

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

July 2022

# NEIGHBORHOOD News

A monthly newsletter for the Cottages  
at Hillcrest Country Estates

## I scream, you scream, we all scream for ice cream!

July is National Ice Cream Month, which means it's the perfect time to have a scoop or two of your favorite flavor!

Although the origin of ice cream dates back to the second century B.C., the first recorded account of ice cream in the U.S. comes from a letter written in 1744, and it wasn't until 1984 that July was designated National Ice Cream Month by President Ronald Reagan. He also named the third Sunday of July National Ice Cream Day.

Now, ice cream has become the most popular category of frozen desserts worldwide. The average American consumes approximately 23 pounds of ice cream per year, according to the International Dairy Foods Association.

It seems that ice cream shops are getting more and more creative with the flavors and options they offer.

America's five most popular ice cream flavors are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough. many places even offer dairy-free and sugar-free ice cream options so everyone can enjoy this tasty treat!

With a variety of ice cream flavors and options, there are plenty of ways to celebrate National Ice Cream Month. Grab a friend and share your favorite ice cream treat. Make an ice cream sundae, milkshake or root beer float. You can even learn how to make your own homemade ice cream or just be adventurous and try a new flavor!

No matter how you observe National Ice Cream Month, it is sure to be sweet.



## JULY BIRTHDAYS

July 8: Margaret C.      July 18: Janet C.  
July 11: Brenda A.      July 22: Wilma F.

## WELCOME TO COTTAGE LIFE!

Kathleen L.      Floyd N.  
Shirley R.      Clifford M.  
Mary W.      Dorothy S.  
Charles K.      Teresa S.  
Paula H.

## MEET THE LEADERSHIP TEAM

### ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

### DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

### DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Ryan Newman, (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!



## JULY HIGHLIGHTS

- Independence Day
- National Hot Fudge Sundae Day
- International Day of Friendship
- National Watermelon Month

## FEATURED EVENT



## Independence Day Fun

Friday, July 1, 2 p.m.

Elders will enjoy watermelon, snappers and sparklers with their peers and team members.

## Tammy's Take



"Everything good, everything magical happens between the months of June and August."

- Jenny Han.

This quote seems so appropriate today. We have so many exciting and magical changes coming to the Cottages.

We have a number of new team members in our buildings. Cottage 50 welcomes Cami H. and Renee T. Cottage 60 welcomes Stephanie T. and Dana J. Cottage 70 welcomes Malloy H. and Cottage 72 welcomes Maggie C. Cottage 90 welcomes Erica H., and our Rehab Cottage welcomes Dawn G. and Dakota W.

I would also like to let you know Katrina Bruner, our interim Administrator, is no longer with Hillcrest. We wish her the best in her future endeavors. I will be the interim administrator at this time.

I could not be more pleased for the awesome team that we continue to build. Each and every team member plays a significant role in the care we provide for our elders.

Thanks to many of our amazing team members, we enjoyed a barbecue to celebrate our fathers in June. I saw so many smiles from our elders. It was truly heartwarming! Isn't that why we do what we do? Smiles, laughter and caring are priceless actions that can truly make a difference.

-Tammy Deemer, Regional Area Director

## ELDERS IN ACTION

This month, we have many fun activities taking place at the Cottages. We plan on celebrating National Sugar Cookie Day on July 9, and we also plan on having a spa day for Gorgeous Grandma Day on July 23. Our spa day will include mini manicures, light background music for fun, lemonade refreshments and a light snack for our gorgeous grandmas. Cottage guides also have a really fun craft activity taking place

this month – water gun painting. With the help of team members, elders will enjoy squirting colorful paints onto canvases either indoors or outdoors. We can't wait to see all of the wonderful masterpieces our elders make!

July is a month packed with fun activities and we look forward to all it has to offer.

**-Kelsey Williams, Administrative Office Coordinator**



### Patriotic Pinwheels

**Top Left:** Teresa works on her Flag Day pinwheel.  
**Above:** Joe folds red, white and blue paper for his pinwheel.  
**Left:** Warren shows off his patriotic pinwheel.



**Carl enjoys refreshing iced tea on the porch on National Iced Tea Day.**



**Roy shares memories with the group during the Iced Tea on the Porch activity.**

## A MONTH IN REVIEW

In June, our elders enjoyed celebrating Father's Day. Our team put together a barbecue, and we grilled fresh burgers and hot dogs. I enjoyed seeing the smiles on our elders' faces as they tasted the delicious food.

National Bingo Day took place last month as well, and elders had fun prizes to choose from. It was also a

great opportunity to spend time with peers. Cottages 50, 60 and 70 enjoyed crafting Flag Day pinwheels with the help of our elder assistants. I always look forward to creating more memories here together at the Cottages with our Hillcrest family.

**-Kelsey Williams, Administrative Office Coordinator**



### Tasty Treats

**Top Left:** Warren, Joe and George enjoy rocky road ice cream on National Rocky Road Ice Cream Day.  
**Top Right:** Sue adds ketchup to her freshly grilled hot dog at the Father's Day BBQ.  
**Above:** Doris is ready to dig into her hamburger.  
**Right Center:** Hot dogs and burgers are served at the Father's Day BBQ.  
**Right:** Fred smiles for a photo with his ice cream.

