

"The best and most beautiful things in the world cannot be seen or even touched; they must be felt with the heart." - Helen Keller

February 2024

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 50+ years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Some use Valentine's Day as an opportunity to spend quality time with one another, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy. Show your Valentine's Day spirit by decorating cupcakes or cookies in your favorite red or pink toppings.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.

FEBRUARY BIRTHDAYS

Feb. 4: Stephen P.	Feb. 21: Joseph H.
Feb. 9: Pamela W.	Feb. 23: Jo S.
Feb. 9: Wilma W.	Feb. 27: Carol S.
Feb. 14: Robert D.	Feb. 28: Donald T.
Feb. 20: Glenn R.	

WELCOME TO COTTAGE LIFE!

George N.	Barbara T.	Richard H.
Trudy W.	Diana S.	Sharon E.
Doris B.	James P.	Ron E.
Walter P.	Helen F.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

ASSISTANT ADMINISTRATOR:

Heather Penc, (402) 885-7014

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 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!



FEBRUARY HIGHLIGHTS

Feb. 2: Groundhog Day
Feb. 11: Super Bowl Sunday
Feb. 13: World Radio Day
Feb. 14: Valentine's Day
Feb. 17: Random Acts of Kindness Day
Feb. 20: National Muffin Day

FEATURED EVENT

Valentine's Day Party

Thursday, Feb. 15, 1:30 p.m.

Elders will decorate cookies with volunteers and enjoy Valentine's Day refreshments.

Kaleb's Corner



Hello, elders and loved ones. Thank you for the opportunity to serve you at Hillcrest Country Estates Cottages. As I write this newsletter, we just came out of a deep freeze with a heavy dose of snow. Brrr...

Some of our furnaces did not like the extreme cold. Thankfully, we have established good partnerships with local vendors who are responsive to our needs! We were able to have them on site quickly, restoring heat. Our team's mission is to ensure that we are preparing for and able to execute plans to address extreme weather events in order to keep you and your loved ones safe and secure.

An acquaintance of mine who worked as a policy writer for nuclear power plants told me that communities like ours are a close second to nuclear power in terms of regulations. I believe the extra preparation we take helps us remain vigilant in key situations. We value our aging adults and want to ensure all aspects of their care is achieved.

Now, when does spring arrive in Nebraska?

-Kaleb Hight, Administrator

ELDERS IN ACTION

There are so many exciting upcoming activities here at the Cottages. Guitars for Vets will stop by to play music for our elders. We will also have Merrymakers perform for us. Elders really enjoy live entertainment. It's fun to see what songs get them moving! We are also planning on bringing out more high school students to participate in craft group activities. This intergenerational socialization really puts a smile on elders' faces.

For Valentine's Day we will participate in a decorating contest. Elders and team members will work hard to be the best decorated cottage! The winning cottage will enjoy a pizza party! Feb. 17 is Random Acts of Kindness Day. We challenge everyone to go out of their way to be kind to one another, whether it be a simple compliment, sharing words of encouragement or a nice, simple smile.

-Heather Penc, Assistant Administrator



Alicia celebrates the start of a new year.



Marlin says "cheers" to a new year.



Allan is excited for what 2024 has in store.



Roy enjoys punch at the New Year's Party.



Russ rings in the new year in style.

A MONTH IN REVIEW

We hope you are having a great start to the new year! Here at Hillcrest Country Estates Cottages, we have been enjoying fun winter arts and crafts. Pet visits have been a favorite as well. Having Pluto and Tink here to visit is always nice.

Hands of Heartland also stopped by to play bingo with elders while the weather permitted them to do so.

Another game elders liked participating in was music trivia. In January they were tested on their 1960s music knowledge. Meditation and breathing exercises have been helpful in reducing stress and depression during the very cold days, and popcorn and movies provided tons of laughs and bonding time amongst peers!

-Kelsey Williams, Business Office Manager



The Valentine's Day tree in Cottage 60 brings joy to elders and visitors.



Allan and Alicia concentrate on the song that's playing.



Nate says "good morning" to Allan before music trivia.



Nate asks Marlin and Janet if they know much about 1960s music.