonderful fellowship. Activities like the dunk tank and bounce house provided excellent opportunities for fun and laughter. Thank you to all who joined us and helped make the day memorable – especially those who gave me a good, cold dunk in the dunk tank!

With the implementation of the Cliniconex messaging application, we aim to enhance communication and ensure that elders and their loved ones stay informed about special events at the Cottages. As we move forward, we will increasingly utilize this messaging app. Please remember that you can notify us at (402) 885-7000 regarding your preference for email, voicemail or text notifications.

We truly appreciate the trust you place in us for your care or the care of your loved ones.

-Kaleb Hight, Administrator

MEET THE LEADERSHIP TEAM

Administrator: Kaleb Hight	Assistant Administrator: Heather Penc	Director of Culinary: Kimberly McQuillin	Vice President of Facility Based Operations: Debbie Menzenberg
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CELEBRATING FAMILY ON GRANDPARENTS' DAY



Troy H. spends time with family at the Grandparents' Day Cookout.

For Grandparents' Day, we hosted a cookout where families came together to celebrate their loved ones in a lively atmosphere filled with delicious food, laughter and fun activities. Guests indulged in BBQ, fruit and sweet cotton candy. A bounce house and yard games kept the little ones entertained, while residents and their families shared joyful moments. Team members took on the challenge of a dunk tank, inviting everyone to take their shot at dunking them for a splash of fun. Kids and elders alike enjoyed getting their faces painted, adding to the festive spirit of the day. It was such a fun event. Thanks to all who came to celebrate with us!

–Kelsey Williams, Business Office Manager



Ray S., Joan B., Marian F. and Marion W. enjoy Independence Day fireworks.

SUMMER CELEBRATIONS

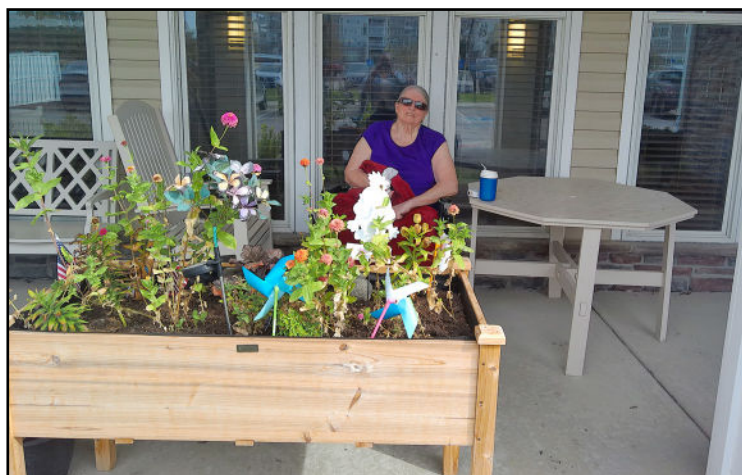
In July, we celebrated Independence Day with outdoor grilling and delightful side dishes. As the sun began to set, excitement grew among our elders, who eagerly anticipated fireworks. Our team took great care to ensure a safe and fun experience. The beautiful weather added to the vibrant atmosphere, with warm temperatures and a subtle breeze, encouraging everyone to spend time outdoors. The combination of good food, engaging conversation and fireworks created a sense of community and togetherness.

–Kelsey Williams, Business Office Manager

SUNNY GATHERINGS

In August, elders enjoyed a variety of summer activities, fully embracing the pleasant weather on the patios in the mornings and late afternoons. Elders gathered to sip refreshing lemonade, listen to music and engage in lively conversations while soaking up the sun. They participated in crafting sessions that fostered creativity, connection and a sense of accomplishment. Another fun highlight of the month was a trip to the Durham Museum, where they explored fascinating exhibits.

–Kelsey Williams, Business Office Manager



Kathy W. relaxes on the patio.

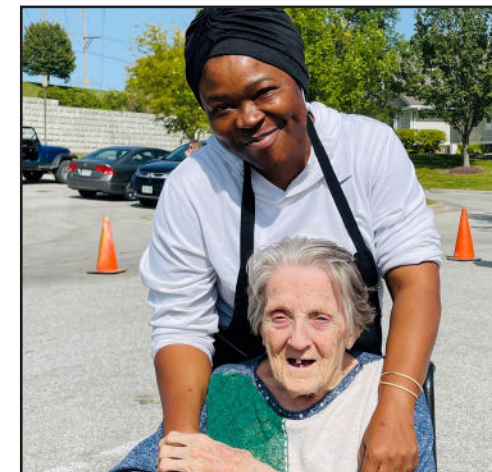
SNAPSHOTS



Doris W. celebrates her 104th birthday.



Trish K. and Michelle A. soak up the sun at the Grandparents' Day Cookout.



Mary and Waz make the most of a beautiful day together at the Grandparents' Day Cookout.



Cindy G. gets her face painted at the Grandparents' Day Cookout.



Karen G., Debbie C., Bennie B., Dee S., Don T., Karen G. and a visitor wait for fireworks.



Alan and his daughter Sarah enjoy the great outdoors during our fishing trip.



Helen F. and her daughter pose for a photo at the cookout.



Janet and her family sit in the shade at the cookout.