

"Regret for wasted time is more wasted time."
-Mason Cooley, an American aphorist

NEIGHBORHOOD News

Vote Hillcrest in Best of Omaha™, People's Choice Awards contests

Hillcrest Health Services has been recognized as a local leader in senior care services for many years. One of the ways Hillcrest has been acknowledged is through contests, including Omaha Magazine's Best of Omaha™ and the Sarpy County People's Choice Awards. With your support, we are confident we'll emerge at the top of the polls once again for our commitment to enhancing the lives of aging adults.

Best of Omaha™ 2018 has begun! Visit bestofomaha.com to vote for our Hillcrest communities. Categories include Memory Care Facility, Physical Therapy Company, Rehabilitation Facility, Assisted Living Facility, Employer - More Than 100 Employees, In-Home Non-Medical Care, In-Home Nursing Service and Retirement Community. **Voting is open until August 20.** The results will be published in mid-November.

The **Sarpy County People's Choice Awards** are about to kick off! **Voting begins on August 16 and closes on September 20.** Voting is available 24/7 online starting August 16 at omaha.com/sarpyawards. Printed ballots will also be mailed out to Suburban Newspapers subscribers.

Vote for us in the following categories:

- Senior Care Services - Hillcrest Health Services
- Employer Over 50 Employees - Hillcrest Health Services
- Assisted Living - Hillcrest Mable Rose
- Retirement Community - Hillcrest Country Estates
- Long-Term Care/Nursing Home - Hillcrest Country Estates Cottages
- Home Health Provider - Hillcrest Home Care
- Hospice Care - Hillcrest Hospice Care
- Physical Therapy - Hillcrest Physical Therapy

The top three businesses in each category are recognized as the best in the county and will be featured in the "winners" section in the Suburban Newspapers on November 22.

Thanks for your help in promoting Hillcrest as a top local business!

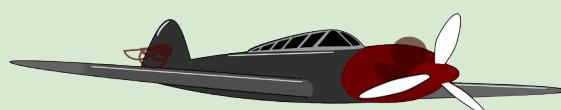
-Liz Stratman, Marketing Specialist,
Hillcrest Health Services



AUGUST HIGHLIGHTS

- Aug. 3: Fishing Trip on Country Estates Pond, Cottage 70
- Aug. 15: International Day, Cottage 82
- Aug. 16: Girls Makeover, Cottages 60 & 70
- Aug. 17, 3 p.m.: Bob Litz, Singer/Entertainer, Cottage 80
- Aug. 22: Luau Party on the Patio, Cottages 40 & 50
- Aug. 29: Manicures

FEATURED EVENT



Strategic Air Command & Aerospace Museum Visit August 10, 1 p.m., Ashland

Join us for a trip down memory lane, and learn something along the way! From the A-26B "Invader" to the XF-85 "Goblin," there will be plenty of sights to experience for our elders at the Cottages.

A monthly newsletter for the Cottages at Hillcrest Country Estates

Thoughts From Joe



Summer is in full swing, and life is busy at Hillcrest Country Estates! We have just concluded our annual DHHS survey process and were given the clearance to continue operations for another year! The survey experience is always beneficial to communities as they present an opportunity for diving deep into the systems that influence daily operations.

One of the things that I learned about the Cottages during this most recent survey is that we would benefit greatly by increasing involvement of the elders and their interested party in the Life Plan (care plan) meetings. It has always been our objective to develop plans of care that we feel best meet the needs of the elder, and then review that plan at the quarterly Life Plan meeting with the elder and interested party. However, I believe we can take this one step further.

Going forward, we want your participation in developing the plan of care. This means that when the Cottage Guide reaches out to you for the next Life Plan meeting, make a point to attend, and bring your ideas with you. Talk to us about what you think would make your loved one's experience at the Cottages better and partner with us to create a plan of care that enhances his or her life in meaningful ways. Give us your ideas of what activities they would enjoy, or tell us about their preferences for dining, bathing and routines of daily living. Encourage your elder to share his or her desires and needs with the care team at this meeting in whatever capacity they may.

When long-term care is an equal partnership among the elder, family and team members, everyone benefits. Clinical and social outcomes are better, families are happier, and elder lives are enhanced!

Because We Care,
-Joe DiMinico, RN, Administrator

ELDERS IN ACTION

The fishing trip was such a hit last month that our elders decided they are going to try their hand again. Hopefully we will be able to shoot for a day with little or no humidity, but even if the hot weather forces us inside, there are a great many activities happening all around Country Estates, including a visit by Coco and Glenna – a beautiful tandem from Midlands Pet Therapy who make their way around the Cottages, visiting our elders who may have fur babies at home that they



Aaron Shoemaker croons away to Marcella Stazzoni.



Aaron brings out the sparkle in the elders' eyes and cheeks with his musical charm.

haven't seen in some time. Those visits have quite the positive effect on our elders. It seems that's true with most animal encounters. A couple months back, we took the elders on a trip to the drive through safari in Ashland, and their reactions were priceless. To be able to walk alongside nature, albeit in an enclosed vehicle, is an experience appreciated by young and old!

-Jura Michael, Director of Cottage Services



An elder waits for the trip to the safari to begin.



Elders smile for a photo while navigating through the wildlife safari.



Elders enjoyed seeing a mama and baby buffalo during the safari.



Elders saw elk at the safari.

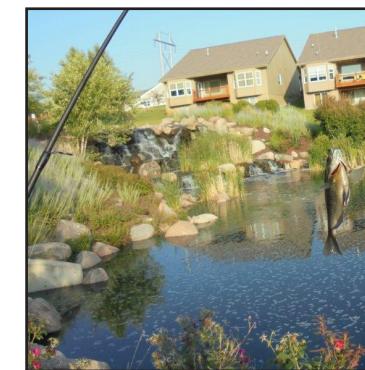


An elder holds Coco the dog during a pet therapy visit.

Julie Haycroft from Cottages 60 & 70 took a couple of our seasoned fisherman down to the pond to see what they could catch, and I think the big winner was Warren 'Robbie' Robinson, who was prepped and ready to go before anyone! Laura and Emma were there, too and tried their hand at angling! If it weren't "catch & release," the Cottages



Robbie is eager and ready to go fishing!



Dinner, anyone?



Laura holds a fish up for Julie to examine.



"Does it bite?" Emma asks as she touches the fish.

A MONTH IN REVIEW

would have been eatin' good that night!

As for the 4th of July, elders had a great time making their fireworks crafts and tasting wonderful patriotic treats. Kudos to the elder assistants for their delectable creativity!

-Jura Michael, Director of Cottage Services



For the 4th of July, elders crafted many festive creations - this being one of them.



Elders got a "taste of patriotism" with their festive 4th of July treats.