

“Government of the people, for the people, and by the people shall not perish from the Earth.” - Abraham Lincoln

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Summer Fun in the Summer Sun

Summer is a great time to enjoy outdoor activities. Seniors can engage in activities that encourage their interests and fitness goals, while also spending time with family and friends. Here are some fun outdoor activities to enjoy during the summer months.

Picnics: Pack a nutritious lunch and find a shady spot outdoors to stay cool. Sandwiches, fruits and vegetables can be a quick-and-easy meal for your picnic. Picnics are a great time to socialize and enjoy the weather.

Fishing: What an easy way to relax and have fun on the water! The activity doesn't take a lot of extraneous effort and can be rewarding after you catch a fish. It's also a great way for families to connect and spend quality time with each other.

Swimming: This is a great way to exercise and have fun in the water. Exercises done in a swimming pool can be another alternative to exercising outside in the warm summer heat. Plus, the pool is a great spot to hangout.

Farmers Markets: These provide a way to support your local community. Fruits, vegetables, crafts and games make for a fun morning in the summer sun. Enjoy the market with friends and loved ones, and find some freshly grown food too.

Finding activities that are enjoyable outside in the summer is fun. They can provide great exercise and a way to spend time with family and friends. Have fun, and be safe outside this summer.

JULY BIRTHDAYS

- July 2: Mildred Jungers- Moluf
- July 4: Richard Bolling
- July 6: Myrle Olson
- July 8: Margaret Cerny
- July 11: Thomas Tiefenthaler
- July 15: Patricia Partusch
- July 16: Jean Veneck
- July 22: Wilma Finley
- July 26: Edward Bursick
- July 26: Mary George

WELCOME TO COTTAGE LIFE!

Thomas Tiefenthaler, Eleanor Stahl, Ester Douglas, Anne Grammill, June McCann and Violet Gaither

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

DIRECTORS OF CLINICAL SERVICES:

Kelli Gregerson, (402) 885-7280

Tami Harms, (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

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.



JULY HIGHLIGHTS

- July 9: TCBY Outing, load at 1 p.m. (40/50)
- July 9: Twin Creek Cinema Outing, showtime TBD. (72/82)
- July 15: Sonic Ice Cream Outing and Bus Drive, load at 1 p.m. (72/82)
- July 16: Summer Kitchen Café Brunch, load at 10 a.m. (80/90)
- July 17: TCBY Outing, load at 1 p.m. (60/70)
- July 24: China Buffet Lunch Outing, load at 11 a.m. (40/50)
- July 30: McDonald's Lunch, load at 11 a.m. (60/70)
- July 31: Grand Lodge Cinema, load at 1 p.m. (80/90)

FEATURED EVENT

Fourth of July Week

Enjoy Fourth of July themed activities all week long!

See individual cottage calendars for details.



Theresa's Take



Summer is flying by here at the cottages. In June, we had our Father's Day grill-out and participated in the Papillion Days Parade. With July being the hottest month of the year we will be making sure all of the elders are getting plenty of fluids.

We also apply sunscreen before spending time outside. We have sunscreen available in all of the cottages, so please just ask for some if you plan on going out.

Not only is the summer flying by, so is the year. July 2 will mark the half way point of 2019. In the month of July, we will celebrate Independence Day along with the 50th anniversary of the Apollo 11 moon landing. Seven other countries will also celebrate their independence day in the month of July.

Each month, I try to include an interesting fact about that month. Something I thought was really interesting was that in the Ancient Roman Calendar, which began the year with March, July was the fifth month, known as Quintilis. When January and February were added to the calendar, Roman Emperor Augustus changed the name to Julius (July) in honor of Julius Caesar, who was born in July. Happy July!

-Theresa DeBilzan, Administrator

ELDERS IN ACTION

For the month of July, we look forward to celebrating the Fourth of July with a week filled with holiday themed activities. We have a lot of ice cream trips planned, including TCBY and Sonic. If you are in the mood for a cheeseburger and French fries, we have just the trip for you! On July 30, Cottages 60 and 70 will take a trip to McDonald's. As always, one of our

favorite go-to activities is a movie. This month we will be going to both Twin Creek Cinema and also over to the Grand Lodge Cinema. To put the cherry on top of a great month, we will also be visiting Summer Kitchen Café and China Buffet. Can't wait to see you all there!
-Abby Brandt, Administrative Assistant



Cottage 70 enjoys game day. Puzzles and cards are always fun.



George smiles with former KC Royal, Mark Teahen.



Bonnie and Anna get piano lessons from Nicole.

A MONTH IN REVIEW

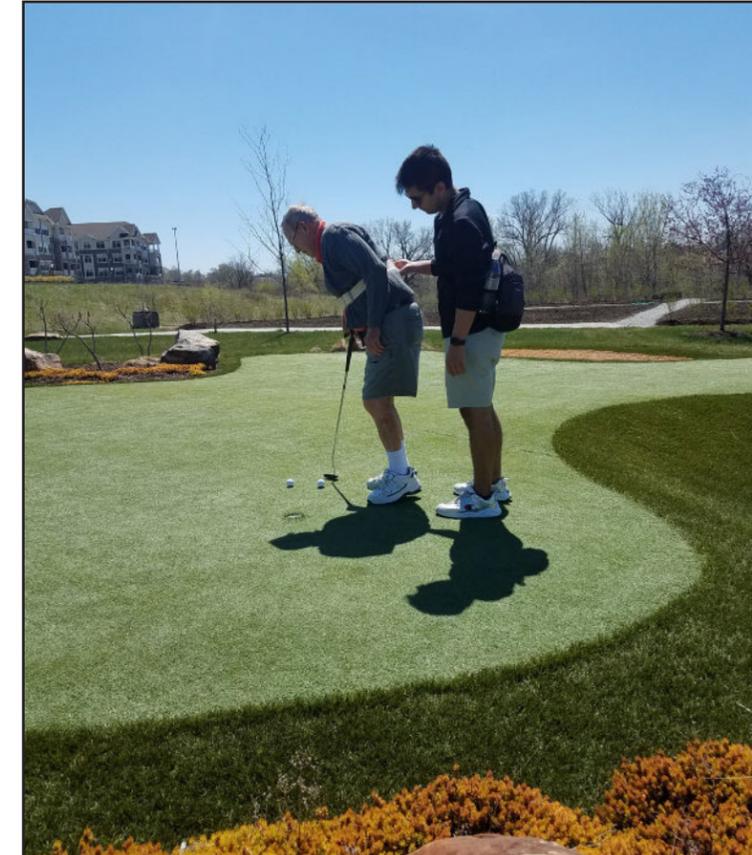
During the month of June, we had a Father's Day BBQ here at the cottages. We fired up the grills with friends and family for the holiday, and the food was absolutely delicious. We had hot dogs, hamburgers, watermelon, side salads and desserts! We have had lots of rain lately, but we

didn't let the weather bring us down. Both inside and outside the party went on. Our elders were very excited to celebrate all of our wonderful fathers and grandfathers. We want to thank you for everything you do!

-Abby Brandt, Administrative Assistant



Jo Ann and Mary Ann enjoy a day at the zoo.



Bud loves to golf in the warm weather.



Cottage 60/70 has a great time at the zoo.



Ester loves when the puppies visit.