

"Life is like a bicycle. To keep your balance, you must keep moving." - Albert Einstein

August 2022

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

The History of National Senior Citizens Day

"Throughout our history, older people have achieved much for our families, our communities and our country," President Ronald Reagan proclaimed in 1988, as he marked August 21 National Senior Citizens Day.

President Reagan declared this day with the purpose of increasing awareness of the issues that aging adults face every day and to recognize all they have accomplished.

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute," President Reagan said during his proclamation.

According to the U.S. Census Bureau, there will be 78 million people over the age of 65 living in the U.S. by 2035. This population of elders will surpass the number of those under the age of 18 for the first time in the nation's history. With such a high population of seniors, it is more important than ever to celebrate our aging adults.

One of the best ways to honor seniors on August 21 is to spend time with the aging adults in our lives and learn from them. Whether a friend, family member or neighbor, gathering together and sharing memories is a great way to recognize the many accomplishments of our aging community.

At our communities, every day is an opportunity to celebrate our aging adults. Our team spends a lot of time with residents, elders and guests getting to know them so we can craft unique and special activities. We enjoy working together to create a fun schedule of events that everyone will love.

AUGUST BIRTHDAYS

| | |
|----------------------|----------------------|
| August 4: Mary N. | August 9: Mary W. |
| August 5: Loretta N. | August 18: Sharon S. |
| August 5: Harold N. | August 24: Anita H. |
| August 6: Roger M. | August 25: Aharon A. |
| August 7: Bruce E. | |

WELCOME TO COTTAGE LIFE!

| | |
|-------------|--------------|
| William D. | John L. |
| Roger M. | Jeraldine S. |
| Patricia B. | Floyd N. |

MEET THE LEADERSHIP TEAM

ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ryan Newman, (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!



AUGUST HIGHLIGHTS

- National Homemade Pie Day
- National Happiness Happens Day
- National Tell a Joke Day
- National Waffle Day
- National Eat Outside Day

FEATURED EVENT

Water Balloon Fight

Wednesday, August 17
2:30 p.m.

Elders will have the chance to throw water balloons at their favorite cottage guides!

Tammy's Take



Happy August, everyone! I cannot believe it's that time of the year already. We are making some great strides in hiring fantastic additions to our team here at the Cottages.

I want to introduce you to our newest team members who are ready to make a difference in the lives of

those we serve. We welcome several CNAs – Lisa, Olivia, Madalyn, William, Gabriella, Perlita, Amalia, Zoria and Jacob. Our new nurses include Nicole, LPN and Melissa, RN, who is rejoining the Hillcrest family. We're also excited to welcome Nyabane, Environmental Services Tech. and Sharon, Culinary Host. If you see any of our new team members out and about, please make sure to say "hi!"

As you all know, COVID-19 is still present in our county and the surrounding communities. We encourage you to visit your loved ones, but we do ask that you continue to screen in before entering and wear the appropriate personal protective equipment (PPE). Please make sure each visitor is signed in on a separate line and all questions are answered appropriately. Masks must be worn throughout your visit, unless you are in your loved one's private room and both of you are up-to-date on your COVID-19 vaccines. We also continue to ask that if you are feeling ill at all or have been exposed to COVID-19 in the last 14 days, please do not visit until you are feeling better. We strive to continue to keep our elders, families and team members safe and healthy. I appreciate your understanding and ask that if you have any questions to please reach out to me. Thank you! Enjoy the rest of the summer!

-Tammy Deemer, Regional Area Director

ELDERS IN ACTION

August is loaded with some fun! We plan on making homemade apple pie for National Homemade Pie Day. On August 8, we will be celebrating National Happiness Happens Day. To spread joy on this day, we will share happy memories and compliments with our peers. On August 16, we will be working our funny

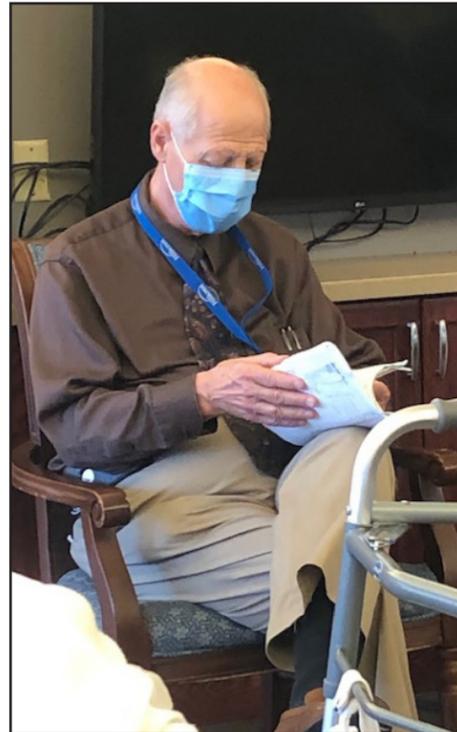
bones by telling jokes for National Tell a Joke Day.

At the end of the month, we hope to observe National Eat Outside Day with lunch on the patio. We hope August 31 is not too hot so that we can enjoy the fresh air with our peers!

-Michelle Adams, Cottage Guide



Warren gets ready to toss a bean bag into a bucket.



Chaplain Jerry picks the next song to sing with elders.



Carl prepares for a game of cards with his peers.



Dean enjoys exercising with pool noodles.



We know it's a successful game of bean bag toss when the bags land so close to the buckets.

A MONTH IN REVIEW

During the month of July, we had ice cream socials in Cottages 60 and 70. Our sundae bar included toppings such as sprinkles, whipped cream, chocolate and crumbled cookies. Everyone enjoyed this tasty treat.

Sounds of the Season was a very popular activity this month. We were able to listen to the beautiful sounds of the birds, along with doing some bird

watching.

July was a hot month, but we were able to spend some time outside on the patio watering and admiring the vegetable garden in Cottage 70. We have even seen a few tomatoes beginning to sprout. I know a few elders are looking forward to eating and sharing those tomatoes with their friends

-Michelle Adams, Cottage Guide



Sugar Cookies

Top Left: Bill adds sprinkles to his sugar cookie.

Above: Harold chooses blue icing to decorate his sugar cookie.

Left: Elders decorate cookies for National Sugar Cookie Day.