

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold." – Aristotle

January 2020

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



New Year's Around the World

Happy January! What did you do to celebrate the New Year? Hopefully you enjoyed good food and the company of friends and family. Almost every country in the world celebrates the New Year, and a lot of countries have unique traditions for celebrating. Here are some interesting traditions, according to worldstrides.com.

Spain – In Spain, the tradition is to eat a grape on each strike of the clock at midnight. The 12 grapes represent good luck for each month of the New Year.

Denmark – The tradition in Denmark is a little bit more dramatic. Denmark residents throw old plates and glasses against the doors of relatives and friends to ward off bad spirits. They also jump off of chairs together to "leap" into the New Year with good luck.

Greece – In Greece, residents hang an onion by their front door on New Year's Eve as a symbol of rebirth. Then, on New Year's Day, parents will wake their children up by tapping them on the head with the onion!

Columbia – On the other side of the world, in Columbia, people walk around their block carrying an empty suitcase on New Year's Day, hoping it will lead to a year of fun travels.

Scotland – Scottish residents celebrate the first day of the year with the tradition of "first-footing." This means that whoever is the first person to cross the threshold of a home in the New Year should carry a gift for good luck.

Do you have your own traditions for celebrating the New Year? However you celebrate, it's a good time to reflect on the year prior and look ahead to the great times to come. Have a great year!



JANUARY BIRTHDAYS

Jan. 2: Brent Hodges
Jan. 2: Jonas Mickeliunas
Jan. 7: Ester Douglas
Jan. 11: Martin Thomas Schmitz
Jan. 13: Arlene Yearsley
Jan. 17: Thelma Horn
Jan. 19: Peter Taraboletti

WELCOME TO COTTAGE LIFE!

Frelon Mardick
David Cecil

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:

Michelle Yosick, (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.



JANUARY HIGHLIGHTS

Cottages 40/50

Jan. 9: SmallCakes Cupcakery, 1 p.m.
Jan. 27: My Pie Pizza, 11 a.m.

Cottages 60/70

Jan. 16: Grand Lodge Cinema, 1 p.m.
Jan. 29: Olive Garden, 10:30 a.m.

Cottages 72/82

Jan. 21: Dairy Queen, 11 a.m.
Jan. 23: Grand Lodge Cinema, 1 p.m.

Cottages 80/90

Jan. 14: Twin Creek Movie Outing, showtime TBD
Jan. 22: Pizza Ranch Senior Day, 10:30 a.m.



JoAnne, Kienna and Joss stir cupcake batter.

Tara's Take



The holiday season was an amazing time for elders, family, friends and team members here at the Cottages! Our two Holiday Extravaganza events were great evenings where we were able to spend time with those that mean the most to us.

We have hired a new Director of Clinical Services, Loretta Pierce. I am excited because I know she will have such a positive impact on the care we provide daily. She has many years of experience as a registered nurse and is passionate about caring for others. She is looking forward to meeting all of you and has great energy that she is bringing to our team.

As a team we are looking forward to a blessed and active year! We have planned many events throughout the year for our elders and team members. Like most people do at the beginning of a new year, we look to new goals and hopes for the upcoming year. There are many items that we are diligently focused on, and we are dedicated to ensuring the care and experience we provide is amazing. I look forward to new opportunities and experiences here at the Cottages and everything 2020 will bring!

—Tara Gabel, Administrator

2020
happy new year

ELDERS IN ACTION

This month we are kicking off the New Year! We will be visiting Dairy Queen for some famous blizzards® and other ice cream treats. As if the holidays didn't bring enough sweets, we will also be going to SmallCakes Cupcakery on January 9th. Along with sweets we will also be getting to eat some savory dishes. We will be visiting Olive Garden and My Pie

Pizza where you can create your own pizza! Movies are always a must for us here at the Cottages. We can't wait to see what movies we will get to see at the Grand Lodge Cinema as well as Twin Creek Cinema for their \$5 movies and free popcorn! We hope everyone will enjoy all of these activities. Happy New Year!
-Abby Brandt, Administrative Assistant



JoAnn and Evelyn make winter hats at Cottage 70.



Jeanette and Nicole have fun at a gingerbread house tour.



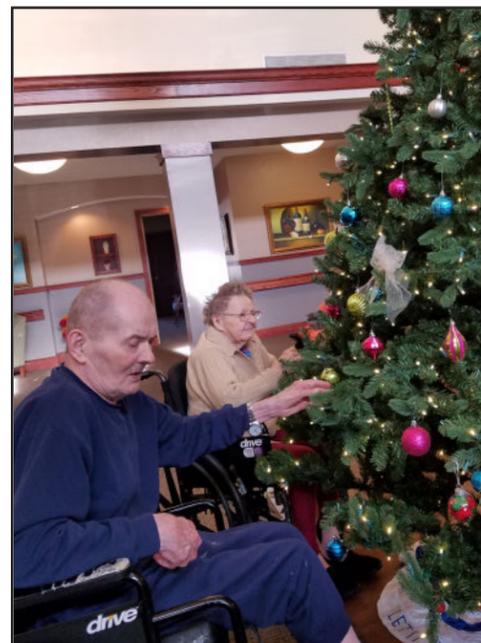
Anna enjoys a sunny day while Caleb drives her around in a golf cart.



Dee decorates the Christmas tree at Cottage 70.



Anna and Norma enjoy the gingerbread displays.



Tom and Anna decorate Cottage 60.



Anna makes snowflakes.



Evelyn poses as a gingerbread man.



Cottage 60 enjoys the gingerbread house tour.

A MONTH IN REVIEW

The month of December sure didn't disappoint here at The Cottages. Christmas decorating was in full force. The trees were filled with lights, tinsel and ornaments just in time for the holidays. We also got to go on a gingerbread house tour. The gingerbread houses were beautiful and looked so delicious. We made cupcakes, celebrated National Cookie Day, National Ice Cream Day and, of course, rocked ugly

sweaters on National Ugly Christmas Sweater Day. Our elders also went on Christmas light tours. To top it off we celebrated our annual Holiday Extravaganza Dinners on December 17th and 19th. We are so thankful for all families and friends that celebrated with us!
-Abby Brandt, Administrative Assistant