

"Sweet April showers do bring May flowers."

- Thomas Tusser

April 2023

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Celebrate National Garden Month

Gather your gardening tools, and don't be afraid to get your hands dirty. April is National Garden Month! April became National Garden Month in 2003 after the National Gardening Association realized one week in April wasn't a long enough celebration. Listed below are some activities for you to enjoy for National Garden Month.

Plant seeds

April is the perfect time to grab your friends and some seeds and have a seed-planting party. You can plant your favorite flower or vegetable seeds in small containers and watch them grow throughout the month. When they get too big for their starter container, move them into a bigger pot or outdoor garden.

Sit among the flowers

If you aren't ready to dive into planting seeds or flowers, you can still enjoy gardens this month. As the weather warms up, find time to sit outside in the courtyard, on your patio or wherever you can enjoy the beauty of a blooming garden. You can also visit many gardens from around the world virtually by searching them online. Taking in a garden's natural beauty can be very relaxing and decrease stress.

Share your gardening knowledge

Many gardeners love to share what they know with their friends, family and the next generation. Organize a plant or seed swap with those you're close to and educate them on how you like to care for that plant. There's always more to learn when it comes to gardening.

There are many more ways to prepare gardens for summer or simply enjoy their natural beauty. How will you celebrate National Garden Month?

APRIL BIRTHDAYS

April 6: Donna H.	April 20: Roger H.
April 10: Dolores K.	April 21: Margaret L.
April 12: Warren P.	April 22: Karen G.
April 18: Sheri S.	April 24: Helen P.
April 19: Susan B.	April 26: George H.

WELCOME TO COTTAGE LIFE!

Kathleen H.	Ruth F.
Mary S.	Chris A.
Keith B.	Margaret L.
Sue M.	Janet H.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:

Inglish Camero, (402) 885-7333

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!



APRIL HIGHLIGHTS

April 1: April Fools' Day
 April 9: Easter Sunday
 April 10: National Siblings Day
 April 22: Earth Day
 April 29: International Dance Day

FEATURED EVENT



Easter Egg Decorating

Friday, April 7, 2-4 p.m.

Enjoy pastries, juice and coffee while decorating Easter eggs with your loved one.

RSVP to (402) 885-7000.

Michael's Column



Spring is finally here! We are excited to see new life join us as flowers bloom and trees turn green again. March brought green to each of our cottages as our elders decorated for St. Patrick's Day. On St. Patrick's Day, each cottage set up a photo booth complete with props and a backdrop. As elders and

visitors snapped photos, our team printed a photo collage for each person.

We are excited for our next family event, Easter Egg Decorating. Please join us in your loved one's cottage on Friday, April 7, from 2-4 p.m. a fun afternoon of decorating Easter eggs.

We are also excited to introduce our new administrator Kaleb Hight. Kaleb has an extensive background in senior living and is moving from South Dakota with his family to join the Cottages team. Kaleb will be making rounds through our cottages to introduce himself and integrate to cottage life.

As we roll into spring, we continue to follow CDC guidelines and regulatory requirements to keep elders safe and healthy. This includes our use of surgical masks as a precaution and N95 masks in cottages where known or suspected cases of COVID-19 are present. When visiting your loved one, please help us promote safety and health by continuing to mask during your visit.

We ask you to please sign in and out for each visit. These visitor logs are for in-cottage visits and are meant to assist in case of emergency. These logs will not replace the elder sign-out process, which is used when taking your loved one out of the cottage.

-Michael Aubrey, Assistant Administrator

ELDERS IN ACTION

Spring is officially here! With better weather on its way, many elders are looking forward to spending time outdoors. Elders in Cottage 70 are excited to start planting seeds in their garden again this year.

The jokes on you April 1, so tell a joke to a peer. We love to spread laughter throughout the cottages. We will also be celebrating Easter with family on

April 7. Join us as we decorate Easter eggs together from 2-4 p.m. Elders always look forward to having visitors. They really enjoy seeing their loved ones and celebrating special holidays with them by participating in group activities. We can't wait to see what colors everyone chooses for their eggs!

-Michelle Adams, Cottage Guide



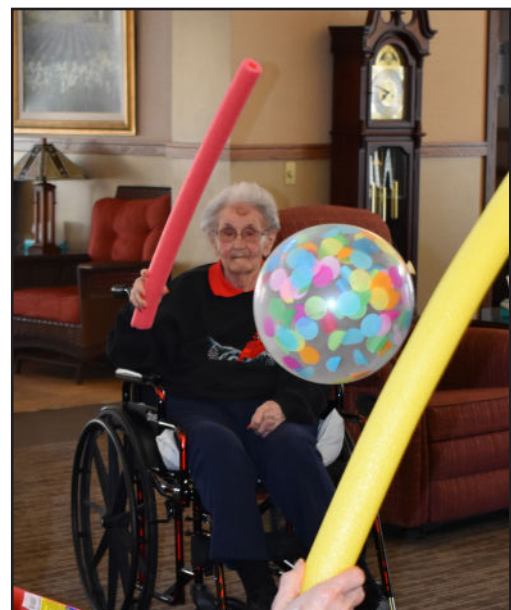
Volunteer Jean plays piano for elders in Cottage 82.



Donna decorates Easter cookies to share with friends and family.



Leone claps after Jean completes a song.



Delores gets ready to hit the balloon with her pool noodle.



Helen dances along to Jean's piano music.



Glenn tosses the balloon in the air during a game of noodleball.

A MONTH IN REVIEW

During the month of March, elders kept busy with many fun activities. Pastor Laura stopped by Cottage 40 a few times to enjoy fellowship with elders. Elders in Cottages 80 and 90 played many games of bingo and participated in fun exercises. Cottages 72 and 82 enjoyed spa days, and Cottages 60 and 70 spent time socializing during book club and coffee hours.

Each cottage also celebrated St. Patrick's Day. Elders created St. Patrick's Day crafts such as yarn gnomes and shamrocks. On St. Patrick's Day, we welcomed families and friends into our home for a fun photo booth and refreshments. Everyone had such a good time!

-Kelsey Williams, Administrative Office Coordinator



St. Patrick's Day

Top Left: Leone wears a leprechaun hat for St. Patrick's Day.

Top Center: Carol takes a photo with a pot of gold at the photo booth.

Top Right: Russ wears green for St. Patrick's Day.

Left: Marian shows off her St. Patrick's Day gnome.

Above: Joan and her daughter work on a gnome craft together.