

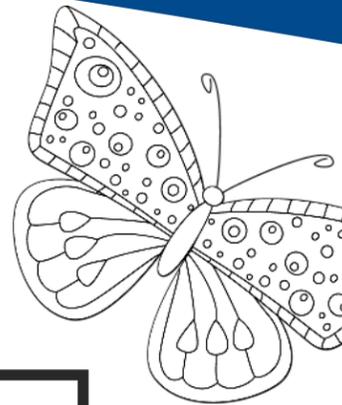
"Change begins at the end of your comfort zone."
— Roy T. Bennett

June 2020

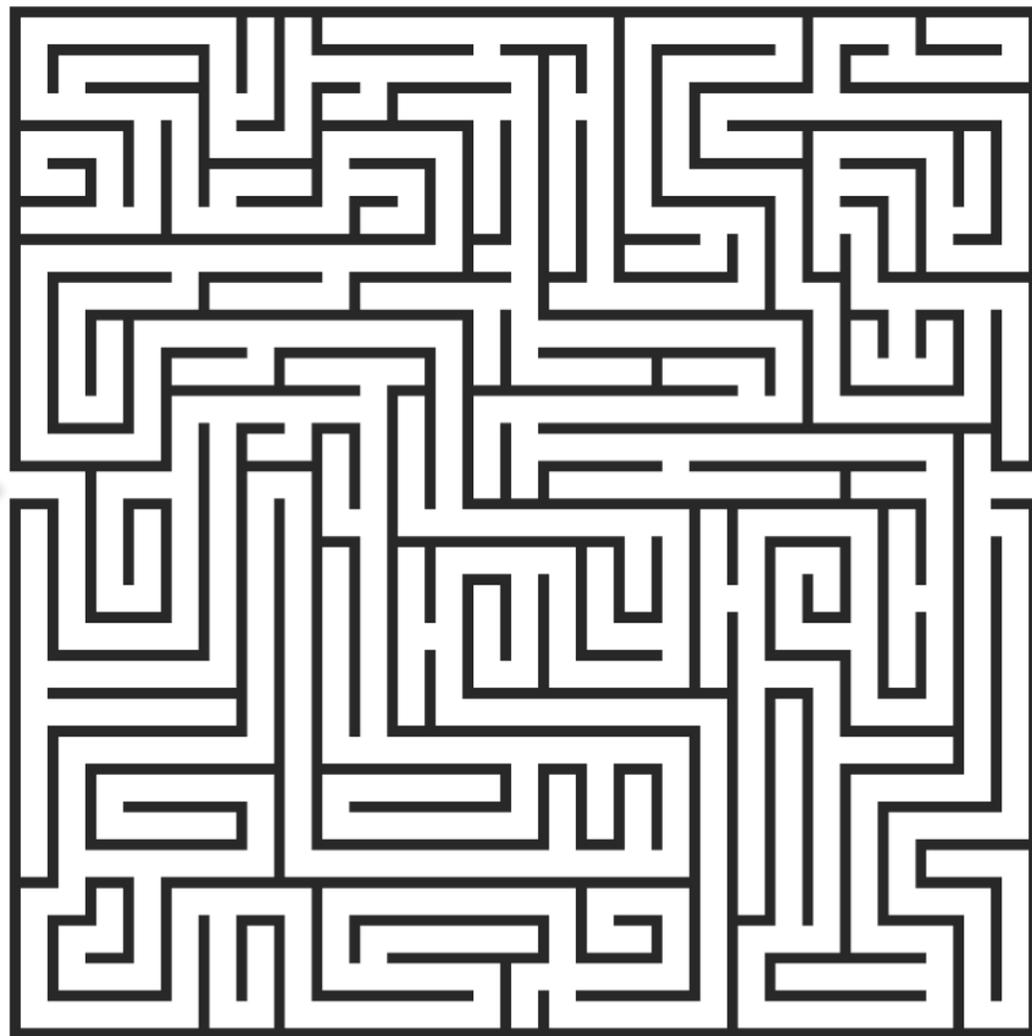
NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Activity Page



Start



JUNE BIRTHDAYS

June 3: Norma Guthrie June 25: Paula Sierra
June 7: Berta Daugherty June 26: Joanne Sokalsky
June 13: William Begley June 29: Alice Piper
June 23: June McCann June 30: Fredrick Hyda

WELCOME TO COTTAGE LIFE!

Albert and Mildred Goblirsch
Steven Pavlis
Elaine McMullin
Carol Petersen

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:
Tara Gabel, (402) 885-7010
ASSISTANT ADMINISTRATOR:
Ashley Walters, (402) 885-7462
DIRECTORS OF CLINICAL SERVICES:
Tami Harms, (402) 885-7021
Loretta Pierce, (402) 885-7280
DIRECTOR OF MAINTENANCE:
Rick McHenry, (402) 885-7018
DIRECTOR OF CULINARY:
Jamie Hobson, (402) 885-7019
DIRECTOR OF REHAB:
Megan Kathman, (402) 885-7467
REGIONAL ADMINISTRATOR:
Dave Creal, (402) 933-4690

Tara's Take



Warm weather is officially here! We are so excited for the sunny weather here at the Cottages. We had lots of rainy days in May so the flowers are really blooming. Did you know that June's birth flowers are roses and honeysuckle?

Summer's a great time to think about the earth's beauty

and how we can keep it green! You can try gardening, picking up trash on a highway or starting a recycling project at home! In most cases, your garbage company will pick up your recycling for you. If not, contact your city hall to get involved with a local recycling organization. When it comes to food in your home, leftovers or food waste can often be recycled into compost to help give your garden soil more nutrients. You can make a difference by deciding what you should and shouldn't throw away. Reduce, reuse, recycle!

I would like to thank everyone for their patience and understanding as we continue to fight the COVID-19 pandemic. I know it is difficult to be separated from your loved ones, but please know that we are doing everything we can to keep our elders and team members safe. We truly appreciate your support during these challenging times.

—Tara Gabel, Administrator

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.

ELDERS IN ACTION

We hope to see June bring some warm weather our way! We recently planted flowers on campus and can't wait to see them bloom. Although we can't go on outings due to COVID-19, the fun doesn't stop! June 4 is National Cheese Day. The HCE FUN Committee will be coming around that day providing elders and team members with a special treat. June 10 is Wacky

Wednesday, so we are encouraging our elders and team members to be wacky by wearing fun outfits such as a mismatched or brightly colored ensemble or rocking a funny hairdo. June 18 is National Go Fishing Day, so there will be a themed game coming your way!

-Abby Brandt, Administrative Assistant



Beautiful chalk art decorates the sidewalk in front of Cottage 90.



Cinco de Mayo is celebrated with delicious margaritas.



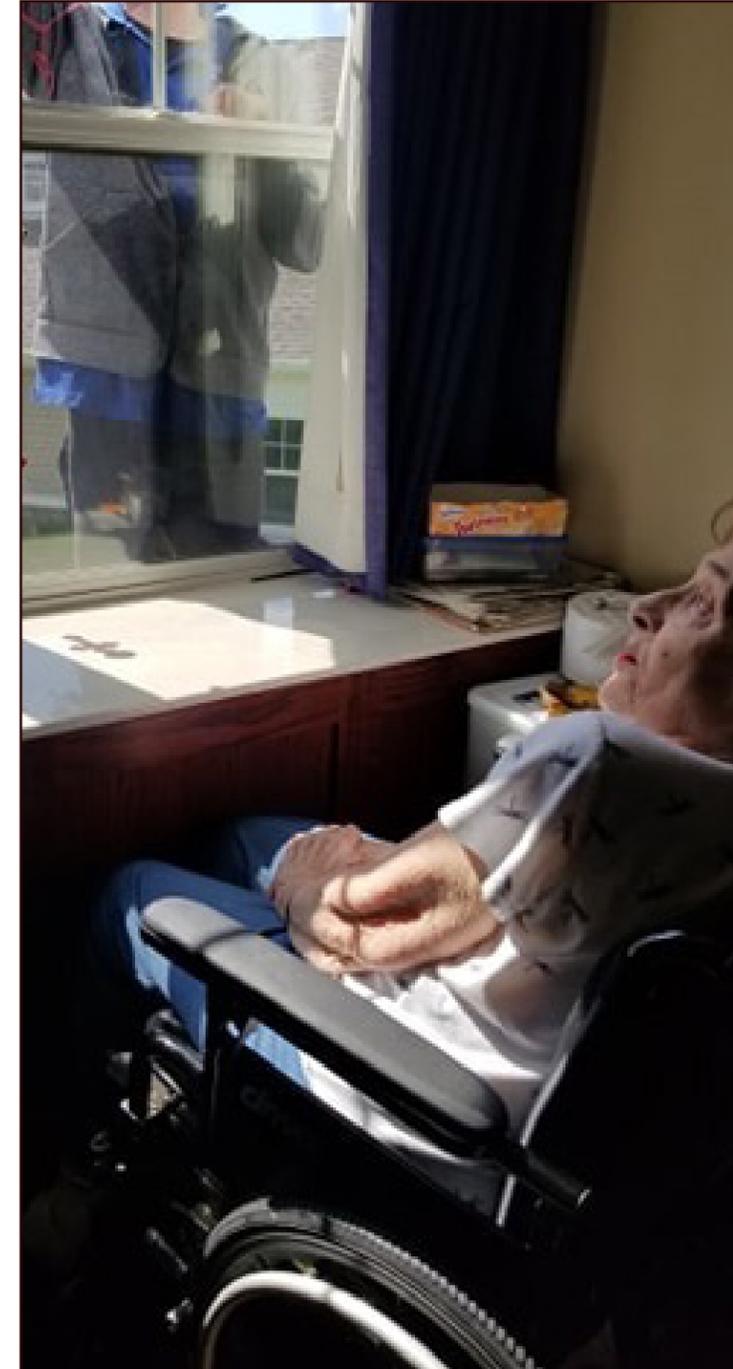
Fun messages adorn the windows throughout the Cottages.

A MONTH IN REVIEW

The month of May was a wild one. It kicked off with Cinco de Mayo. In each cottage we celebrated with non-alcoholic margaritas, chips and salsa. After that we worked up a sweet tooth and celebrated National Chocolate Chip Day on May 14. Crafts are always a hit, and this month we decorated windows, had drawing contests and even did chalk on the

sidewalks outside. We also had a hat day! We wore a lot of different hats, including ones with our favorite team logos, sun hats and even some beanies! It's always fun to have our elders share their personalities with us.

-Abby Brandt, Administrative Assistant



Mary watches as a team member decorates her windows.



Kory, one of our team members, competes in the drawing contest.



Mary draws the winning picture for the drawing contest.