

“Life is worth living as long as there's a laugh in it.” -Lucy Maud Montgomery

# NEIGHBORHOOD *News*

A monthly newsletter for the Cottages at Hillcrest Country Estates

## History of Black History Month



African American History Month is a federally recognized event that is celebrated nationwide. Dr. Carter G. Woodson (1875–1950) is credited with creating this opportunity to recognize and reflect on the important roles of African Americans in this country.

The son of former slaves, Woodson spent little time in school. Working in coal mines and quarries, his formal education was intermittent, but he studied when he could. By the time he was 17, he had taught himself basic English and math skills. When he was able to enroll in high school at the age of 20, he completed a four-year curriculum in two years. He went on to earn a master's degree from the University of Chicago and a doctorate degree in history from Harvard.

Disturbed by the fact that history textbooks largely ignored the contributions of black Americans, he went about trying to correct this oversight. In 1926, he established Negro History Week. He summed up its intent by saying, “We should emphasize not Negro history but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race, hate, and religious prejudice.” In 1976, the week was expanded to a month-long celebration. For his extraordinary efforts, Dr. Woodson has been called “The Father of Black History.”

**-Source: Activity Connection**



## FEBRUARY BIRTHDAYS

Feb. 2: Joseph Bode	Feb. 16: Emma Lou Karloff
Feb. 2: Pearl Bojanski	Feb. 18: Erma Zartman
Feb. 4: Charlotte Sansone	Feb. 19: Suzanne Stander
Feb. 5: Sandra Friend	Feb. 23: JoAnne Smejkal
Feb. 5: Dorothy Meador	Feb. 28: Denise Jansen
Feb. 9: Pamela Williamson	

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

### DIRECTOR OF CLINICAL SERVICES:

Nancy Holmgren, RN, (402) 885-7021

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Michelle Yosick, (402) 933-4690

### VP OF FACILITY OPERATIONS:

Dave Creal, (402) 933-4690

## ARE YOU ON THE LIST?

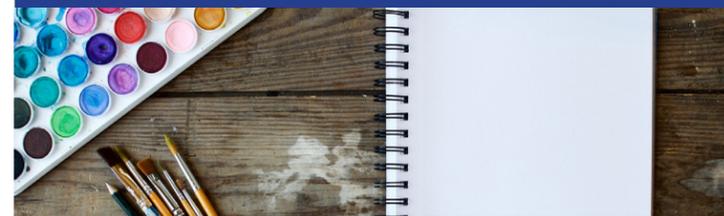
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## FEBRUARY HIGHLIGHTS

Feb. 5: Dunkin' Donuts - Coffee & Donuts, 10 a.m. (Cottage 72/82)  
 Feb. 6: Grand Lodge Cinema, 1 p.m. (Cottage 60/70)  
 Feb. 7: Grand Lodge Cinema, 1 p.m. (Cottage 40/50)  
 Feb. 11: Texas Roadhouse Valentine's Lunch, 11 a.m. (Cottage 80/90)  
 Feb. 13: Johnny's Café Valentine's Lunch, 10:45 a.m. (Cottage 60/70)  
 Feb. 20: Ruby Tuesday Lunch, 11 a.m. (Cottage 40/50)  
 Feb. 21: Grand Lodge Cinema, 1 p.m. (Cottage 72/82)  
 Feb. 28: SmallCakes Cupcakery, 1 p.m. (Cottage 80/90)

## FEATURED EVENT



### Crafts with Kiewit

**February 14, 10 a.m., All Cottages**

Kiewit Corporation will be visiting with refreshments. They will also do crafts with elders.

## Theresa's Take



There are religious holidays of all types, national holidays that honor heroes and events and even silly holidays like National Candy Corn Day that we celebrate “just for fun.” But a day devoted to a chubby rodent that spends a lot of time underground? Now that's

a holiday worth discussing. Like many unusual holidays, this one goes back centuries. It's likely that German immigrants brought the story of the hedgehog with them when they came to the United States. And while they brought the tradition, they could not bring the hedgehog. Another native hibernating animal—the groundhog, or woodchuck, as it is also called—was substituted. The groundhog/woodchuck was a good choice because it was considered a “wise and sensible animal” by many Native Americans and figures prominently in their creation stories.

Each year on February 2nd the groundhog leaves its burrow to see if the cold weather is still in full force. If the groundhog cannot see its shadow, the groundhog returns to its burrow, and we can expect six more weeks of cold weather.

Punxsutawney Phil is the most famous weather forecasting groundhog in the U.S. He resides in Punxsutawney, Pennsylvania, and a ceremony is held every year.

**-Theresa DeBilzan, Administrator**

## ELDERS IN ACTION

Where did time go? It's already February 2019? January hit us with bitter cold toward the end of the month. Let's hope February brings us warmer weather! Some of the February holidays and observances include: National Wear Red Day on February 1, Groundhog Day on February 2, the Super Bowl on February 3, World Cancer Day on February 4 and Presidents Day on February 18. And we can't forget the most well-known February holiday - Valentine's Day! It's the time to give flowers, candy, red hearts and romance to show those you love that you care about them.

At Hillcrest Country Estates we love and care very much about our elders and their families. We wish you a Happy Valentine's Day!

With all of the holidays in February, we will still have time for outings to Johnny's Café and Texas Roadhouse for Valentine's Day lunches, Dunkin' Donuts for coffee and sweets, Ruby Tuesday for lunch, the Grand Lodge Cinema for a movie, and we'll finish the month by going to SmallCakes Cupcakery. Please check for specific dates/times of the activities on the front of this newsletter. Let LOVE shine this month!

## A MONTH IN REVIEW

January was a good month! Despite the recent snowfall, we did get to enjoy some sunny days. Our elders went to Twin Creek Cinema, Runza, Village Inn and Lansky's. Elders also enjoyed pet visits and other activities.



Pearl enjoys Aeris' visit.



Norma finishes up a therapy session.



Ashtyn tries to get Sandi to smile.



Thelma enjoys a Snapple after getting her hair done.



Lee enjoys company from Princess .



Jean Owens enjoys a visit from Princess.



Aeris visits with Esther.



Sara stops her reading to visit with Princess.



Wanda gets her nails done by Diana.



Ashtyn curls Sandi's hair.