

"Let us love winter, for it is the spring of genius."

-Pietro Aretino

February 2023

# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

## Five Tips for Better Heart Health

February is American Heart Month. This month, we encourage you to focus on better heart health. Here are some ways to strengthen your heart this February:

- **Know Your Heart Health Numbers**

Know your "good" cholesterol, "bad" cholesterol, total cholesterol, triglycerides, blood pressure, weight and body mass index (BMI) numbers. Ask our clinical team or make an appointment with your doctor to know these numbers and see if you are making the grade.

- **De-stress Your Heart**

Find ways to relax. Individuals who are stressed can experience higher blood pressure, heart rate and levels of the stress hormone cortisol.

- **Get Heart Healthy Support**

Exercise is a great way to keep your heart in shape. Find an exercise buddy. Working out with a friend can keep you more motivated. It's also a great way to spend time with others.

- **Sleep to Your Heart's Content**

The magic number is seven-to-eight. Individuals who sleep fewer than seven hours a night have higher blood pressure and higher levels of cortisol, making the arteries more vulnerable to plaque buildup.

- **Drink More Water**

Staying hydrated keeps all of your organs, including your heart, functioning properly. Substituting sugary or caffeinated drinks with water will reduce calories and allow your heart to stay healthy.

These are just some ways to improve your heart health. A regular check-up is the best way to keep track of your heart health. Talk to our clinical team or your doctor to discover more ways you can stay heart healthy.



## FEBRUARY BIRTHDAYS

Feb. 9: Pamela W.    Feb. 21: Joseph H.  
Feb. 14: Robert D.    Feb. 27: Carol S.  
Feb. 14: Tina T.    Feb. 28: Donald T.  
Feb. 20: Glenn R.

## WELCOME TO COTTAGE LIFE!

Oscar C.    Janet S.    Robert L.  
David H.    Dolores R.    Roger E.  
Tina T.    Teresa W.    Helen P.  
Phyllis V.    Wayne M.    Ruby P.  
Harvey M.    Roger B.

## MEET THE LEADERSHIP TEAM

**ASSISTANT ADMINISTRATOR:**

Michael Aubrey, (402) 885-7010

**DIRECTOR OF CLINICAL SERVICES:**

Inglish Camero, (402) 885-7333

**DIRECTOR OF CULINARY:**

Jamie Hobson, (402) 885-7019

**DIRECTOR OF REHAB:**

Abby Benak, (402) 885-7467

**DIRECTOR OF ENVIRONMENTAL SERVICES:**

Ryan Newman, (402) 885-7018

## 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

Feb. 2: Groundhog Day

Feb. 13: World Radio Day

Feb. 14: Valentine's Day

Feb. 17: Random Acts of Kindness Day

Feb. 21: Pancake Day

## FEATURED EVENT

### Pancake Day Brunch

Tuesday, Feb. 21  
11 a.m. - 1 p.m.



Join us in your loved one's cottage for delicious pancakes and breakfast sides on Pancake Day!

RSVP to (402) 885-7000 by Feb. 16.

## Michael's Column



February is the month we celebrate hearts, caring and our most special relationships. We are happy to celebrate with our dear elders and have some fun in February.

On Feb. 14, we will be having heart-shaped pizza for lunch in honor of Valentine's Day. On Feb.

21, we will be serving up a delicious pancake brunch for our elders and their families and friends for Pancake Day. Join us from 11 a.m.-1 p.m. in your loved one's cottage. RSVP to (402) 885-7000 if you'd like to enjoy brunch with us.

As a reminder, upon arrival at your loved one's cottage, a team member will let you in. The doors are locked to prevent free access to the cottages for the safety of our elders. At no time may a door be propped open. We appreciate you complying with these rules.

We are working hard to grow our team here at the Cottages. You may see some new faces around. Please introduce yourself as we welcome them to our Hillcrest family.

As you may know, COVID-19 is still affecting the community. We have been very diligent in our cleaning processes, and we continue to focus on our infection control processes to ensure that we are providing the protection to keep everyone safe.

If there is anything the cottage guides or I can do to for you or your loved one, please let us know.

-Michael Aubrey, Assistant Administrator

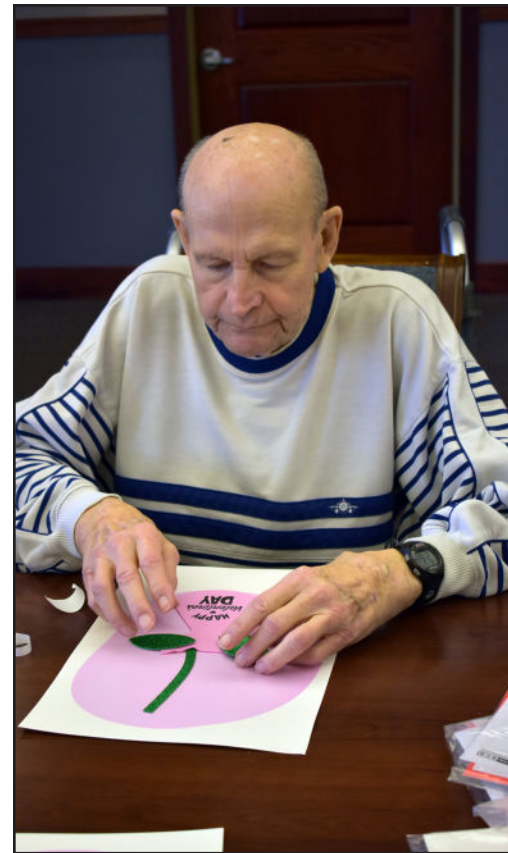
## ELDERS IN ACTION

February is the month for love! We will be celebrating Valentine's Day in a variety of ways. Elders will be making valentines for each other. They will also create Valentine's Day envelopes to put on their doors so we can share the love in each cottage. We will be playing Valentine's Day bingo for some added fun.

You should see our elders in action playing

noodleball! They always have a great time. Many smiles can be seen and laughs can be heard as they play. In February, we will also have a special visit from the Merrymakers Association to get our elders grooving to some music! We look forward to another awesome month full of fun.

-Michelle Adams, Cottage Guide



### Crafting With Love

Far Left: Pat shows off her finished Valentine's Day craft. Left: Carl places a leaf on his vase. Above: Pat and Nate work together on a Valentine's Day craft.



Karen gets ready to knock down the pins.



Maryann hopes to get a strike.



Rose watches as her friends aim for the bowling pins.

## A MONTH IN REVIEW

Elders had a blast with many great activities in January! Several elders started the year off on a bus ride around the town looking at holiday lights. We also provided them with New Year's hats and necklaces so they could ring in the new year in style!

Another activity elders enjoyed was making dog

treats shaped like bones and puppy paws for our furry friends. We all loved watching a performance by Billy Troy with the Merrymakers Association. He provided live entertainment in the form of classic country songs. It was wonderful to see elders singing along!

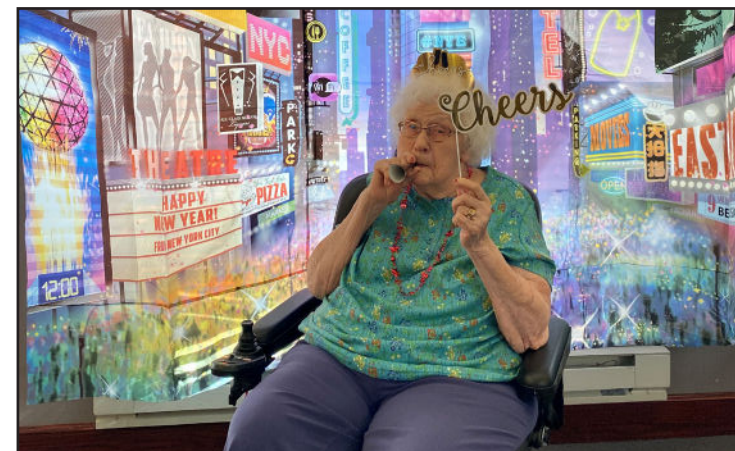
-Michelle Adams, Cottage Guide



Russ and his family enjoy Billy Troy's show.



Joan rings in the new year in style.



Marian celebrates the new year.



Glenn watches Merrymakers performer Billy Troy as he sings a country classic.



Roy claps along to the music.