

*"May every sunrise hold more promise and every sunset hold more peace." - Umair Siddiqui*

July 2023

# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

## Hydration Station

Mixing up refreshing beverages is a great way to stay hydrated when things start warming up outside. From something as simple as cucumber water or lemonade to DIY electrolyte concoctions, there are more ways than ever to quench your thirst.

A current widespread social media trend involves flavored powders and syrups you can add to plain water to give it some flavor. While some question whether this is still considered "water," the hydrating factor is there.

Adding simpler ingredients, such as citrus, melon, mint, ginger, lavender and the aforementioned cucumber, can inspire you to drink more water. Mixing and matching is encouraged. Flavors, such as mint and lime or watermelon and basil, can be incredibly revitalizing, while giving you a little vitamin boost.

Hydration is essential to your health, especially during the heat of the summer. While most beverages can help meet your required daily fluid intake, some are better for you than others. For example, did you know that if you're dehydrated, milk is one of the best ways to restore hydration? This is due to its carbohydrates and electrolytes, which help your body absorb that all-important fluid better.

Drink your water in whatever form you prefer whether it's juice, coffee or by adding powders and syrups. Stay safe and have fun. Cheers!



## JULY BIRTHDAYS

July 2: Leone L.      July 12: Marlin D.  
July 3: Joan W.      July 15: Patricia K.  
July 8: Margaret C.      July 18: Janet C.

## WELCOME TO COTTAGE LIFE!

Joan W.      Pearl B.  
Troy H.      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!



## JULY HIGHLIGHTS

July 1-31: National Watermelon Month

July 4: Independence Day

July 25: National Hot Fudge Sundae Day

July 30: International Day Of Friendship

## FEATURED EVENT



## Hot Fudge Sundae Day

Wednesday, July 26  
12-2 p.m.

Join us in your loved one's cottage to make sundaes in celebration of National Hot Fudge Sundae Day.

RSVP by July 21 to  
(402) 885-7000.

## Kaleb's Corner



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

As the weather continues to heat up and the days get longer for our summer months, we are focusing on keeping our elders cool and comfortable. When firing up

some of our A/C units this spring, we had some failures that caused us to replace several units. During that time, we brought in personal A/C units as needed to ensure that we maintained a safe temperature for our elders. We appreciate everyone's patience with any inconvenience this caused. Thankfully, we have a responsive HVAC partner who is quick to provide service because they understand how important our elders are.

This fall, Hillcrest is transitioning to a new electronic medical records system called PointClickCare. This new system is more robust in its capabilities and is utilized by more than 70% of the long-term care communities in the nation. I'm looking forward to having the ability to directly communicate general announcements and schedule family meetings from a communications partner within PointClickCare. Communications of a change in condition is not only required, but allows us to ensure the elders' wishes are being carried out by including their loved one's knowledge and consent when appropriate.

We strive to continually improve our services and care. Please feel free to advocate on behalf of yourself or your loved one. Knowing how we can better serve you gives us an opportunity to meet your expectations. Please have a safe and enjoyable Independence Day!

-Kaleb Hight, Administrator

## ELDERS IN ACTION

This summer is moving quickly. We will be celebrating the Fourth of July with some fun and safe snappers and poppers. Elders will enjoy the holiday with grilled hamburgers and hot dogs for lunch. All month long, elders will watch their caterpillars turn into cocoons and then become beautiful butterflies. The butterflies will be released into the flower gardens on our patios a few days after they hatch.

Some of the elders will spend much time gardening this month. We have radishes, tomatoes and peppers growing in the garden. They look forward to nurturing the plants by watering and keeping the garden clean.

As the summer sun continues to warm us, lemonade on the lanai will continue to help squash that summer heat. Elders have enjoyed watching the birds. They always have a great time feeding them and listening to their sweet songs. The Echo Dot in each cottage has become a hit, and elders love to request a favorite song or two while they are out in the great room. Elders here at the Cottages have also enjoyed talk radio and listening to audiobooks with the Echo Dot, through the book club and Nebraska Public Libraries.

**-Michelle Adams, Cottage Guide**



**Pete, Alicia, Nate and Carol eat brunch together in celebration of Father's Day.**



**Janet enjoys time visiting with family.**



**Bev works on her red, white and blue golf tee frame.**



**Russ and his daughter spend time together for Father's Day.**



**Donna shows off her Father's Day frame.**

## A MONTH IN REVIEW

Last month, we had the pleasure of celebrating elders during our Father's Day Brunch. During the brunch, we also had a fun golfing activity. Elders and their families had a blast!

Elders, with assistance from team members, have been out in the garden nurturing and watering the plants. We love watching them grow. Each cottage has also been able to spend some time out on the patio

playing outdoor music trivia and eating ice cream.

Elders enjoy having spa days each week, as well as movie nights, bingo, arts and crafts and visits with Chaplain Jerry. This month at the Cottages, we plan to celebrate National Hot Fudge Sundae Day with some ice cream and an assortment of toppings! We hope to see you there for a sweet treat.

**-Kelsey Williams, Administrative Office Coordinator**



**Fred and his wife laugh while enjoying a meal together.**



**Joan aims for the hole in a golf game.**



**Sue eats a cupcake at the Father's Day Brunch.**



**Rose spends time with family on the patio.**



**Glenn and his daughters pose for a photo at the Father's Day Brunch.**