

*"Today's accomplishments were yesterday's impossibilities."
-Robert H. Schuller*

January 2022

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Staying Warm in the Winter

For our aging adults, the temperature change that comes with the winter months 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. 1: Dee H.	Jan. 22: Fredericka M.
Jan. 7: Ester D.	Jan. 23: James M.
Jan. 13: Arlene Y.	Jan. 26: Hubert C.
Jan. 15: William P.	

WELCOME TO COTTAGE LIFE!

Frances M.	Robert D.
Fredericka M.	Agatha D.
Eileen K.	Harold P.
John H.	Orville M.
James C.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Chris Sobrilsky, (402) 885-7010

ASSISTANT ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

DIRECTOR OF CLINICAL SERVICES:

Katrina Mills, (402) 885-7333

DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

John Severson, (402) 885-7018

REGIONAL AREA DIRECTOR:

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 newsletter distribution list, get us your email address, and we'll keep you posted!



JANUARY HIGHLIGHTS



- New Year's Day Celebration
- National Cheese Lovers Day
- Lego Day
- Sensory Activities
- Arts & Crafts
- Bingo

FEATURED EVENT

New Year's Day Celebration

**Saturday, Jan. 1
All Cottages**

Elders will be celebrating the new year with streamers and party favors. While we may not want to say it out loud, 2022 may just be our year.

Chris's Comments



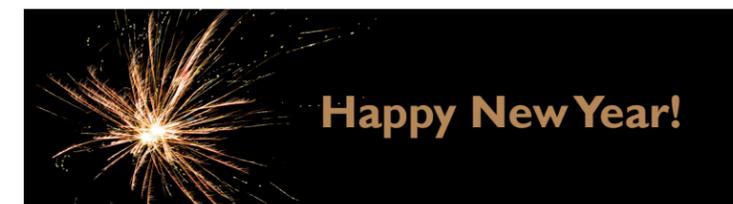
Hello, everyone! It is my great pleasure to announce some exciting news about our newest additions to the leadership team at the Cottages. We have hired a talented Dimensions Coordinator named Rachel Blaine, who will be implementing new programming for the Dimensions Cottage and

throughout the entire campus. Also, we have hired a new Cottage Guide, who officially started December 27th. Her name is Lesedi Nato-Thomas, and she will be responsible for Cottages 80 and 90. Our new team members are excited to meet everyone and will begin to introduce themselves to our elders and their families.

We are implementing a new procedure designed to enhance meal time experiences for our elders. Elders will be offered an upgraded menu for lunch and dinner to ensure they have the opportunity to choose something they will enjoy eating at every meal.

On behalf of our team at Hillcrest Country Estates Cottages, I want to wish all of you a very Happy Holiday Season! We are very pleased to provide for our elders and feel extremely privileged to do so!

-Chris Sobrilsky, Administrator



ELDERS IN ACTION

This month is full of activities. We will be starting the new year right with a New Year's Day Celebration. If you look in the cottages, you can see that elders have been doing crafts and will continue making fun things this month. We will be baking and taking virtual tours. Elders in Cottage 70 particularly like to do arts and crafts and will be making winter crafts throughout the month. Cottage 60 will continue to use the activity cart and have one-on-one activities, as well as recreation in a group. Cottage 40 has a new Dimensions

Coordinator, who will be completing activities with elders throughout the month. In Cottage 72, we plan on playing noodleball and doing puzzles. Elders in Cottage 82 will be doing a new puzzle and playing cards. We will also have their nails done. Cottage 50 will be listening to music and playing noodleball as well. Some elders will participate in exercise with Elder Assistants. We are off to a good start this year and will focus on celebrating the beginnings of a new year.

-Michelle Adams, Cottage Guide

A MONTH IN REVIEW

Last month was filled with holiday cheer as we all celebrated the holidays with family and peers. Our elders enjoyed a variety of activities that took place in each cottage such as gingerbread decorating, Christmas caroling with Santa, hot cocoa and cookies, trivia games, hand massages, Christmas movie nights, craft making and so much more. Some of the elders, along with some team members, also enjoyed

participating in "spirit week." Each day of the week elders had the chance to wear something fun such as cozy pajamas, or get all dressed up. I think everyone's favorite was wearing snazzy Christmas sweaters while enjoying caroling and hot cocoa. We all look forward to a new year with new beginnings to come.

-Kelsey Williams, Administrative Office Coordinator



Fred and Elder Assistant Brittany share some laughs while decorating the Christmas tree.



Cottage Guides carol in Cottage 60 for Ronald L. and his family.



Julie and Elder Assistant Caitlyn make gingerbread houses.



Joe and Elder Assistant Brittany decorate the Christmas tree.



Top Left: Anna and Roberta work on arts and crafts with Elder Assistant Dana.



Top Right: Cottage 72 elders participate in holiday crafts. Bottom Right: Cottage 72 elders toss a beach ball around. Above: Julie and Emma watch a Christmas movie.

