

*"A life without love is like a year without summer."*

*—Swedish Proverb*

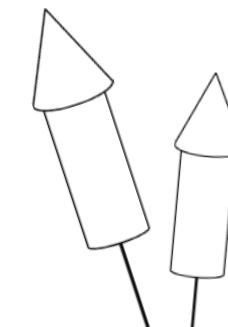
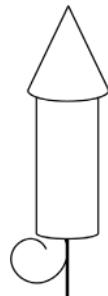
## Activity Page

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 T F Z E K S N H L K T F G R Y O T J

**July  
Independence  
Fireworks  
BBQ**

**Hamburgers  
Hot Dogs  
Patriotic  
Red**

**White  
Blue  
Stars  
America**



# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

## Ashley's Notes



Greetings, family and friends, and happy July! Finally, summer is here, and the weather is warming up and already hitting some record heat numbers. During these hot days, I just want to remind everyone to make sure you stay well hydrated. Drink your water and keep that sunscreen on while you're out

having some fun in the sun!

I am very excited to let you all know that we have a new addition to our team here at Hillcrest Country Estates Cottages. Katrina Bruner will be our new Assistant Administrator and comes to us with years of knowledge in administration. Please help me welcome her to our team!

With the county positivity rate below 5 percent, we are becoming more and more open to visitations and outdoor events. In our cottages, whether you are vaccinated or not, you still must wear a mask while you are in the common areas of the cottage. If you are in your loved one's suite and you and your loved one have both been vaccinated, you may then remove your mask, knowing that when you leave the suite, you must place your mask back on. We appreciate your cooperation with these guidelines. As always, we ask that you continue to practice good hand hygiene and stay home if you are not feeling well or are running a fever of 99.1° or higher. Our main priority is to continue to keep our elders and team members safe, and we appreciate your help as we work toward that goal. Please have a very safe and happy Fourth of July!

—Ashley Walters, Administrator

## Hillcrest Country Estates

### JULY BIRTHDAYS

July 6: Myrle O.      July 11: Brenda A.  
 July 7: Virginia G.    July 18: Janet C.  
 July 8: Margaret C.   July 22: Wilma F.

### WELCOME TO COTTAGE LIFE!

John W., Elizabeth M., Joyce D.

### MEET THE LEADERSHIP TEAM

#### ADMINISTRATOR:

Ashley Walters, (402) 885-7010

#### DIRECTOR OF CLINICAL SERVICES:

Dana Dober, (402) 885-7280

#### DIRECTOR OF CULINARY:

Jamie Hobson, (402) 885-7019

#### DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

#### DIRECTOR OF ENVIRONMENTAL SERVICES:

John Severson, (402) 885-7018

#### 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 us at (402) 885-7000.

## ELDERS IN ACTION

We have jumped right into summer here at Hillcrest Country Estates Cottages! July is going to be filled with fun summertime activities. We will celebrate the Fourth of July with delicious food. Then we will have a swimmingly good time on National Shark Awareness Day. Because we can never eat too

many hot dogs, we will celebrate National Hot Dog Day before finishing the month with our favorite day, International Friendship Day. If there's one thing that defines the Cottages it's the beautiful friendships we make here every day — so it will be great to celebrate this aspect of our lives.



Chaplain Jerry sings hymns with Cottage 40.

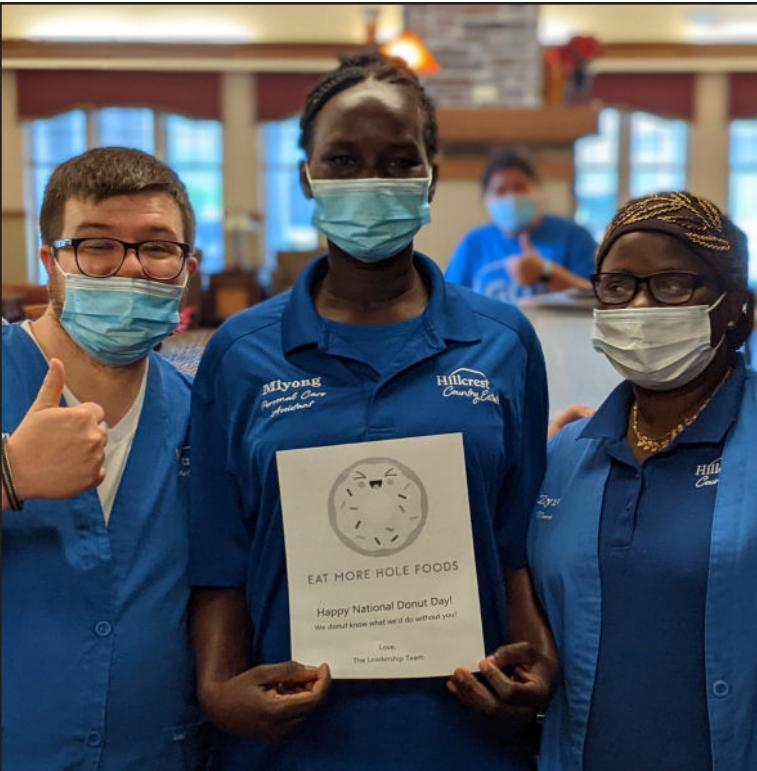


Joe, Bill and Milton eat popsicles.

## A MONTH IN REVIEW

June was a busy month, full of fun activities! We celebrated National Donut Day with a bunch of sweet treats. We tried a lot of fun snacks like fruit parfaits, and we ate peanut butter cookies on National

Peanut Butter Cookie Day. The best day by far though was National Smile Power Day. Our elders have such beautiful smiles, and they brighten our lives every day! Have a good month, everyone.



Tom, Miyong and Zyna celebrate National Donut Day.



Izzy leads group exercise.



Norma celebrates her birthday with Marvin.



Marissa, Joe and Susana celebrate Joe's birthday.



Olga enjoys time outdoors with her friends.



Sharon and Susana make bracelets.