

"March is an example of how beautiful new beginnings can be."

- Anamika Mishra

March 2024

# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

## St. Patrick's Day Traditions

St. Patrick's Day is all about honoring the patron saint of Ireland, Saint Patrick, and embracing the rich traditions and culture of the emerald isle.

Do you know why we wear the color green on St. Patrick's Day? Traditionally, the color green represents Ireland, its lush landscape and shamrocks. Wearing green is a symbol of Irish nationalism. It is also said that wearing green can protect you from getting pinched by leprechauns. According to Irish folklore, leprechauns pinch anyone they see, and they can't see the color green.

Stories say that leprechauns mend shoes for other fairies and hide gold coins at the end of rainbows. They are grumpy, mean and best known for their trickery. The leprechaun has been associated with Irish culture for centuries, longer than St. Patrick's Day itself. The mythical creatures became a symbol of the holiday in the mid 1900s when St. Patrick's Day celebrations became more popular in the United States. Leprechauns are also a symbol of luck. It is said that capturing these small fairy-like creatures will secure luck as well as three wishes.

Another Irish symbol associated with luck is the shamrock. The Celtic druids started this three-leaf clover on the path to becoming a symbol of luck. Celts believed that three was a divine number and everything important in the world came in threes. When St. Patrick brought Christianity in Ireland, he also used the shamrock as a metaphor in his teachings. The three leaves are said to represent faith, hope and love. If someone were to find a rare four-leafed clover, then the fourth leaf would represent luck.

We hope you find a bit of luck this St. Patrick's Day. Just be sure to wear green and be on the lookout for the mischievous leprechaun.

## MARCH BIRTHDAYS

March 9: Mary Y.      March 14: Nicholas W.  
March 11: Eunice B.    March 17: Genevieve H.  
March 12: Dorothy J.

## WELCOME TO COTTAGE LIFE!

Mary Y.      Marvin R.      William E.  
Janice S.      Marilyn K.      William B.  
Judith Z.      Dorothy J.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

### ASSISTANT ADMINISTRATOR:

Heather Penc, (402) 885-7014

### DIRECTOR OF SENIOR LIVING SALES:

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?

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!



## MARCH HIGHLIGHTS

March 10: Daylight Saving Time  
March 14: Pi Day  
March 15: St. Patrick's Day Party  
March 17: St. Patrick's Day  
March 22: Easter Egg Dyeing  
March 31: Easter Sunday



## FEATURED EVENTS

### Welcome Home, Vietnam Veterans

Vietnam-era veterans were not properly welcomed home as heroes. Join us as we honor veterans and their families for their service and sacrifice.

#### Tuesday, March 5

Cottage 40 – 10 a.m.  
Cottage 50 – 10:30 a.m.  
Cottage 60 – 11 a.m.

#### Wednesday, March 6

Cottage 70 – 2 p.m.  
Cottage 80 – 2:30 p.m.  
Cottage 90 – 3 p.m.

#### Thursday, March 7

Cottage 72 – 2 p.m.  
Cottage 82 – 2:30 p.m.



## Kaleb's Corner



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

I would like to take a moment to highlight a few key leaders at the Cottages. Heather Penc has been with the Cottages for four years and has been participating in

an Administrator in Training program to prepare her to take the National Nursing Home Administrator Licensing test. She recently passed her exam and has been promoted to assistant administrator. Heather is a dedicated team member and has built a reputation of follow through and consistency.

Kelli Gregerson is our Director of Clinical Services who rejoined the team in December. Kelli has previous nursing leadership experience, having served in this same role with the Cottages in 2018. She remarked that she missed the cottage model and was excited to return. Kelli has already made great strides in providing strong leadership to our nursing team.

Another team member I'd like to highlight is Michelle Adams. Michelle previously served as a cottage guide and has transitioned to a social services role. She will now assist with admissions, discharge planning, life plan meetings and the social needs of our elders. Michelle is excited to settle into her new role improving elders' experiences at Hillcrest Country Estates Cottages.

We appreciate all of the work these leaders do for our elders and are happy to have them as a part of the team.

-Kaleb Hight, Administrator

## ELDERS IN ACTION

Throughout the first week of the month, we will be honoring our Vietnam veterans. Military personnel will stop by to pin each of our heroes. We invite families to join us for this special ceremony.

Later in the month, we will be participating in many St. Patrick's Day and Easter crafts. Ceramic painting is one of the favorite crafts among elders here

at the Cottages. We are also having entertainment by MerryMakers and Guitars for Vets. Hands of Heartland will be back again as well to play bingo with elders in each cottage. There's a lot to look forward to this month, and we hope elders enjoy all of the amazing activities we have planned.

-Kelsey Williams, Business Office Manager



### Valentine's Day

**Top Left:** Mary, Yvonne, Leah, Trish, Sue, Joan and Arlyne dress in reds and pinks for Valentine's Day.

**Top Right:** Marian decorates a cookie with pink frosting.

**Far Left:** Dee adds decorations to her Valentine's Day cookie.

**Left:** Debbie makes a heart out of frosting.

**Above:** Leah works with a volunteer to decorate cookies.

## A MONTH IN REVIEW

Last month, we shared a lot of smiles, had some great laughs and made wonderful memories.

Guitars for Vets a non-profit organization designed to put guitars in the hands of veterans. This group stopped by the Cottages last month to share the healing power of music. Thank you for your service, and thank

you for taking time to visit our elders.

February was filled with many different Valentine's Day crafts, cookie decorating and decoration contests. We also celebrated Mardi Gras with hats, beads and a ton of fun.

-Kelsey Williams, Business Office Manager



Allan celebrates Mardi Gras in style.



Janet shows off her Mardi Gras beads.



Phil takes a fun photo for Mardi Gras.



Marjorie enjoys the Guitars for Vets performance.



Elders watch a performance by Ray and Jim from Guitars for Vets.