

“Be yourself; everyone else is already taken.”
-Oscar Wilde

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Benefits of Laughter

Q: What did one raindrop say to the other?

A: Two's company. Three's a cloud!

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing or giggling can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. **Exercising muscles:** Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. **Relief from stress and anxiety:** Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. **Increase blood flow:** When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. **Mood booster:** Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. **Social benefits:** A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Tell a joke or read from a joke book, watch a tv comedy or funny movie, listen to a comedian, share a funny story, do a silly dance, find humor in the little things of life, and most importantly...don't forget to laugh at yourself!

**-Laurie Simmons, Recreation Leader,
Hillcrest Health & Rehab**



Betty Bartman ices cookies.

AUGUST BIRTHDAYS

- | | |
|----------------------------|--------------------------|
| Aug. 3: Wilma Vicek | Aug. 16: Donald Cliff |
| Aug. 6: Bonnie Miller | Aug. 16: Joanna Savvas |
| Aug. 7: Elizabeth Paulson | Aug. 18: Sharon Schur |
| Aug. 8: Josephine Mickells | Aug. 21: Colleen Uehling |
| Aug. 11: Janet Proksel | Aug. 27: Dale Kittelson |
| Aug. 14: John Wojcik | Aug. 29: Elmer Johnson |

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:

Nancy Holmgren, RN, (402) 885-7021

DIRECTOR OF COTTAGE SERVICES:

Jura Michael, (402) 885-7230

DIRECTOR OF CULINARY SERVICES:

Christian Loughran, (402) 885-7019

DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

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 Kelly at (402) 885-7000.



AUGUST HIGHLIGHTS

- Aug. 1: Johnny's Café, 10:30 a.m. (Cottage 40/50)
- Aug. 6: Dairy Queen Ice Cream Outing, 1 p.m. (Cottage 60/70)
- Aug. 9: SmallCakes Cupcakery, 10:30 a.m. (Cottage 72/82)
- Aug. 15: KFC Lunch Buffet Outing, 10:30 a.m. (Cottage 80/90)
- Aug. 20: China Buffet Outing, 10:30 a.m. (Cottage 40/50)
- Aug. 22: Grand Lodge Movie, 1 p.m. (Cottage 60/70)
- Aug. 23: Dairy Queen Ice Cream Outing, 10:30 a.m. (Cottage 80/90)
- Aug. 28: Twin Creek Movie Outing, Show Time TBD (Cottage 72/82)

WALK TO END ALZHEIMER'S



Saturday, August 25

Prairie Queen Recreation Area

Support the Hillcrest team in the Sarpy Walk to End Alzheimer's. Registration begins at 8:30 a.m., the ceremony is at 9:30 a.m., and the walk begins at 10 a.m. Sign up to walk with us or donate to the Alzheimer's Association at tinyurl.com/y7ucf5r3.

Cindy's Column



August is the last month of summer and a time to enjoy the warm weather. August is also the month of many new beginnings — kids going back to school, the beginning of football season. Go Huskers!

Moreover, did you know August has more than 30 holidays worldwide? For example, August 1 is Spider-Man Day and National Girlfriends Day; August 2 is National Coloring Book Day and National Ice Cream Sandwich Day, and the list goes on. It is also National Eye Exam Month as well as National Immunization Awareness Month. My favorite is National Senior Citizens Day on August 21. This is the day when we at Hillcrest Country Estates reaffirm what it really means to serve our elders. It is a day to say thank you for all that our elders have done for us. Senior Citizens Day....yes, this is my favorite day!

It's been a pleasure serving as the Interim Administrator at Hillcrest Country Estates. I am excited to welcome Theresa DeBilzan as the new Administrator. She will be making her rounds to all of the Cottages this month, and I look forward to you getting to know her.

-Cindy Klein, Interim Administrator

ELDERS IN ACTION

While the month of August marks many national holidays, such as National Relaxation Day and National Watermelon Day, the one holiday that stands out most for us at Hillcrest Country Estates is National Senior Citizens Day. Thank you, elders, for the contributions you have made to our society throughout your life and those contributions you continue to make. We salute you!

August is going to be fun month at the Cottages. To start the month we will be heading out to Johnny's Café, then some of the elders will take a trip to Dairy Queen to beat the heat; we have

another outing on the 9th for some sweet treats and another on the 15th to KFC's lunch buffet. But we won't stop there. We'll go to China Buffet one day for lunch, and another day we will take some rest and sit at the Grand Lodge to watch a movie. After that we will continue our fun by taking more elders to Dairy Queen for Blizzards and lunch and close our month with an outing to a movie.

Check our August Highlights section on the front page of this newsletter for specific date, time and Cottage information.

-Jura Michael, Director of Cottage Services



Ed Bursick works to assemble parts for a sink. After discovering Ed has a passion for plumbing (his former profession), the Hillcrest team worked together to get the materials for a plumbing demonstration.



Cottage Guide Jason Hagarty and Ed work to assemble the sink on the stand. Jason made a special cart to be used for Ed's demonstration.



Ed shows his audience a p-trap as he explains how everything fits together.



Jason and Ed smile for a photo after the demonstration.

A MONTH IN REVIEW

We hope you had a wonderful month of July and got a chance to participate in our July events that were prepared for you. If you missed out, they included Smoothie King, TCBY, China Buffet, the Grand Lodge Cinema, Village Inn, Pizza Ranch

and Summer Kitchen Café. We also had a Tie Dye Day! Below you will get a glimpse of the photos that were taken during some of the events.

-Jura Michael, Director of Cottage Services



Cottage 40 and 50 elders and team members enjoy Tie Dye Day.



A Fontenelle Forest representative shares a moment with elders in Cottage 60.



Fontenelle Forest representatives show birds to elders in Cottage 70.