

"You only live once, but if you do it right,  
once is enough." —Mae West

April 2020

# NEIGHBORHOOD News

A monthly newsletter for the Cottages  
at Hillcrest Country Estates

## The History of Arbor Day

When you think of Nebraska you probably don't think of trees. In fact, according to thestacker.com, Nebraska is rated as the second least woodsy state right after North Dakota! So it might surprise you to find out that Arbor Day was first started in Nebraska.

According to arborday.org, it was the lack of trees that inspired J. Sterling Morton to become an advocate for tree planting. As the editor for a large Nebraska newspaper in the late 1800s, Morton wrote columns and editorials about the importance of trees. He also encouraged civic organizations and community groups to do their part to plant trees. Many of the people who lived in the area were pioneers who had come from states that had more forests and they missed the shade and the agricultural benefits of from them.

Eventually, Morton became the secretary of the Nebraska Territory and it was through that role that he was able to propose Arbor Day to the State Board of Agriculture. The first Arbor Day took place on April 10th, 1872. It is estimated that more than one million trees were planted that day. When Arbor Day became a federal holiday the date was changed to the last Friday of April, which means this year it's on the 24th.

Arbor Day is a great excuse to go outside and appreciate the outdoors and the trees that bring so much beauty to the world around us. So make sure to celebrate this original Nebraska holiday!



## APRIL BIRTHDAYS

April 1: Deanna Povich  
April 2: Myra White  
April 27: Margaret Mullin

## WELCOME TO COTTAGE LIFE!

Roberta Lee Cline  
Richard Steinhilber  
Lola Bakken  
Barbara Buffington  
James Schneider  
Genevieve Price  
Gerardo Campbell  
Margarita Falcon

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Tara Gabel, (402) 885-7010

### DIRECTORS OF CLINICAL SERVICES:

Tami Harms, (402) 885-7021

Loretta Pierce, (402) 885-7280

### DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

### DIRECTOR OF CULINARY:

Jamie Hobson, (402) 885-7019

### DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

### REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

## ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the distribution list, please contact Abby at (402) 885-7000.



## APRIL ACTIVITIES

Though we've had to modify our regular group activities, we will be filling the month with a lot of entertaining one-on-one activities. The Cottage Guides have been brainstorming and we've come up with a lot of different ways to fill the time. We're going to have fun, despite the necessary safety precautions!

- Personalized tea parties
- One-on-one gardening
- Games
- Painting
- Magazines
- Skyping family members
- Journaling
- Writing to pen pals
- Science experiments
- Puzzles
- Door-to-door snack cart
- Personalized spa days
- Listening to the radio
- Crafts
- Reading
- Origami
- Movies
- Trivia

## Tara's Take



March brought many changes to The Cottages and our community. I am focused on increasing communication for families and elders. We are trying to be as creative as possible at this time. I would like to ask family members to send me their email address, as I want to keep everyone as up-to-date as possible. My email

is [tgabel@hillcresthealth.com](mailto:tgabel@hillcresthealth.com).

In coordination with my Directors of Clinical Services and Cottage Guides, we have increased our focus on the mood of the elders to ensure that we are meeting their needs and supporting them. I would also like to support the families and friends of the elders at this time, and I am willing to do whatever possible to connect and communicate with you. Please let me know if you have questions, concerns or need updates at any time.

Thank you so much for your patience and understanding as we work to continue enhancing the lives of aging adults. For the latest updates on the precautions we are taking to protect our elders visit our website - [hillcresthealth.com/covid-19](http://hillcresthealth.com/covid-19).

—Tara Gabel, Administrator

## Pen Pal Program

Keep in touch with your loved one by emailing letters, photos and more to [letters@hillcresthealth.com](mailto:letters@hillcresthealth.com). Be sure to email to the attention of your loved one at The Cottages.

## ELDERS IN ACTION

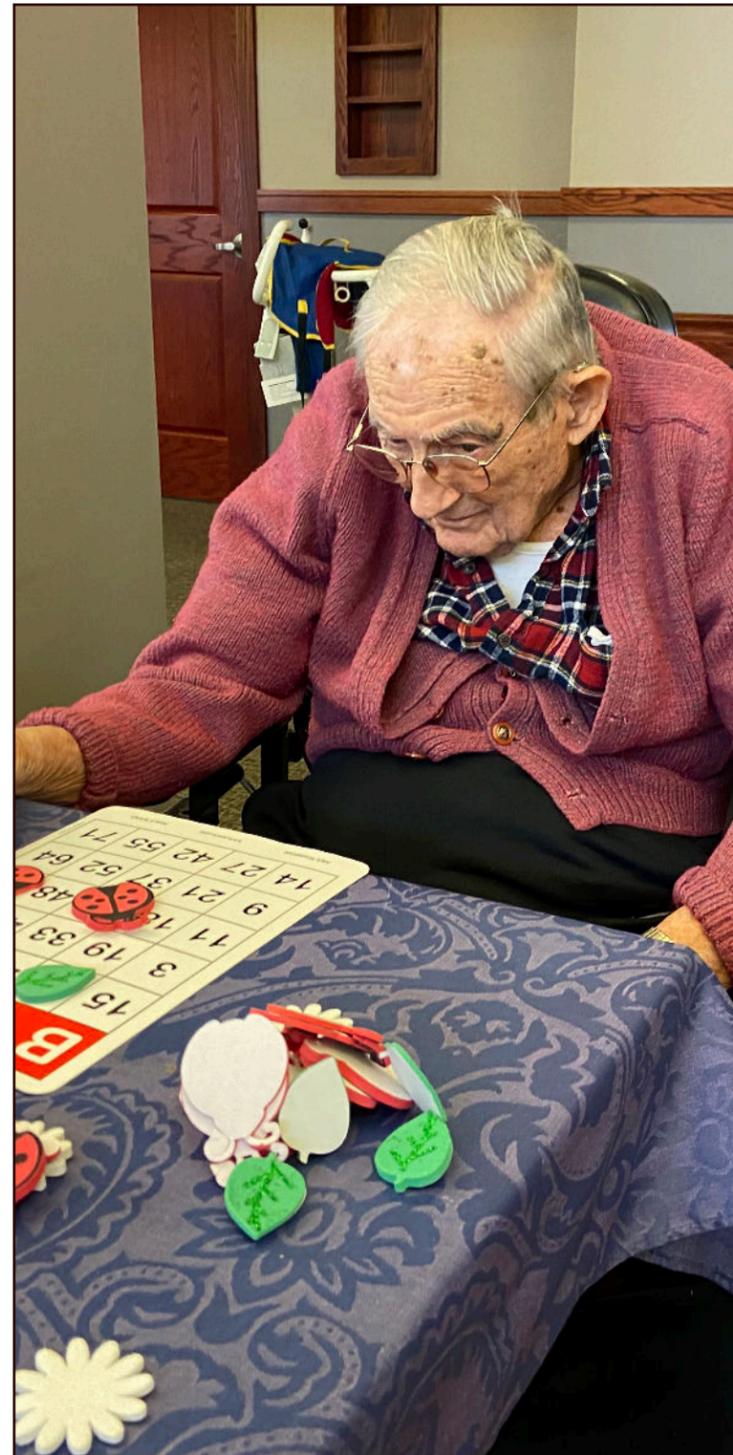
Although COVID-19 has canceled our outings we are trying to have as much fun as possible here at The Cottages. On April 16th we will be having a pajama day! Both the team members and elders get to join in on the fun. We also have a lot of indoor activities planned. Two of our cottages are hand

making hair clips! We have bingo, spring time crafts and also baking planned in the Cottages. We are Skyping with family members that are unable to visit, writing letters to family members and our new pen pals!

-Abby Brandt, Administrative Assistant



Anna enjoys a coffee at Dunkin' Donuts.



Pete plays spring-themed bingo.



John and Robin take a fun selfie.



Elizabeth shows off her hand-decorated hat.

## A MONTH IN REVIEW

In early March, Cottages 40 and 50 were able to take a trip to SmallCakes Cupcakery for some yummy treats! They enjoyed all the flavors, from chocolate to red velvet. SmallCakes has very quickly become one of our favorite outings and their employees are amazing

to us. They are all ready for spring to arrive and they have bright and colorful cupcakes on display with pink, green and yellow frosting. We can't wait to go back in a few months!

-Abby Brandt, Administrative Assistant



Pete, Tom and Fred eat cupcakes.