

"Be the reason someone believes in the goodness of people."  
-Karen Galmansohn

February 2022

# NEIGHBORHOOD News

## Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 60 years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Many use Valentine's Day as an opportunity to spend quality time with each other, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

### Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

### Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

### Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

### Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy either by themselves or with a group. Show your Valentine's Day spirit by making red velvet cupcakes, heart-shaped cookies or even heart-shaped grilled cheese sandwiches.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.



## FEBRUARY BIRTHDAYS

Feb. 5: Sandra F.	Feb. 15: Carol H.
Feb. 9: Pamela W.	Feb. 21: Joseph H.
Feb. 12: James V.	Feb. 25: Mary W.
Feb. 14: Robert D.	Feb. 28: Denise J.

## WELCOME TO COTTAGE LIFE!

Gerald E.	Barbara H.
Sheri T.	Mary "Lynn" H.
Ara D.	

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Chris Sobrilsky, (402) 885-7010

### ASSISTANT ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

### DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

### DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

### DIRECTOR OF ENVIRONMENTAL SERVICES:

John Severson, (402) 885-7018

### REGIONAL AREA DIRECTOR:

Tammy Deemer, (402) 982-9376

## ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!



## FEBRUARY HIGHLIGHTS

- Groundhog Day
- Chocolate Tasting
- Valentine's Day
- Arts and Crafts
- National Wear Red Day

## FEATURED EVENT

### Super Bowl LVI Party

Sunday, Feb. 13, 3 p.m.  
All Cottages

Elders will be able to enjoy a few party treats before watching the big game! Decorations and games to celebrate the two teams will provide great fun for our elders!



A monthly newsletter for the Cottages  
at Hillcrest Country Estates

## Chris's Comments



Hello, and happy February to all of you! It is my great pleasure to announce some exciting news! We have a new addition to our clinical leadership team at the Cottages. Renea Trombino is a talented Clinical Care Coordinator, who will be overseeing the clinical needs of our Rehab Cottage. She is excited to meet everyone and will begin to introduce herself to our guests, families and team members.

We are asking for your assistance in keeping track of your (or your loved one's) personal items. Please make sure all personal items are added to the inventory list kept for each elder. This will help ensure that all personal items are accounted for and do not get lost or misplaced. Please engage with your cottage guide as they will be responsible for making sure all personal items are checked in on our inventory list. Your cooperation is appreciated!

On behalf of our team at Hillcrest Country Estates Cottages, I want to wish all of you the very best from all of us! We are very pleased to provide for our elders and feel extremely privileged to do so!

-Chris Sobrilsky, Administrator



## ELDERS IN ACTION

This month is full of fun for our elders! We will be celebrating Super Bowl LVI by having a party and then watching the game together in our common area. We will be making snacks and party food for this occasion as well.

Shortly after Super Bowl Sunday is Valentine's Day. We will be sure to keep the love and fun flowing this holiday! Our elders will be decorating heart-shaped

cookies and creating Valentine's Day boxes for special treats from our leadership team! We also plan on introducing some new games, such as "toss across", in our cottages this month and hope the weather will start to warm up a little as well! Hopefully, the groundhog won't see his shadow on Feb. 2, as we are all ready for spring to be here soon!

-Heather Penc, Cottage Guide



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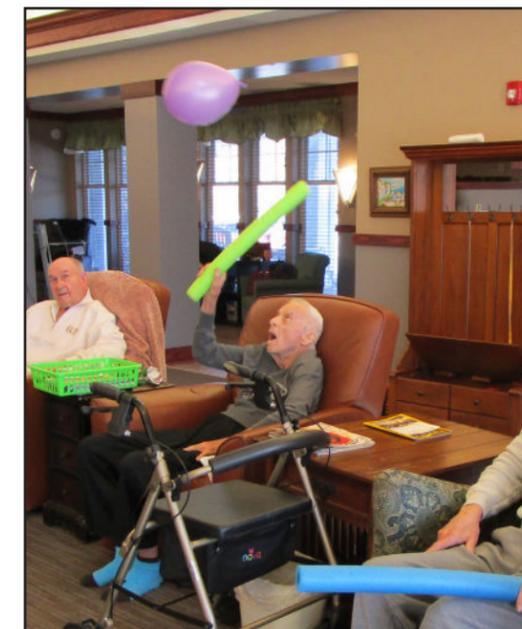
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 BALLOONS  
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 MAILBOX  
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 FEBRUARY  
 HEART  
 FOURTEENTH

## A MONTH IN REVIEW

Last month, our elders made numerous winter crafts in each of our cottages. In cottage 70, elders enjoyed coloring and trying out some new crafty ideas that our cottage guides put together. Elders in Cottage 72 stayed active with noodleball, trivia games and puzzles. Cottage 82 elders exercised their minds by working on a puzzle. They also loved playing cards. In

cottages 60, 50 and 40, elders had a great time listening to a variety of music. Some elders even participated in several different exercises with the elder assistants. I think we are all thankful to be able to bring in a new year, create new memories and take on new possibilities!

-Kelsey Williams, Administrative Office Coordinator



### Staying Active

Elders in cottage 40 stayed active this month with games of noodleball. Elders took turns hitting a balloon with pool noodles.