

"Be kind whenever possible. It is always possible."

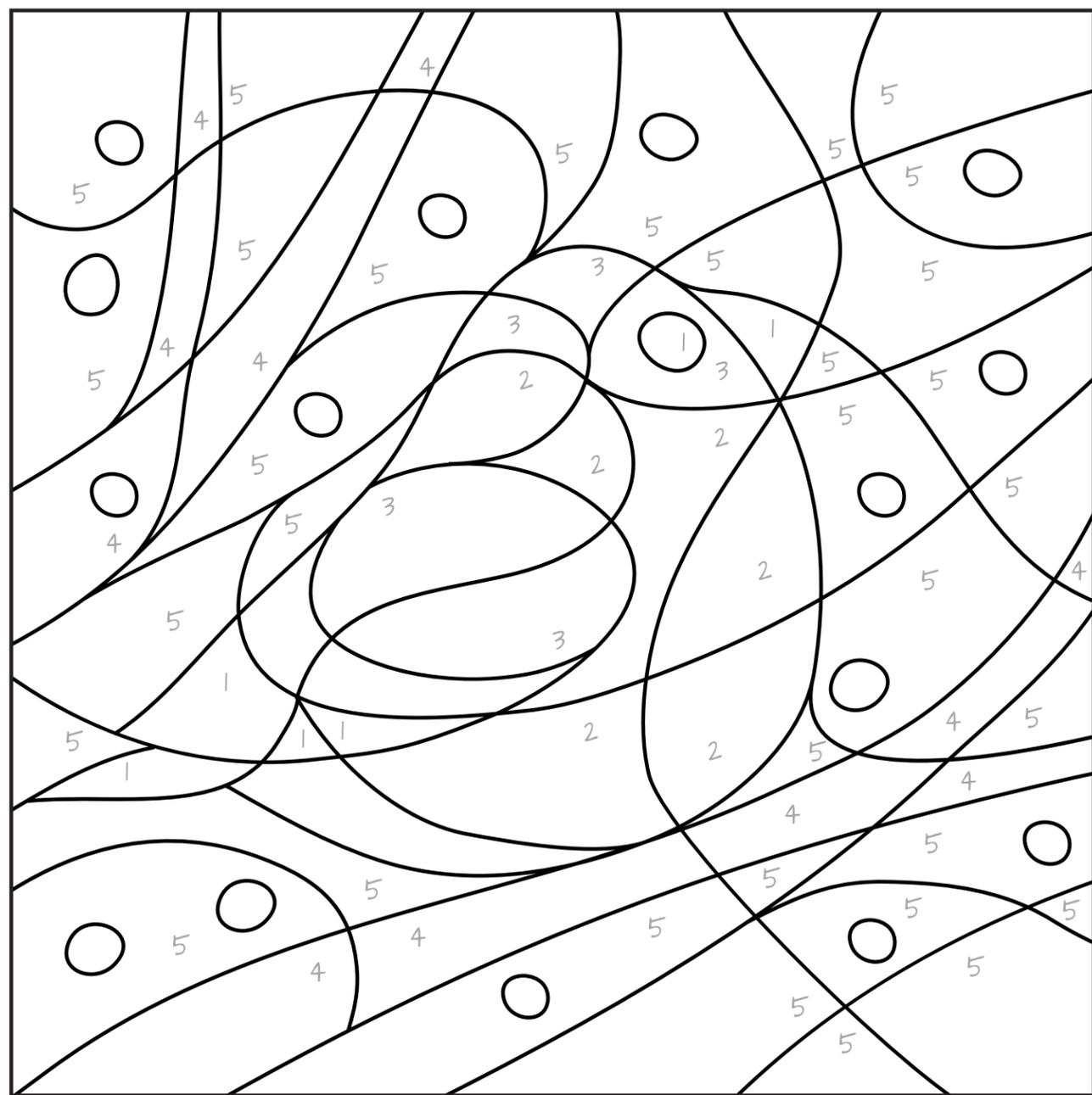
-Dalai Lama

January 2021

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Activity Page



Color By Number



JANUARY BIRTHDAYS

Jan. 7: Ester Douglas
Jan. 13: Arlene Yearsley
Jan. 19: Peter Taraboletti

WELCOME TO COTTAGE LIFE!

Nicholas Wees, Richard Klitz, William Hill, Barbara Van Haute, James Smith, Mary Noonan

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Ashley Walters, (402) 885-7010

ASSISTANT ADMINISTRATOR:

Tim Snyder, (402) 885-7230

DIRECTOR OF CLINICAL SERVICES:

Chris Johnson, (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:

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 distribution list, please contact Trilby at (402) 885-7000.

Ashley's Notes



Greetings, everyone! I want to thank everyone who came to our caroling event in December. It was great meeting you and I am so glad we had good weather. There are several new faces on our leadership team, and it was a wonderful opportunity for you to meet them. I know our elders were happy to

listen to your beautiful singing and, of course, happy to see their loved ones. The holidays looked a little different this year, but we made sure to keep them festive and fun here at The Cottages.

The year 2020 has finally come to an end, and we have moved into 2021. This past year has been challenging and much different than previous years, but we are hopeful that 2021 will be better. The New Year often brings changes and growth for many us. It is a time for reflection and looking for ways to grow. Here at The Cottages we have had growth in our leadership team and are planning for even more growth this year.

Our Dimensions™ Cottage opened on December 21st! I am so excited to welcome elders to this cottage as we continue to grow our capacity for in-depth dementia care. Visit hillcresthealth.com/dimensions for more information about this newly renovated cottage.

As we start this new year, please remember that it is cold and flu season. Continue with good hand hygiene. Hand washing and/or sanitizing often helps to eliminate the spread of illness. Stay happy and healthy and enjoy the New Year!

—Ashley Walters, Administrator

ELDERS IN ACTION

Welcome, 2021! Goodbye, 2020! There are lots of changes headed our way in 2021. Our Dimensions™ Cottage recently opened and is in full swing! Allie, our Dimensions Coordinator, has lots of fun plans for all of the elders in the Dimensions™ Cottage. The Dimensions™ Cottage is the first licensed long-term care dementia program in a cottage home setting, and we are so excited to introduce this type of cottage to our community here at Hillcrest Country Estates.



Margaret "Stella" smiles as she listens to holiday music.



Arlene and Tom work together to make a button bookmark.

We are looking forward to a lot of fun activities here at The Cottages! On January 19 we will be celebrating National Popcorn Day, which will be a fun treat. Then, on January 24, we will be celebrating National Compliment Day. We have some amazing elders and team members, so I have no doubt that it will be easy to think up a lot of compliments!

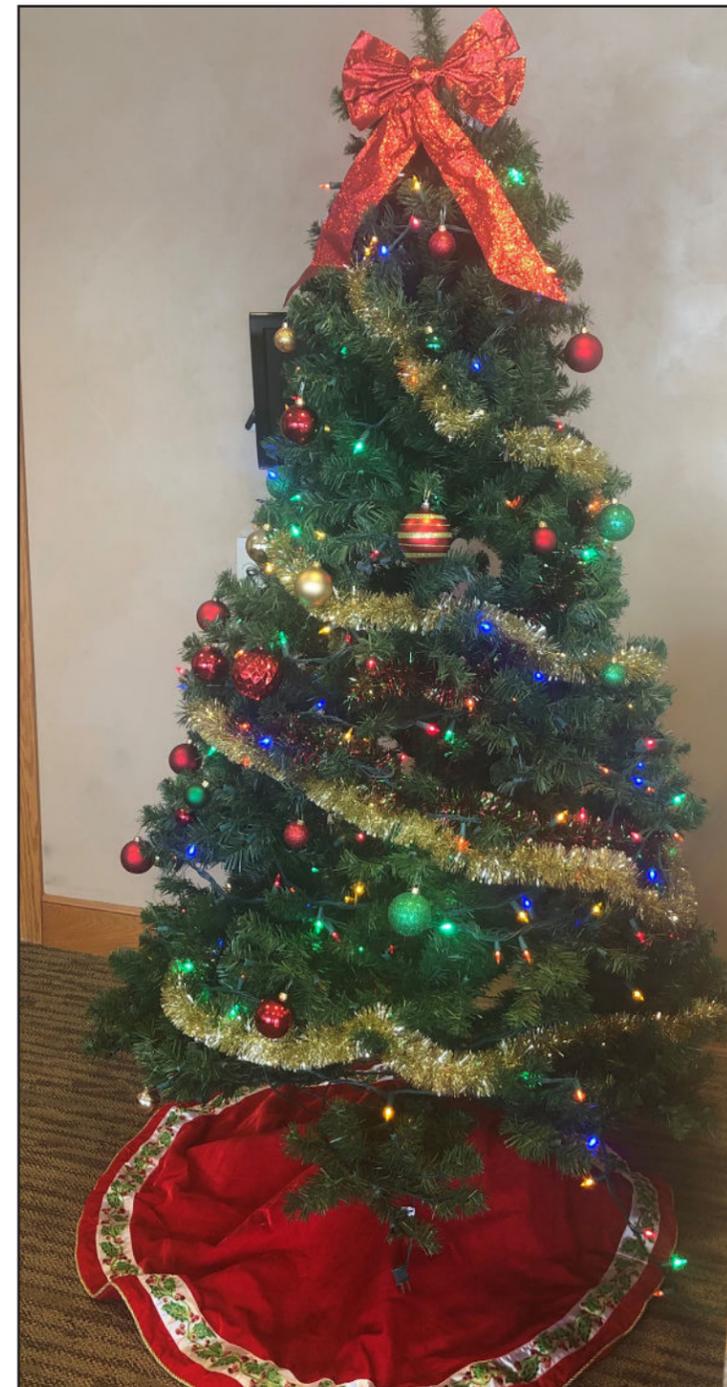
-Trilby Connolly, Administrative Office Coordinator



Marion celebrates her 84th birthday with a cake from her family.

A MONTH IN REVIEW

The holiday season was a little bit different this year, but we made a lot of happy memories along the way. Elders enjoyed holiday crafts, sweet treats and, of course, holiday music. All of the cottages were decorated with beautiful decorations that put everyone in the holiday spirit. One of the highlights of the



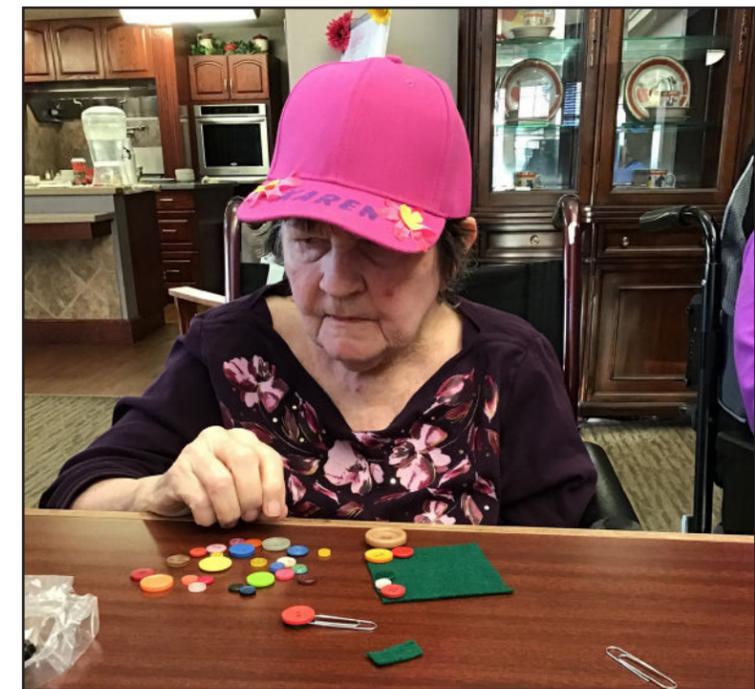
The Cottages are filled with holiday decorations like this beautiful Christmas tree.

month was our Holiday Caroling Event on December 20. It was great to see loved ones come sing carols around the Cottages. We also enjoyed cookies and hot cocoa. It was a great event, and I can't wait to do it again next year!

-Trilby Connolly, Administrative Office Coordinator



June enjoys her Christmas tree from her family.



Karen makes a button bookmark on National Button Day.