

“Do I not destroy my enemy when I make him my friend?” -Abraham Lincoln

NEIGHBORHOOD *News*

A monthly newsletter for the Cottages at Hillcrest Country Estates

5 Reasons Why Baking is Beneficial

Whipping up treats in the kitchen can do more than just create yummy comfort food. In fact, baking has been found to have therapeutic value, which helps to ease depression and anxiety.

1. Cooking is Meditative

Any activity that takes your whole attention – especially if it’s simple and repetitive – can have a calming, meditative quality. The process of weighing out butter and sugar, whisking eggs, beating and folding, creates space in the mind and eases negative thinking processes.

2. Baking Stimulates the Senses

The feel of the flour, the sound of the blender, and, of course, the smell of the delectable final product – all of these experiences stimulate the senses, which in turn increase feel-good endorphins.

3. Nourishing Activities Feel Good

Baking – and any sort of cooking or food preparation – is ultimately about nourishing ourselves and others. To internalize this benefit, make an effort to bring your whole awareness to the healthy ingredients and love that go into your baked goodies.

4. Baking is Creative

Psychologists have found a strong connection between creative expression and overall wellbeing, so experiment with that recipe if you dare, and make that frosting the prettiest it can be.

5. It Makes Other People Happy

One of the best things about baking is that you can give away your creations and make other people feel happy, which in turn puts a smile on your dial. It’s a win-win!

-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab

DECEMBER BIRTHDAYS

Dec. 1: Ken Marceau	Dec. 16: Wanda Haynes
Dec. 1: Osborne Nedved	Dec. 24: Ted Phelps
Dec. 2: Betty Bartman	Dec. 26: Laura Cook
Dec. 9: MaryAnn Soukup	Dec. 26: Ruth Duffy
Dec. 15: Lois Eggers	

WELCOME TO THE COTTAGES!

Hillcrest Country Estates welcomes Jane Brooks to Cottage 90! She hails from Hillcrest Mable Rose, and before that, Bellevue. She loves music, books and people-watching! Jane has two daughters, and her late husband Bill was the founder of Bellevue University. We are excited to have Jane with us and hope you take a minute to stop by and say hi!

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Joe DiMinico, RN, (402) 885-7010

DIRECTORS OF CLINICAL SERVICES:

Kimberly Nichols, RN, (402) 885-7280

Nancy Holmgren, RN, (402) 885-7021

DIRECTOR OF COTTAGE SERVICES:

Jura Michael, (402) 885-7230

DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF CULINARY SERVICES:

Alisa McCoy, (402) 885-7014

DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

REGIONAL ADMINISTRATOR:

Cindy Klein, (402) 933-4662

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 Petra at (402) 885-7000.

HOLIDAY FOOD DRIVE

Hillcrest team members are participating in a food drive for the Bellevue and Tri-City food pantries Dec. 1-15. Families are welcome to donate. Call Petra at (402) 885-7000 for details .



DECEMBER HIGHLIGHTS

Dec. 4, 6, 13 & 20: Christmas Lights Night Ride, Cottages 72/82, 40/50, 60/70 & 80/90
 Dec. 7: Summer Kitchen Café Brunch, 10 a.m., Cottage 80/90
 Dec. 11: Durham Museum Outing/Soda Fountain Lunch, 1 p.m., Cottage 72/82
 Dec. 12 & 27: Scooters Coffee Break, 9 a.m., Cottages 40/50 & 72/82
 Dec. 12: Come One, Come All! Aaron Shoemaker, Entertainer, Cottage 90
 Dec. 18: Mormon Trail/Gingerbread Exhibit, Cottages 60/70
 Dec. 19: Boys Town Hall of Fame Outing, Cottages 40/50
 Dec. 28: Movies at the Grand Lodge, Cottage 60/70

FEATURED EVENT

HOLIDAY EXTRAVAGANZA

Featuring special guests Mr. & Mrs. Claus

Dec. 12: Cottages 40/50, 72/82, Rehab Cottage
Dec. 14: Cottages 60/70, 80/90
5:30-7 p.m.

Elders and their families are invited to a family dinner. Please feel free to bring a store-bought sweet treat. Keep an eye out for your mailed invite!
RSVP by Dec. 8: (402) 885-7000

Thoughts From Joe



I recently had someone ask me, “Do you ever get down? And when you do, how do you pull yourself out?” I was able to confidently answer that yes, while I do get down at times I pull myself back up by reconnecting with the things that matter most.

When it comes to the workplace, the areas that matter most to me are the elders we serve and the teams that care for them.

Our mission at Hillcrest Country Estates is to Enhance the Lives of Aging Adults, and this comes in many forms. Whether it is by spending an extra minute to listen to a quietly-whispered question or writing a plan of care that is tailored to the elder’s desires, we are committed to finding ways to enhance lives. These moments when I know that we have delivered a quality experience — especially when I get to participate in the action — leave me feeling satisfied.

The plagues of loneliness, hopelessness and boredom seem to be more present with the shorter days, and the longing for home around the holidays, but for our elders they can be overcome by a moment spent with you — and you will feel uplifted as well. I promise!

Merry Christmas and Happy New Year from your friends at the Cottages!

-Joe DiMinico, RN, Administrator

ELDERS IN ACTION

The great thing about November through January is that while the outside weather may be cold, windy and unfriendly, we have the upcoming holidays to cheer us – with Christmas lights throughout the neighborhoods and warm cider on cold nights, as well as the spirit-lifting activities that center around decorating the Cottages and the Christmas trees. We also have quite a few baking activities centered around the holidays, and I know one Cottage has started a tradition of playing volleyball, which has caused quite the competitive personalities to come out! We love seeing such impromptu games and activities spurred on by both the team members as well as our elders. Speaking of participation, want to participate in

Cottage Life and have your voice heard? Hillcrest Country Estates would like to remind you to participate in your Cottage’s “Learning Circle.” This setting is designed for elders and their interested parties to discuss such things as menu items, outings, event ideas and activities for the upcoming month. It is also a time for you to meet the Cottage Guide and help us provide the best care for your loved one through your feedback. Please come with your ideas, questions and thoughts! We would love to have you participate each and every month! Please see your Activity Calendar for the date and time in each Cottage, or contact your Cottage Guide directly.

-Jura Michael, Director of Cottage Services



Marlin serves the volleyball.



Cottage 40 elders play volleyball against team members.



Team members compete for the elders in tug-of-war.



Millie and Ham smile at the Holy Family Shrine.



Mary Alice enjoys the Holy Shrine.



Sarah, Jane and Enrique play bean bag toss at a birthday celebration.



Babe’s basket is full!



What fun costumes!



Thelma and Regina wait to hand out candy.

A MONTH IN REVIEW

Last month the Cottages had a special surprise visit from the Bellevue University basketball team! They played board games and soccer, and in some Cottages, just sat with the elders and learned about one another — what they used to do for a living, what their dreams for the future were. Their awesome personalities, so much larger than life, filled the room. The elders loved them, and the amount attention and conversation



Oral, Ken and Dale try to beat the Bellevue University basketball team at their own game!



Team members’ children came to visit for Halloween in their costumes.



John hangs out.



Roland hangs with his pals.



What a fun hat!



Roland hangs on the patio.

they lent to our elders was invaluable. We can only hope that they make it a tradition to visit us at the Cottages in the future!

We also had a great turnout for our Annual Cottage Trick-or-Treat Night and took some pictures of the elders in their costumes before the Cottages got overrun with candy-hungry kiddos!

-Jura Michael, Director of Cottage Services



The gang’s all here!



Thelma enjoys her visit.



Gerald says, “Go, team!”