

"Live in the sunshine. Swim in the sea. Drink in the wild air."

-Ralph Waldo Emerson

June 2023

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Connections Lead to Understanding

In Canada, June 1st is known as Intergenerational Day. It was created as a way to bridge the gap between young and old, focusing on bringing different generations together.

These connections are important and can benefit all involved, no matter what the day. They can help lower issues of social isolation and loneliness, while giving all individuals involved an increased sense of purpose. These relationships help our elders stay socially connected and involved.

For younger people, their interactions with aging adults can provide a sense of connection to the past. Listening to their elders talk about their lives and experiences can lead to a better understanding of who they are as well. That can be done through in-depth storytelling or simply looking through photo albums together. Strong ties with older adults help youth form a better sense of who they are and how they might fit in this world.

Additionally, connections formed among different generations can also help combat negative stereotyping and ageism. Open dialogues enhance trust and promote inclusion while strengthening bonds and improving engagement.

We encourage you to celebrate Intergenerational Day every day — not just on June 1st — by connecting grandchildren and great-grandchildren to their older relatives, both at Hillcrest and at home. Learning each other's stories can help find common ground and a better understanding of each generation while enriching the lives of the older generations and reducing any feelings of isolation.

JUNE BIRTHDAYS

June 8: Charles F.	June 23: Chris A.
June 10: Lawrence B.	June 23: June M.
June 11: David H.	June 23: Carole T.
June 13: Joan B.	June 29: Phyllis C.
June 17: Susan C.	

WELCOME TO COTTAGE LIFE!

Leslie S.	Deanne L.
Theresa F.	Lilyan M.
Wanda W.	Ellen B.
Dottie D.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

DIRECTOR OF MARKETING:

Stephanie Sass, (402) 885-7011

DIRECTOR OF REHAB:

Abby Benak, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ryan Newman, (402) 885-7018

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

June 10: National Iced Tea Day
June 14: Flag Day
June 18: Father's Day
June 19: Juneteenth
June 27: National Bingo Day

FEATURED EVENT

Father's Day Brunch

June 14, 11 a.m. - 1 p.m.

Join us in celebrating our fathers and grandfathers at this special brunch at the Cottages. Enjoy an omelet bar, chicken and waffles and charcuterie.

RSVP by June 7: (402) 885-7000.

Kaleb's Corner



Hello, elders and loved ones. Thank you for the opportunity to serve you at Hillcrest Country Estates Cottages.

We are consistently blessed and humbled by the outpouring of gratitude from our elders and families for the quality of care our dedicated team members

provide.

In March, we welcomed as guests the Nebraska Department of Health and Human Services for our Medicare/Medicaid recertification review.

During the review, surveyors commented on how happy our elders are to be at Hillcrest, and they complimented the team for their efforts to provide individualized care and a good, clean environment. They also recommended a few specific areas that we can improve upon, and we will work toward doing so. Once the survey is finalized, a copy of the report will be posted in the cottages and available for all elders and family to view.

As the administrator, it is my job to ensure we are continuing to improve upon our services and care levels for our elders. If you have suggestions on how we can improve, I welcome that feedback. If we are doing a great job, I want my team to hear that as well. We look forward to hearing any feedback you have for us.

We are blessed by your faith in us, and we will continue to strive to anticipate your needs and exceed your expectations through our efforts.

-Kaleb Hight, Administrator

ELDERS IN ACTION

Spring has sprung, and we will be doing some gardening out on the patio and watching the plants as they grow. Elders will also enjoy watching the evolution of life as our butterflies hatch in their terrariums. Additionally, we have the opportunity to sip lemonade on the lanai and enjoy the beautiful weather throughout the month of June.

National Bingo Day is on June 27th, and we plan on having a bingo tournament that day to get everyone in on the gaming fun.

We are also looking forward to celebrating our fathers and grandfathers this month during our Father's Day Brunch. We hope to see you all there!

-Michelle Adams, Cottage Guide



Janet gets to greet everyone as they come in.



Roy enjoys a good reason to celebrate.



Dorothy S. has a little sweet treat to celebrate Mother's Day.



The Mother's Day Tea is a big success, and Pete L. is especially happy he got to enjoy the treats as well.



Carol says there's always room for macarons.

A MONTH IN REVIEW

Our elders here at the Cottages kept busy last month with tons of fun, different activities such as game nights, spa days, Cinco de Mayo events and movie nights.

They also enjoyed arts and crafts activities, performances from Merrymakers and coffee hour out on the patio in the cool of the morning.

Our Mother's Day Tea had an awesome turnout as well and featured tasty items prepared with care. We would like to thank everyone who was able to make it out! We hope you enjoyed spending quality time with your loved ones. We look forward to spending more time together in this warmer weather!

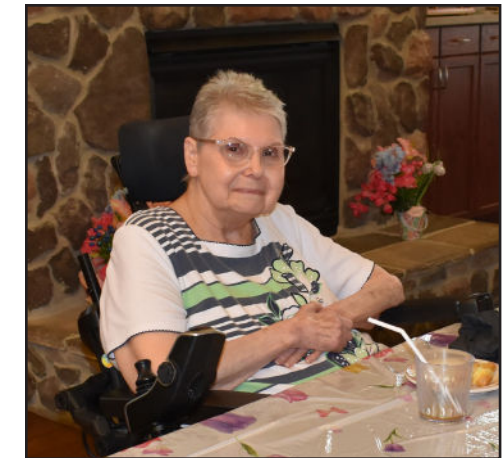
-Kelsey Williams, Administrative Office Coordinator



Les S. and his daughter are all about the macarons.



Kathleen K. gets to know our new administrator Kaleb H.



Trish K. relaxes after the Mother's Day Tea.



Bev W. celebrates her birthday with friends at Cottage 50.



Phyllis C. celebrates Mother's Day with several members of her family.