

“Ambition is a dream with a V8 engine.”
-Elvis Presley

NEIGHBORHOOD *News*

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Staying Warm in Winter

It appears as though winter has finally arrived in eastern Nebraska with chillier temperatures, a little sleet and some snow flurries. For our aging adults, the temperature change can be especially shocking. Several factors can cause fluctuations in body temperature and impede a person's ability to retain heat: thinner skin, loss of body fat and muscle mass, dehydration, etc. The following are tips to help you stay warm:

Wear layers of clothing

This is perhaps one of the easiest ways to help the body regulate temperature. Adding and removing layers allows your body to slowly adjust to a comfortable temperature based upon your activity. In addition, warm air trapped between layers of clothing acts as insulation. Covering up with an extra blanket can also help.

Wear socks, mittens and hats

Who says they're just to be worn outside? Our appendages and head tend to be the first parts of the body to become cold due simply to their greater surface area. Use what's necessary to cover them up indoors, also.

Keep movin'

An inactive body generates less heat. And, as we age, our ability to react to the cold by automatic responses, such as shivering, decreases. Exercising can serve as a substitute. In addition, exercising builds muscle mass, which is important to maintaining body heat. Simple stretching allows for better blood flow throughout the body and better distribution of heat.

Drink water

A hydrated body leads to better blood flow. And, again, better blood flow means a warmer body.

Drink warm beverages

Warm yourself from the outside in while holding your drink. Warm yourself from the inside out by drinking it down.

Eat!

Fat cells insulate the body and its organs. Take some lessons from our furry outdoor friends and try adding a few extra pounds during the winter months.

**-Laurie Simmons, Recreation Leader,
Hillcrest Health & Rehab**

JANUARY BIRTHDAYS

Jan. 2: Betty R. Murphy
Jan. 3: Ottilie Roze Walters
Jan. 3: Roger Charbonneau
Jan. 13: Arlene Yearsley
Jan. 17: Thelma Horn
Jan. 19: Joanna Hedlund
Jan. 23: Vincent Moragues
Jan. 30: Roland Mariucci

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 CULINARY SERVICES:

Alisa McCoy, (402) 885-7014

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.



JANUARY HIGHLIGHTS

Jan. 4: Grand Lodge Movie, 12:30 p.m. (60/70)
Jan. 10: Smallcakes Cupcakery, 12:30p.m. (80/90)
Jan. 11: Grand Lodge Movie, 1 p.m. (40/50 & 72/82)
Jan. 16: Scooters Coffee & Breakfast, 8:30 a.m. (40/50)
Jan. 22: Lunch at Romeo's, 11 a.m. (40/50)
Jan. 23: Summer Kitchen Café Lunch, 10:30 a.m. (72/82)
Jan. 24: Lunch at Pizza Ranch, Seniors' Day, 10:30 a.m. (80/90)
Jan. 31: Village Inn Pie Social, 1 p.m. (60/70)

FEATURED EVENT



Fontenelle Forest January 17, 2:30 p.m. Cottage 70

Some say winter is for the birds. Instructors from Fontenelle Forest may say that exactly! Join us for their latest presentation titled "Common Birds We Love and Know." Don't **chicken** out of this educational opportunity. **Hoo** knows...you might get **goose** bumps from the new things you'll learn about our feathered friends!

Thoughts From Joe



Isn't it fun to think about what the New Year will bring as we move into 2018? The coming months will be full of new offerings, opportunities and challenges that will make this year special.

One of the things that I am excited about this year is celebrating the 10th Anniversary of Hillcrest Country Estates. What started out as CEO Jolene Roberts' vision for doing long-term care better by Enhancing the Lives of Aging Adults has blossomed into eight fully functioning Cottages built just for that purpose! Over the course of the past 10 years we have also opened a 22-suite Rehab Cottage, as well as the Villas and the Grand Lodge, rounding out all of the components of a continuous care retirement community on 44 acres.

While we are so very proud of the buildings, we are even more proud of the things that make us different from rest. We are blessed to be the only remaining small house model in Nebraska that firmly believes in a true culture change lifestyle. Where other nursing facilities have attempted this model and failed, Hillcrest Country Estates has been successful through the dedication of the team members who make it a reality. We cannot overstate how important your belief in our ability to provide excellent care and willingness to embrace the Cottage model is to our continued success. We are so grateful to have your support as we begin another year!

We look forward to serving your family this coming year and hope that this year brings many special blessings your way!

-Joe DiMinico, RN, Administrator

ELDERS IN ACTION

Winter has finally showed her true colors here in Nebraska! Despite the nasty cold front, the Cottages have a nice set of outings prepared. In addition, we have a few entertainers lined up just in case the weather goes crazy. Paul Seibert from the MerryMakers entertainment group will be stopping

by in January. Paul has performed his unique style throughout the Midwest for more than 30 years, playing only acoustic instruments, including a button accordion!

-Jura Michael, Director of Cottage Services



The Kleine family takes a photo with Santa.



Such creativity at the Gingerbread House exhibit!



Ruth Duffy enjoys a gift from Santa's elf.



Emma smiles for the camera.



Sandi Crook enjoys the exhibit.



Emma and JoJean Harnack enjoy gingerbread houses.



Team members from Cottage 70 gather for a photo.

A MONTH IN REVIEW

Last month, the Cottages held their annual Holiday Extravaganza, and while everyone enjoyed the dinner and fellowship and overall Christmas cheer, the one special guest we had stop by stole the entire show. I'm sure you're thinking of Santa and the Mrs., and while they were certainly a welcomed addition to the festivities, the special guest that made our extravaganza such a hit, was our little

helper elf, Cruz. He visited every Cottage with Santa and Mrs. Claus, handing out gifts to all our elders. Their faces just lit up whenever he entered the room, and his sweet, cheerful voice wishing the elders a Merry Christmas sounded like angels. We certainly hope Cruz comes back from the North Pole next year as well!

-Jura Michael, Director of Cottage Services



The Vondrasek family poses with the Claus family.



Bill Seaton tells Santa what he wants for Christmas!



Cottage 60 team members pose with Santa.



A Christmas card for Thelma Horn!



Cruz the Elf entertains Ted Phelps.



The Cottage 80 team poses with Santa and Mrs. Claus.



Mr. and Mrs. Claus pose with Bud Porter.



Santa, Mrs. Claus and Cruz the Elf are being silly.