

*"Choose a job you will love, and you will never work a day in your life." -Anonymous*

June 2019

# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

## Stay Safe in the Summer Sun

With the summer months approaching, the temperature is sure to rise. Though it's always fun to enjoy Mother Nature, it's also important to make sure to stay safe outdoors. Extremely warm weather can be dangerous to aging adults, especially those with chronic health conditions. It's important to play it safe outside in the summer heat.

Here are some tips:

**Stay hydrated.** It's always important to drink water. But when the weather is warmer outside, it becomes even more crucial. Warmer weather means a greater chance of dehydration. Don't wait until you feel thirsty to drink water. Make sure you're drinking fluids all day, whether you're thirsty or not. Avoid caffeinated and alcoholic drinks when you're outside in the heat.

**Seek shade when possible and take breaks.** It's important to take breaks in the warm weather. Find some shade to cool off in. Don't spend too much time out in the heat; head inside in the air conditioning to cool off when you start to feel warm.

**Wear sunscreen regularly.** Protect your skin from harmful UV rays. Wear health-regulated sunscreen whenever outside. Always wear a hat and sunglasses to protect your face from the harmful rays.

**Apply bug spray when you're outside.** Mosquitos, ticks and other harmful insects will bite if you're not protected.

**Understand the warning signs of heat illness.** The most common signs of heat illness are high body temperature, confusion, dizziness, fainting, fatigue, headache and nausea. If you feel sick, seek medical attention immediately.

Getting exercise, fresh air and doing outdoor activities in the summer makes for an enjoyable time. But don't forget – being safe should be a top priority for everyone in the summer heat.

## JUNE BIRTHDAYS

June 1: Mary Alive Homan  
June 3: Norma Guthrie  
June 7: Berta Daugherty  
June 13: William Anthony Begley  
June 13: George Lebedz  
June 16: Eleanore Barrett  
June 26: Joanne Sokalsky  
June 29: Alice Piper  
June 30: William Campbell

## WELCOME TO COTTAGE LIFE!

William Campbell, Kathleen and Robert Weber, Deanna Povich and Frank Gaeta

## 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.



## JUNE HIGHLIGHTS

June 6: Grand Lodge Cinema, load at 1 p.m. (72/82)

June 13: Old Chicago Lunch Outing, load at 11 a.m. (72/82)

June 17: KFC Lunch Buffet, load at 10:30 a.m. (40/50)

June 19: Zoo Trip, load at 9:30 a.m. (60/70)

June 24: TCBY, load at 1 p.m. (60/70)

June 25: TCBY, load at 1 p.m. (80/90)

June 26: La Vista Nails for Manis/Pedis, load at 11 a.m. (40/50)

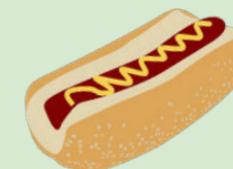
June 27: TCBY, load at 1 p.m. (60/70)

## FEATURED EVENT

### Father's Day BBQ

June 14, 5 p.m.

Join us to celebrate fathers and grandfathers at our special Father's Day BBQ event!



## Theresa's Take



In May we had our Mother's Day Brunch, and in June we look forward to the Father's Day cookout. Details of the Father's Day event are in this newsletter. We will also post flyers around campus as a reminder closer to the date.

The team here really enjoys organizing these types of events and being able to celebrate with you.

In April and May, flowers and plants were planted around the campus. We also have several potted plants on our patios that the elders have helped the team plant.

Now that the weather is nicer, we can spend some time outside with the elders enjoying spring and summer. Last summer, we took the elders on a trip to Werner Park to watch a baseball game. We plan on doing that again this summer.

If you have any ideas of a place you would like to go to this summer please let us know!

-Theresa DeBilzan, Administrator



## ELDERS IN ACTION

This month we have lots of fun things planned to kick off the summer months! Movies are always a favorite of ours here in the cottages, and this June does not disappoint. We have a movie planned at the Grand Lodge for June 6.

What would summer be without some cold, sweet treats? We will be headed to TCBY a few different times this month to ensure that everyone

can join in on the fun and not miss out. KFC and Old Chicago are some other favorite restaurants on the list to visit this month. On June 19, Cottages 60 and 70 are gearing up to take a trip to the zoo to see all of the new attractions they have to offer. La Vista Nails will also be one of our many stops to get some pampering done. June will be one for the books!

**-Abby Brandt, Administrative Assistant**



Jura, Krista, Virginia and Peggy have fun at Jerzes, holding up their Keno tickets and winnings.



Dean asks Nicole and Mary to marry him. How sweet!



Bud goes golfing from Cottage 60.

## A MONTH IN REVIEW

Over Mother's Day weekend here at the cottages, we had our annual Mother's Day Brunch to celebrate all of the wonderful mothers, grandmothers and great grandmothers. We had lots to eat, including quiche, waffles, fruit and biscuits and gravy. Some family members of our elders came to join in on the

food and fun. It was a bit cloudy outside, but the sun was shining inside the cottages. We all worked as a team to bring spring to the cottages and put flower centerpieces on the tables. A huge shout-out to our culinary team for making this brunch a total success!

**-Abby Brandt, Administrative Assistant**



Anna celebrates her 100 birthday.



Bud putts on the green.



Sara loves Princess.



Anna gets her nails done.