

"And since all this loveliness cannot be Heaven, I know in my heart it is June." - Abba Woolson

June 2022

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Stay cool in the heat of the summer

As temperatures outside rise, it is extremely important to find ways to stay cool. Aging adults are more likely to become dehydrated, which increases their risk of overheating. Here are some ways to keep cool this summer.

Drink plenty of water.

Drink cold water throughout the day. Don't wait until you're thirsty to drink something. Dehydration can lead to feeling faint, nauseous and dizzy.

Close curtains and blinds.

Many people underestimate how much the sun shining through the windows can heat up a space. By closing curtains and blinds, you can significantly cool down your living area.

Wear light clothing.

Choosing to wear clothing that is lightweight and light in color is the best option for the summer heat. Dark colors absorb the heat and can make you warmer than normal.

Stay indoors.

As much as you want to spend some time in the sun after being cooped up all winter, it is important to stay indoors on hotter days. If you want to get outside, limit yourself to going outdoors in the early morning or evening to avoid the hottest parts of the day. If you do go outdoors, make sure to wear sunscreen and a hat to keep from burning.

Consider lighter, colder foods.

Salads, cold sandwiches, fruits and veggies are ideal choices for a hot summer day. Melons, cucumbers and berries, along with other foods higher in water content, help keep you hydrated.

Staying cool and hydrated in the heat of summer is key to keeping healthy all summer long.



JUNE BIRTHDAYS

June 10: Lawrence B. June 23: June M.
June 13: Joan B. June 29: Phyllis C.
June 17: Susan C. June 30: Frederick H.

WELCOME TO COTTAGE LIFE!

Warren P. Harold N.
Kathleen K. Marjorie S.
Robert M. Joseph M.
Mary S. Lois A.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

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!



JUNE HIGHLIGHTS

- Flag Day
- Father's Day
- Juneteenth
- National Bingo Day
- National Iced Tea Day

FEATURED EVENT

Father's Day BBQ

Friday, June 17, 11:30 a.m.

We're honoring fathers with a backyard barbecue! We will be grilling burgers and hot dogs for all of our elders.



Katrina's Comments



Summer is here!

We look forward to warm days and fresh air as we begin to enjoy the outdoors again.

In May, we celebrated our nurses at The Cottages during Nurses Week. We can never thank our nurses enough for what they do for our elders. It is truly

a privilege to work with this nursing team, and their compassion is unbeatable.

This month, we are welcoming a new Director of Environmental Services, Ryan Newman, to our team. With him, he brings years of experience in maintenance support and a love for long-term care.

As we all get ready for family vacations and trips to remote places this summer, we need to remember to stop and enjoy the loved ones around us. Nothing beats the love and laughter we share with our family and friends.

Have a happy and safe June!

-Katrina Bruner, Administrator

Hello
SUMMER

ELDERS IN ACTION

In June, we plan to have many more activities outdoors before it gets too hot. On June 10, we will provide elders with iced tea on the porch as a celebration of National Iced Tea Day. We also plan to spend time outdoors during our barbecue in celebration of Father's Day. On June 17, elders will enjoy freshly grilled hot dogs and burgers.

Outdoor activities aren't all we have planned for

the month of June. Flag Day trivia will put elders to the test on June 14. On June 18, we will start our morning off with freshly brewed coffee, followed by a discussion on the history of Juneteenth. We also plan to play some bingo for National Bingo Day on June 27. We look forward to the many activities June has in store for us, whether they're outdoors or indoors!

-Kelsey Williams, Administrative Office Coordinator



Celebrating Moms

Top Left: Linda smiles with her flower given by Cottage Guide Matthew.

Top Center: Eileen receives a pink carnation for Mother's Day.

Above: Rose thanks Cottage Guide Matthew for her flower.

Far Left: Matthew hands Marian a flower for Mother's Day.

Left: Doris is happy to receive a Mother's Day flower and poem.

A MONTH IN REVIEW

Last month, we spread love around The Cottages by celebrating Mother's Day. Our cottage guides handed out beautiful carnations with a very special message attached. Cottage 40 enjoyed having a picnic outside on the patio. Cottage 70 planted a vegetable garden with peppers, tomatoes and cherry tomatoes. National Apple Pie Day was celebrated with apple pie, and

everyone loved the sweet treat. Pastor Jerry also came by The Cottages, and elders enjoyed having fellowship and singing hymns with their peers. We look forward to seeing what summer has in store for us this year here at The Cottages.

-Kelsey Williams, Administrative Office Coordinator



Dimensions Coordinator Nate reads about Mark Twain with Roy.



Sandy enjoys getting her nails trimmed and painted a beautiful red.



Karen listens to Chaplain Jerry sing hymns.



Joan sings "America the Beautiful" with Chaplain Jerry.



Carl waters plants donated by Canoyer Garden Center.