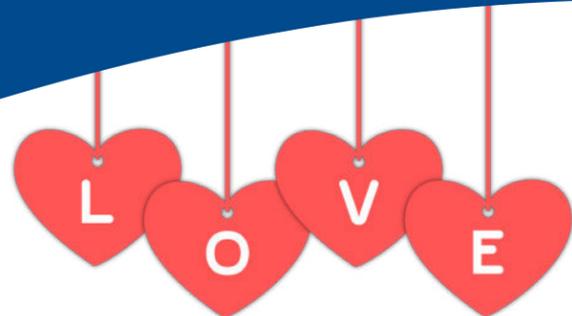


"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz

February 2020

# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



## Fun Valentine's Day Ideas

It's finally February, and that means we can celebrate Valentine's Day! Even though Valentine's Day is most commonly known as a romantic holiday, it can also be a day to celebrate the non-romantic loved ones in your life. There are a lot of different presents and cards you can buy, but some of the most meaningful gifts are handmade. So to give you some ideas, here are three of our favorite valentines from goodhousekeeping.com.

**Write a Poem:** Poems don't have to be long and complicated. Start small with a few simple rhymes. Then start working them into sentences, expressing how much your loved one means to you. You'll be amazed at how quickly you can become a poet!

**Leave Notes:** Reminding your loved ones how much they mean to you doesn't have to be extravagant. Try writing a few notes and leaving them where your loved one will find them. This valentine is sure to brighten their day.

**Make a Valentine Card:** Try making a personalized Valentine's Day card. This could mean making a heart-shaped card or even drawing a picture. This is a great opportunity to get out the craft supplies and have some fun.

These are just a few ideas. There are a lot of different ways you can show your loved ones your appreciation. Get creative with your valentines. Whatever you decide to make, remember that the perfect valentines are the ones that show your loved ones how much they mean to you. Happy Valentine's Day!



## FEBRUARY BIRTHDAYS

Feb. 2: Mark Bode  
Feb. 4: Charlotte Sansone  
Feb. 5: Sandra Friend  
Feb. 9: Pamela Williamson  
Feb. 16: Emma Karloff  
Feb. 23: JoAnne Smejkal  
Feb. 28: Denise Jansen

## WELCOME TO COTTAGE LIFE!

Donald Parriott  
Barbara Yoder  
Frank Cernik  
Sally Goodwin

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Tara Gabel, (402) 885-7010

### DIRECTORS OF CLINICAL SERVICES:

Tami Harms, (402) 885-7021

Loretta Pierce, (402) 885-7280

### DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

### DIRECTOR OF CULINARY:

Jamie Hobson, (402) 885-7019

### DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

### REGIONAL ADMINISTRATOR:

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 Abby at (402) 885-7000.



## FEBRUARY HIGHLIGHTS

### Cottages 40/50

Feb. 11: Roma Valentine Lunch Outing, 11 a.m.

Feb. 26: SmallCakes Cupcakery Outing, 1 p.m.

### Cottages 60/70

Feb. 13: Grand Lodge Cinema, 1 p.m.

Feb. 25: Runza Lunch Outing, 11 a.m.

### Cottages 72/82

Feb. 6: Grand Lodge Cinema, 1 p.m.

Feb. 19: Mama's Pizza Lunch Outing, 11:30 a.m.

### Cottages 80/90

Feb. 12: Pizza Hut Valentine Lunch Outing, 10:30 a.m.

Feb. 20: Grand Lodge Cinema, 1 p.m.

## FEATURED EVENT

♥ Valentine's Day ♥  
**Party**  
Friday, February 14th  
10 a.m.

Volunteers from the Kiewitt Corporation will be coming to the Cottages for conversation, crafts and baking!

## Tara's Take



January has been a fast month with lots of new things happening at the Cottages! Loretta, our Director of Clinical Services, has achieved her Doctorate of Education from Creighton University. We are so proud of her! We are looking forward to having her guidance on educating our direct care team members to

benefit and best serve our elders. Our leadership team is working diligently on teamwork and communication so that we can support the Cottages in the best way!

In January we celebrated National Law Enforcement Appreciation Day by having officers from the Sarpy County Sheriff's Office visit our elders. Our team is so thankful to them for everything they do on a daily basis for our community.

We are gathering information from our learning circles about what activities and events the elders and families would like us to have more of or add to our schedule in 2020.

I am working diligently to engage elders, families and team members in sharing information and ideas. Make sure that you let us know if there is a team member that is doing an outstanding job! Star Award nomination forms are in every cottage, so you are able to tell us about which individuals are making a difference in your life or a loved one's life. We want to recognize the team members that go above and beyond.

The Cottages are so special and unique; my team and I are blessed to have the opportunity to serve in this community.

—Tara Gabel, Administrator

## ELDERS IN ACTION

This month with the temperatures dropping the Cottages are partaking in Runza's Temperature Tuesdays®! They say food is the way to a person's heart, so we will be going to Pizza Hut for their heart-shaped pizzas. We will also be going to the Roma Italian Restaurant just in time for Valentine's Day. Another

popular pizza place we will be visiting is Mama's Pizza. We will finish up the month with a visit to SmallCakes Cupcakery and a few movies at the Grand Lodge Cinema. The month of love will be special with all of these amazing treats.

-Abby Brandt, Administrative Assistant



Cottage 70 enjoys a craft day.



The officers tour the Rehab Cottage.



Norma and an officer talk together.



The survival kits are filled with goodies.



JoAnn makes snowflakes.



Cottage 70 works hard to make snowflakes.



Bud and Anna visit with the officers.



Abby smiles with the officers.

## A MONTH IN REVIEW

On January 9th we celebrated National Law Enforcement Appreciation Day! We had three officers come from the Sarpy County Sheriff's Office to visit every cottage. They even toured the Rehab Cottage. Our elders were very excited to thank them for their service and what they do to keep our community safe.

The officers participated in puzzles, lunch time and met one of our elders who used to be a police officer himself! As a team we wanted to thank them with survival kits, which included candy and some Hillcrest swag!

-Abby Brandt, Administrative Assistant