

“We cannot always build the future for our youth, but we can build our youth for the future.”
-Franklin D. Roosevelt

February 2018

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Advantages of Pet Therapy

You may have noticed that in any given week, Hillcrest has many furry visitors. Therapy dogs provide a lick in exchange for a good petting. Farm animals have made appearances to the delight of many of our guests who grew up in the country.

There is a reason for this creature madness! Pet therapy is a very beneficial activity for animal lovers. Numerous studies show that contact with an animal can have profound mental, emotional and physiological benefits for our aging adults.

Mental Advantages

The simple act of petting an animal can kindle warm memories. This in turn stimulates communication, conversation and interaction with others. The introduction of a pet creates a diversion from the monotony of the day. Watching birds fly, fish swim or a squirrel hunt for its buried acorns provides mental stimulation without verbal prompts.

Emotional Advantages

For many, the journey of aging leads to loneliness. Physical limitations prevent seniors from engaging in activities that once brought them joy. Social engagements with friends may be limited or may no longer exist. This most likely leads to isolation. Animals can provide the nurturing our aging adults so desperately need. They serve as a companion, give our seniors something to look forward to and give them a purpose for getting out of bed in the morning.

Physical Advantages

As we age, physical changes lead to limited mobility, lower energy, isolation and depression. Petting or holding an animal has been scientifically proven to increase the “feel good” hormone serotonin and other hormones that elevate mood and reduce depression. Blood pressure and cholesterol decrease, anxiety is reduced and appetites are stimulated. Those that take care of pets also tend to take better care of themselves. This can lead to the reduction of the need for some medications. Petting or brushing an animal can improve range of motion and provides physical activity.

-Laurie Simmons, Recreation Leader,
Hillcrest Health & Rehab

FEBRUARY BIRTHDAYS

Feb. 2: Mark Joseph Bode
Feb. 2: Pearl Bojanski
Feb. 4: Roland I. Preister
Feb. 5: Sandra Friend
Feb. 9: Pamela Williamson
Feb. 12: Emma L. Harnack
Feb. 16: Emma Lou Karloff
Feb. 17: Regina Begley
Feb. 17: Marlin Bender
Feb. 18: Erma Zartman

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 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.



FEBRUARY HIGHLIGHTS

Feb. 4: Super Bowl Party, Kickoff! (Cottages 40/50)
Feb. 6: Ruby Tuesday Valentine's Day Lunch, 10 a.m. (Cottages 80/90)
Feb. 8 & 22: Grand Lodge Movie Room, 1 p.m. (Cottages 40/50, 72/82 & 60/70)
Feb. 13: “Temperature Tuesday!” Runza Outing, 10:30 a.m. (Cottages 60/70)
Feb. 19: Johnny's Café Lunch Outing, 10:30 a.m. (Cottages 40/50)
Feb. 21: Olive Garden Luncheon, 10:30 a.m. (Cottages 72/82)
Feb. 26: Small Cakes Cupcakery, 1 p.m. (Cottages 60/70)
Feb. 27: Scooters Coffee House, 10 a.m. (Cottages 80/90)

*Outings subject to change based on weather or transportation

FEATURED EVENT

Ash Wednesday Services Wednesday, February 14

Many thanks to St. Columbkille for lending the services of Deacon Eric to our elders on Ash Wednesday. He and another Deacon will be visiting every Cottage to do a 10-minute Ash Wednesday service. Check your February calendar for your specific Cottage's service time.

Thoughts From Joe



On August 21, 1996, the Health Insurance Portability and Accountability Act (HIPAA) became the law of the land, forever changing how private health information can be shared with others. In many ways this act was necessary and the responsible thing to do in order to provide elders with a sense of dignity and privacy within the health care systems.

Privacy takes many forms, and Hillcrest Country Estates is committed to excellence in honoring yours! For instance, privacy curtains should be pulled or doors closed whenever an elder is receiving care. A quiet space can be provided (the Cottage library is a perfect place for this!) for intimate conversations between you and your loved one. We store our medical records electronically, and our Technology Services department is responsible for auditing these records and ensuring that they haven't been accessed inappropriately. Further, Kris D'Ann Maples, Esq., serves as Hillcrest's Compliance Director and In-House Counsel. Her role is dedicated to ensuring that we are up to date on the latest rules and regulations involving HIPAA and in compliance with universal privacy standards.

When it comes to accessing medical records, there are a few things that I want to make sure you know. First, CMS regulations state that an elder or their legal representative have the right to access (for reading review only) all records pertaining to him or herself within 24 hours of a verbal or written request. Further, the elder and/or legal representative has the right to purchase and keep (upon request and with two working days advance notice) any portion of the record desired. Our practice is to charge a minimal fee, as we want to make this convenient for you. Please see your Cottage Guide for assistance should this become necessary.

As always, I appreciate you allowing us to serve you!
-Joe DiMinico, RN, Administrator

ELDERS IN ACTION

February is the month where past wrongs are forgiven and everyone is handed a little bit more grace than usual. I'm sure everyone remembers their first Valentine and some may have even married their first Valentine. This Valentine's Day, however, will be sharing the spotlight with Ash Wednesday. It's no less celebrated though, either as a Mardi Gras festival or as the beginning of the

Lenten Season. In our Cottages, we are celebrating both — crafts and candies and good food, mixed with a short Ash Wednesday service. One Cottage is making a very special Italian Wedding Soup, while another Cottage is preparing a fun activity of baking and eating heart-shaped cookies! Here's to the Month of Love!

-Jura Michael, Director of Cottage Services



Alice gets pampered and looks beautiful!



Amy and Irene hang out.



Looking beautiful, Lou!



Fontenelle Forest engages the whole Cottage!



Fontenelle Forest shows off their birds.



Carolina and Ruth spend quality time together.



Robbie examines a feather.



The experts teach the elders.

A MONTH IN REVIEW

One of our new elders, Helen Abdouch, has a grandson who is the assistant coach for the Huskers basketball team. For one of the Saturday games, all of Helen's family came out to 'tailgate' with her. It was an awesome party that the whole Cottage got to share in! It was unfortunate during a few weeks in January that the weather turned to the extreme and we had to cancel a few of the

outings due to the cold. But February promises to be warmer, bringing us a nice light at the end of the winter tunnel! Even so, the elder assistants did a fine job keeping our elders busy with manicures and visits from families of the Air Force. We are so grateful to the people of the community who lend their time to the Cottages.

-Jura Michael, Director of Cottage Services



Cottage 40 makes ornaments with Air Force families



Helen gets ready for the game.



Helena gets pumped for the game.



Cottage 40 makes ornaments.



Kurt watches Huskers basketball.



Ted and a friend decorate cookies.



Helen and family watch some basketball.