

“Love begins at home, and it is not how much we do, but how much love we put in the action that we do.” - Mother Theresa

December 2018

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Five ways to get in the holiday spirit

- 1. Cozy up with a hot beverage.** Nothing says it's winter time like a creamy cup of hot chocolate. Add in the traditional options of whipped cream, marshmallows or a candy cane for peppermint hot chocolate! Or have hot apple cider with a cinnamon stick. Put your beverage in a holiday cup, get cozy by grabbing a blanket or sitting by the fire, and grab a book.
- 2. Go play in the snow.** Bundle up by grabbing your jacket, scarf and hat and head outside. Feel the snow fall on your face, open your mouth to taste it, and make a snowball. It doesn't have to be long, but a quick visit outside can bring back all the childhood memories of building a snowman, sledding and snowball fights. So get outside and play in the snow!
- 3. Unveil your family's famous cookie recipes.** Blast some holiday tunes and try replicating your family's sweet treats. Don't forget to leave some out for Santa! Have some fun and spend a weekend afternoon with your old cookbooks. If you don't feel like cooking, share recipes with your friends and family. Talking about the memories of making and eating Christmas cookies is sure to take you on a walk down memory lane.
- 4. Start a new tradition.** At our house, we go to used record stores to find "new-to-us" Christmas music. There is something soothing about the sound of vinyl while we decorate the tree. This has quickly become a new tradition the family looks forward to. Now vinyl automatically reminds me of the holidays, and I kind of love that our family holds this random tradition all to ourselves.
- 5. Don't get caught up in the stress.** Though it's not as easy as it sounds, do make an effort to sit back, relax and enjoy the holiday season. Enjoy reminiscing, spending time with family and making new memories.
-Amanda Maupin, Recreation Leader,
Hillcrest Health & Rehab



DECEMBER BIRTHDAYS

Dec. 2: Elizabeth Bartman Dec. 15: Lois Eggers
Dec. 5: Anna Hluchoweckyj Dec. 16: Wanda Haynes
Dec. 9: Maryann Soukup Dec. 30: Ivan Vrtiska

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:

Nancy Holmgren, RN, (402) 885-7021

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

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (402) 933-4690

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.

HOLIDAY FOOD DRIVE

From December 1-16, the Hillcrest team is hosting a Holiday Food Drive for the local food pantries. Families are welcome to donate if they would like. Call us for more details.



DECEMBER HIGHLIGHTS

- Dec. 3: Christmas Light Night Ride, 5:30 p.m. (Cottage 72/82)
- Dec. 4: Christmas Light Night Ride, 5:30 p.m. (Cottage 60/70)
- Dec. 6: Scooter's Coffee & Pastries Outing, 9:30 a.m. (Cottage 80/90)
- Dec. 10: Holiday Music Concert, 12 p.m.
- Dec. 11: Christmas Light Night Ride, 5:30 p.m. (Cottage 40/50)
- Dec. 17: Mormon Trail Center Gingerbread Display, 1 p.m. (Cottage 40/50)
- Dec. 19: Christmas Light Night Ride, 5:30 p.m. (Cottage 80/90)
- Dec. 20: Mormon Trail Center Gingerbread Display, 9:30 a.m. (Cottage 60/70)

FEATURED EVENT

HOLIDAY EXTRAVAGANZA

Featuring special guests Mr. & Mrs. Claus

Dec. 13: Cottages 60/70, 72/82

Dec. 14: Cottages 40/50, 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.

RSVP by Dec. 7: (402) 885-7000

Theresa's Take



I would like to take this time to wish all of our elders and their families and friends a Merry Christmas. There is no better feeling than spending time with family and friends, especially during the holiday season. That is why we make sure to plan several special events to maximize the time our elders and families

get to spend together and enjoy the holiday cheer. One of the events we have this month is the Holiday Extravaganza. I look forward to seeing you there. I am excited to see how all of the Cottages are decorated for the Extravaganza and for this holiday season.

While we encourage your visits this holiday season, please also remember we have entered cold and flu season. If you are experiencing any symptoms, please wait until you are feeling better to come and see loved ones. Your visit will be much more enjoyable when you are feeling better. Remember that the best way to prevent spreading of the flu is to practice proper hand washing.

Wishing you all a safe and happy holiday season!

-Theresa DeBilzan, Administrator



ELDERS IN ACTION

The holidays are here! Christmas, Hanukkah, Kwanzaah, New Year's Eve and New Year's Day. Human Rights Day is observed as well as Pearl Harbor Remembrance Day.

The month of December is a month filled with love, humanity and usually some gift giving! The holidays are very hopeful times and a great time to reflect on the year and the blessings it brought. December is the month with the shortest amount of daylight; however, interestingly enough, it's the month

when most of our spirits light up the most.

Therefore, we invite all of our elders to come along with us for a Christmas Light Night Ride. Check the date and time on the Monthly Event Highlights section on the front of this newsletter. We are looking forward to spending more quality time with our elders and have a full calendar of activities planned that we hope you will enjoy with us. We wish you a happy holiday season and a joyful New Year!



Betty and Anna enjoy the Bellevue Berry Farm.



Elizabeth and Betty wait for trick-or-treaters.



Denise Jansen and her family pose for a photo.



Nicole and Vince hand out candy for Halloween.



Nurse Mary and Ted smile for a photo.



Team members smile for a picture after preparing for the Halloween party.



Marylyn and her daughter celebrate Halloween.



Helen Abdouch waits to hand out candy.



Happy 104th Birthday!



Mary Alice is excited to spend some time out.

A MONTH IN REVIEW

The month of November went quickly, and we hope you had fun with the Halloween costumes and decorations. Thanks to our elders and their families for participating in our trick-or-treat event. The kids were very happy and loved all of the sugar we fed them! You made their day! Take a look at the pictures below to see some of our fun recent activities.

We still have more days to go before the end of 2018, and we can assure you we have not exhausted our 2018 activities calendar. Check it out, and join us so we can close out the year on a high note. Maybe consider joining us on a ride to see all of the Christmas lights! It's sure to be a great time!



Jean and JoAnn have fun doing crafts.



Mary Alice and her daughter pose for a photo.



Elders paint pumpkins before Halloween.



Mary and Anna create pumpkin masterpieces.



Nicole, Bonnie and Char decorate pumpkins.



Rick smiles with Jura, who shows off her costume.