

"The magic in new beginnings is truly the most powerful of them all."
- Josiyah Martin

January 2024

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Celebrate National Hobby Month

The holidays are over, and everyone is looking forward to a new year full of unique opportunities. January is National Hobby Month so it's a great time to get back into an old hobby or dive into a new one.

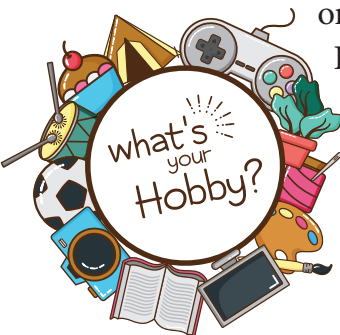
Hobbies can be many things. From crafting to cooking to playing piano, there's something for everyone. These activities are typically something you pursue during your free time and can allow you to have some personal time away from the stress of everyday life.

Spending time doing something you enjoy is great for your mental health. Engaging in these activities can improve mood, confidence and self-esteem. It can also foster friendships.

Individuals who share the same hobby may become close friends and can participate in the hobby together. If you love to read in your free time, joining a book club can create relationships with others who enjoy a good book. You can also spend time with someone who may be interested in your hobby but has not yet tried it. Helping others develop their skills is a great way to build relationships.

Don't have a hobby? As we roll into the new year, this is a great opportunity to try something new. Ask a friend what they enjoy doing in their free time. Step out of your comfort zone and try a new craft project

or learn how to play dominoes. At Hillcrest, there are many unique activities you have a chance to participate in. Ask your cottage guide about what fun hobbies you can start your new year off with.



JANUARY BIRTHDAYS

Jan. 1: Ronald L. Jan. 7: Ester D.
Jan. 1: Connie W. Jan. 19: Teresa F.
Jan. 2: Russell S. Jan. 21: Allan L.

WELCOME TO COTTAGE LIFE!

Wilma W. Norman G. Helen F.
Kathleen B. Richard H.

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:

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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!

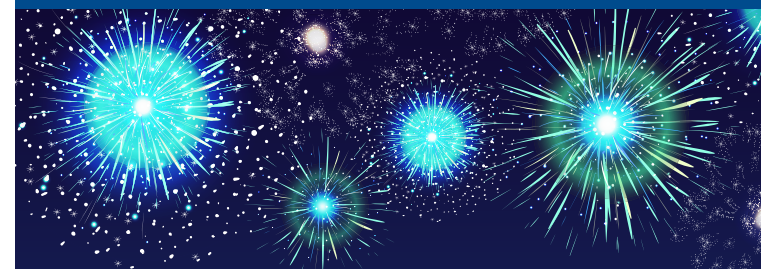


JANUARY HIGHLIGHTS

Jan. 1: New Year's Day
Jan. 3: Mind-Body Wellness Day
Jan. 16: Martin Luther King Jr. Day
Jan. 25: Opposite Day
Jan. 26: Spouses Day
Jan. 29: Puzzle Day



FEATURED EVENT



New Year's Party

Friday, Jan. 5, 2 p.m.

Let's celebrate the new year! Join us for light refreshments, music and fellowship.

Kaleb's Corner



Hello, elders and loved ones. Thank you for the opportunity to serve you at Hillcrest Country Estates Cottages. I hope the holidays were filled with family and friends!

For several months Hillcrest leadership and Dr. Anna

Fisher had been discussing her future with Hillcrest and her desire to focus more on national initiatives and other passion projects she personally enjoys. As you may know, she is involved nationally with several American Health Care Association (AHCA) committees and serves in federally-appointed roles on the National Advisory Committee on Seniors and Disasters (NACSD) as well as the Moving Forward Coalition. In addition, she has been a faculty member at Bellevue University for many years. Thus, Dr. Anna has expressed her desire to leave her full-time role as Director of Education at Hillcrest in order to focus on these and many other pursuits. We appreciate her incredible dedication to Hillcrest over the past 23 years. Dr. Anna has clearly left an indelible mark on Hillcrest throughout her tenure, especially related to our quality assurance, customer service and dementia care programs.

On behalf of the Cottages team, we would like to thank Dr. Anna for her advocacy for our elders and ensuring the highest quality of care for them through training and education of our team. We wish her well!

-Kaleb Hight, Administrator

ELDERS IN ACTION

The month of January looks to be a little more like winter. On New Year's Eve we celebrated early with a ball drop at noon. We look forward to 2024 and all of the new and exciting things it will bring. We will be doing winter crafts, such as making snowflakes, and dressing owls up for winter. We look forward to our weekly visits from Hands of Heartland, as they join us to play bingo. In these colder months we

enjoy sitting by the fire and singing hymns as well as listening to music. We have many entertainers coming to the Cottages this month so there will be plenty of opportunities for our elders to sing along. We also look forward to more visits from Pluto and Tink, our volunteer pets. Who doesn't love a good hug from a dog or cat on a cold winter's day?

-Michelle Adams, Cottage Guide



Allan and Michelle pause for a photo during physical therapy.



Ben 'Felix' Ungerman, chief of staff for Congressman Don Bacon, presents a flag, which was flown over the State Capitol, to Administrator Kaleb Hight.



Allan and Marlin watch as the flag is hung in Cottage 40.



Betty and Connie decorate holiday cookies.



Marlin watches Pastor Laura play piano.

A MONTH IN REVIEW

We spent the last month of the year with holiday cheer! There were a lot of holiday crafts. We made winter mason jars and gingerbread crafts, painted ornaments and created snow globes.

Crafts weren't the only festive activity in December. Elders also participated in games of reindeer ring toss, put up holiday lights and decorated cookies with

Ralston High School students.

Elders took a bus ride to tour the Christmas lights out in our local communities. They really enjoyed seeing the beautiful scenery. This time of the year brings joy and warmth in our hearts. I am wishing everyone a happy New Year!

-Kelsey Williams, Business Office Manager



Santa Comes to Town

Top Left: Santa hands Janet a gift.
Top Right: Nate, Renee, Laura, Izzy and Gibril pose for a photo with Santa.

Far Left: Roy and his daughter say "hi" to Santa.

Left: Santa and Russ shake hands.
Above: Santa and Carol chat about Christmas.