

“Write it on your heart that every day is the best day in the year” –Ralph Waldo Emerson

NEIGHBORHOOD *News*

A monthly newsletter for the Cottages at Hillcrest Country Estates

Staying warm in the 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 some 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.

- **Grab an extra blanket**

Layering blankets works just like layering clothes. Fuller blankets will also provide extra coverage.

- **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.



JANUARY BIRTHDAYS

Jan. 2: Brent Hodges	Jan. 13: Arlene Yearsley
Jan. 2: Jonas Mickeliunas	Jan. 17: Thelma Horn
Jan. 2: Betty Murphy	Jan. 23: Vincent Moragues
Jan. 3: Ottilee Walters	Jan. 30: Roland Mariucci

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:

Nancy Holmgren, RN, (402) 885-7021

DIRECTOR OF CULINARY SERVICES:

Christian Loughran, (402) 885-7019

DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

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 Kelly at (402) 885-7000.



JANUARY HIGHLIGHTS

Jan. 8: Twin Creek Movie Outing (Cottage 40/50), Time TBD
 Jan. 14: Lansky’s Lunch Outing (Cottage 72/82), 11 a.m.
 Jan. 15: Runza Temperature Tuesday (Cottage 60/70), 11 a.m.
 Jan. 17: Creation Station (Cottage 80/90), 1 p.m.
 Jan. 22: Runza Temperature Tuesday (Cottage 60/70), 11 a.m.
 Jan. 23: Village Inn Brunch & Pie (Cottage 80/90), 10:30 a.m.
 Jan. 28: Grand Lodge Cinema (Cottage 72/82), 1 p.m.
 Jan. 30: Small Cakes Cupcakery (Cottage 40/50), 1 p.m.



Theresa’s Take



I hope everyone enjoyed the holidays this year. In December we had our Holiday Extravaganza here at the Cottages. This is the team’s favorite event of the year. The team really enjoyed getting to spend some time with family and friends of the elders that

live here. For the last few years, our Environmental Services Director Rick McHenry has been voted to dress up as Santa and go around to all of our Cottages. We hope everyone enjoyed the food that our Director of Culinary Christian Loughran worked with his team to prepare.

As we start another year we all set personal goals we would like to achieve in the coming year. At the Cottages we also take the time to set goals for us to achieve as a team in the coming year. In 2019 one of our goals is to build an even stronger team here at Hillcrest Country Estates Cottages.

From all of the Cottages team, we sincerely thank you for letting us take care of you or your loved one. We look forward to spending another year with all of you.

May you have plenty of peace, love and happiness in 2019.

-Theresa DeBilzan, Administrator

ELDERS IN ACTION

Happy New Year to everyone! It is a new day, a new year! We are so grateful for your participation in our activities the last year, and we would like to add even more activities that you will enjoy in 2019. We are ready to roll with new and exciting activities. All we need now is to hear from you!

For starters, we'll take outings to some restaurants including Lansky's, Runza and Village Inn. We'll visit Twin Creek Cinema for a flick and sit

down for a movie in the Grand Lodge Cinema. Please check the Event Highlights section on the front of this newsletter for specific date/time information for the exciting activities we have planned for January.

One of our 2019 resolutions at the Cottages is to better serve you each day. Feel free to let us know just how we can better accommodate you or your loved one.



Jojo and Nancy enjoy a Storm Chasers game at Werner Park.



Anna, Jojo, Betty, Vince and family enjoy a hayrack ride through the Bellevue Berry Farm.



Emkarloff and Ron smile with others at the game.



Ruth and Warren Robinson "Robbie" enjoy the game.



Anna picks her pumpkin on the hayrack ride.

A MONTH IN REVIEW

Goodbye 2018! Welcome 2019! We had fun in 2018! Some highlights include when we went to Werner Park for a Storm Chasers baseball game, Bellevue Berry Farm for lunch and a hayrack ride, welcomed trick-or-treaters for Halloween and spent time with loved ones at our Holiday Extravaganza! We

hope you enjoyed the events and will join us for all of the events we have planned in 2019.

In case you missed these events, our photos this month recap of some of our most enjoyable times at the Cottages in 2018. We wish you and your loved ones all the best for 2019.



Elders pass out sweet treats to trick-or-treaters.



David's squirrel "Nutty" enjoys a special treat.



Jojo, Pearl and Elmer enjoy a sweet treat.



David and his Caring Companion enjoy dinner.



Jessica plays Bonnie and Anna some tunes.



Elizabeth looks beautiful for the Holiday Extravaganza.