

"Keep planting and sowing, living and knowing. Beautiful things take time, and that's okay." - Morgan Harper Nichols

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



The History of Earth Day

In April, we begin to see more rain and less snow. Budding flowers start coming into view, and warmer weather is just on the horizon.

We celebrate all of this amazing beauty happening in the world around us on April 22, Earth Day.

Earth Day began in 1970 in the U.S., but it wasn't until 1990 that Earth Day became a global event to raise awareness about environmental issues. The first Earth Day remains the largest single-day protest in human history. More than 20 million people showed support for the environmental issues the U.S. was facing. In 1990, one of the original coordinators of the event took this international and organized Earth Day events in 141 nations.

Today, people celebrate Earth Day by picking up litter, planting trees, recycling and much more.

Though Earth Day falls in April every year, there are many ways to preserve the beauty of the world around us throughout the entire year. These include conserving energy, limiting water usage, finding transportation alternatives like walking or biking, shopping with reusable bags and drinking from reusable water bottles.

Most importantly, we can spread the word and teach generations to come how important it is to keep our environment and world clean, healthy and happy.



APRIL BIRTHDAYS

April 6: Donna H. April 17: Geraldine D.
April 10: Clair S. April 26: George H.
April 11: Julie

WELCOME TO COTTAGE LIFE!

Patricia W. Michael K.
Beverly H. Linda K.
Nancy M. Patricia C.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 682-6811

DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

John Severson, (402) 885-7018

REGIONAL AREA DIRECTOR:

Tammy Deemer, (402) 982-9376

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!



APRIL HIGHLIGHTS

- April Fools' Day
- World Health Day
- Earth Day
- Easter Sunday
- National Arbor Day

FEATURED EVENT

Easter Bunny Visit

Friday, April 15
All Cottages

The Easter Bunny will be delivering Easter baskets and goodies to elders.



Katrina's Comments



As we embrace the coming of a new season, we welcome many new team members to the Cottages. Our families enjoyed meeting and getting to know Matthew Runquist, our new cottage guide, and Nate Jensen, our new dimensions coordinator.

We thank you for coming out to the Cottages and socializing with us.

In the welcoming spirit, we reintroduced Michael Aubrey to our team at the end of March. He is the new assistant administrator. We are also getting ready to welcome English Camero in her promotion to director of clinical services at the end of April.

Join us for a meet and greet at our administrative building on May 2. Families can get to know the amazing individuals who will be guiding the care of our elders.

We are very excited as we continue to grow our team here at the Cottages, and we look forward to the wonderful relationships we will cultivate with our elders and families.

Thank you so much to our friends and families for all of your support! It is, indeed, a great pleasure to service this community.

-Katrina Bruner, Administrator



ELDERS IN ACTION

As we welcome in April, we celebrate April Fools' Day with jokes and fun. April 8 is National Zoo Day, so activities surrounding animals will be on our schedules. We plan to bake pineapple upside down cake April 20 for National Pineapple Upside Down

Cake Day. April 21 is National High Five Day, so make sure you high-five your neighbor! We will also be reading poems on April 29 for National Poem Day. We look forward to celebrating these holidays this month.

-Michelle Adams, Cottage Guide

Kings & Queens of Mardi Gras

Right: Clair S. is crowned Mardi Gras King in Cottage 70.

Far Right: Julie G. places a marker on her bingo card.

Below: Olga K. gets ready for Mardi Gras bingo.

Bottom Right: Elders choose from a variety of prizes during Mardi Gras bingo.



Storytelling

Elders celebrated Read Across America Day on March 2 by listening to stories.

Far Left: Nate reads a short story to Bernice and Karen for Read Across America Day.

Left: Dorris eats popcorn as she listens to a short story.

A MONTH IN REVIEW

In the month of March, there were a variety of fun activities that took place. Everyone dressed "funky" for Mardi Gras, and we enjoyed cupcakes and hors d'oeuvres along with some Mardi Gras bingo. The cottage guides put together a sweet and salty treat for a Cat in the Hat activity, and Nate, our dimensions coordinator, read stories in each cottage. Cottage 70 enjoyed painting rainbows and flowers and getting

in the "spring spirit." Our elders also enjoyed making shamrocks and doing fun activities for St Patrick's Day. We hope that April brings some warm weather so we can get elders out for a breath of fresh air and to enjoy some outdoor activities. I believe April will be a month of rebirth, regrowth and renewal!

-Kelsey Williams, Administrative Office Coordinator



Lucky the Leprechaun

Top Left: Kay receives chocolate coins from Lucky the Leprechaun.

Top Center: Fred smiles at Lucky the Leprechaun and thanks him for the chocolate.

Top Right: Ed is excited about his sweet treat for St. Patrick's Day.

Left: Denise smiles big for a photo with Lucky the Leprechaun.

Above: Patricia shakes hands with Lucky the Leprechaun after he gives her chocolate coins.