

“Faith is taking that first step even when you don’t see the whole staircase.”

-Martin Luther King, Jr.

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



The Magic of Music

There’s an 80s song that I love. When I hear it, I’m a teenager again riding to the beach with my high school sweetheart in his car...his “blue bomber” gritty with sand, the smell of salt water and French fries and that feeling of being carefree. One song and for six minutes, I’m in another time and place. This happens to me often. Suffice to say music is the keeper of my memories.

That is often the case with many individuals, including our aging adults. Like an autobiography, autobiographical memories are those memories that define who we are. Music has the ability to help us recall those memories, awakening feelings and thoughts hidden in the depths of our minds. For the aging adult with dementia, this can be profound, as it could be the catalyst for reconnecting with them. Muscular memories are those actions that are associated with repetition. As parts of the brain succumb to dementia, muscle memories tend to stay intact. Singing a song over and over can become a muscle memory, just like a child learning his ABCs by singing the alphabet song rather than just speaking the letters.

Music has been proven to stimulate a number of areas of the brain, leading to increased cognition. Coupled with the discovery that music takes very little mental processing, it is a very easy way to “reach” a person with dementia. Even those who are in the later stages of dementia can achieve some pleasure from listening to music and singing. In addition, music has been proven to release feel-good hormones that elevate mood and calm agitation. As a result, those listening to music are more inclined to socialize and interact with others.

-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab

MARCH BIRTHDAYS

Mar. 11: Ronald Stevens Mar. 22: Ruth Marie Dent
Mar. 17: Genevieve Hrdy Mar. 24: Evelyn McIntyre
Mar. 21: Mary Mesic Mar. 25: Lou Drake
Mar. 22: Nancy Chopski Mar. 29: Audrey Reding

WELCOME TO THE COTTAGES!

The Cottages are excited to welcome Ron Stevens, who came to us from Hillcrest Country Estates Grand Lodge! He and his wife Janet have been married for 64 years, so I’m sure we’ll be seeing her often! Ron is a Korean War Veteran and loves to talk about his time in the war and the friends that he made. He loves Bible studies and attending church and is a very proud grandpa to his 12 great-grandchildren. Ron is also a HUGE Husker fan and likes watching sports. If you see Ron in Cottage 72, please stop and say hello!

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Joe DiMinico, RN, (402) 885-7010

DIRECTORS OF CLINICAL SERVICES:

Kimberly Nichols, RN, (402) 885-7280

Nancy Holmgren, RN, (402) 885-7021

DIRECTOR OF COTTAGE SERVICES:

Jura Michael, (402) 885-7230

DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

REGIONAL ADMINISTRATOR:

Cindy Klein, (402) 933-4662

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 Petra at (402) 885-7000.



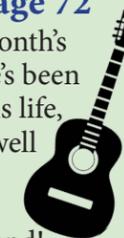
MARCH HIGHLIGHTS

- Mar. 5: SmallCakes Cupcakery, 1 p.m. (Cottages 72/82)
 - Mar. 7: Village Inn Pie Social, 1 p.m. (Cottages 60/70)
 - Mar. 8: Grand Lodge Movie Room, 1 p.m. (Cottages 40/50)
 - Mar. 13: KFC Senior Buffet, 10:30 a.m. (Cottages 40/50)
 - Mar. 20: Boys Town Hall of Fame, 1 p.m. (Cottages 60/70)
 - Mar. 21: Roma Italian Lunch: 10:30 a.m. (Cottages 80/90)
 - Mar. 22: Romeo’s Lunch, 11 a.m. (Cottages 72/82)
 - Mar. 26: FarmHouse Café & Bakery Desserts or Brunch, 10 a.m. (Cottages 80/90)
 - Mar. 27: Twin Creek Movie Outing + Free Popcorn, Time TBD (Cottages 60/70)
- *Outings subject to change based on weather or transportation

FEATURED EVENT

Music with John Worsham Monday, March 19, 3-4 p.m., Cottage 72

The Cottages are excited to welcome this month’s Merrymakers performer, John Worsham. He’s been a performer and songwriter almost all of his life, performed many times for Warren Buffet as well as various senators and is a member of the American Federation of Musicians Union, Local 70-558. All Cottages are welcome to attend!



Thoughts From Joe



I am always cheered by the approach of spring, and after the weeks of wintery weather that February brought to us I am certainly ready for some change! Seventy-degree weather, later sunsets and a Husker football spring game are just around the corner!

One other change that is coming this spring will be one that every senior will want to understand. There has been a change in federal law that requires Medicare to remove the Social Security number from all Medicare cards by April 2019. The purpose of this change is to better secure patient information against identity fraud and illegal use of Medicare benefits. The Medicare offices will begin mailing these new cards out in April 2018. According to information from the Medicare website, www.cms.gov, these new cards will be mailed for the State of Nebraska after June 2018.

The Centers for Medicare & Medicaid Services are aware that converting the Medicare numbers of an entire nation is no easy task, so they have built in a 21-month transitional grace period wherein both the old number and the newly issued number will be accepted for business practices.

Hillcrest Country Estates is working diligently to ensure that we are ready for this transition, and we are confident in our ability to adapt to this change. The very best way that you can assist us in this project is to bring your newly issued card to your Cottage Guide as soon as possible after you receive it in the mail. We will make a copy, enter the number into our electronic health records and do the behind the scenes magic to make sure that you or your loved one continues to receive the benefits you deserve.

As always, I appreciate you allowing us to serve you!
-Joe DiMinico, RN, Administrator

ELDERS IN ACTION

The Cottages were very privileged to be the recipient of the Merrymakers 2018 Facility Sponsorship Certificate back in February, and with that sponsorship comes monthly entertainers of esteemed and professional caliber. The elders love the music, and it's not just limited to one Cottage – it's open to as many elders who can attend. Please stay tuned for some photographs of this upcoming entertainer. In addition to entertainers, we believe

that simple daily routines, which mimic an elder's home life prior to becoming a resident here at the Cottages, do so much in stimulating their quality of life in a positive way. Something as simple as helping sort and label groceries give our elders a sense of purpose, a feeling of usefulness. We all need that, no matter the amount of years we've spent on this planet.

-Jura Michael, Director of Cottage Services



Mary Alice volunteers a helping hand with groceries.



Katherine helps organize the craft activity.



Thelma helps organize the craft activity.



Rock and Wanda Haynes enjoy a beverage together.



The finished product!



Mary and Erma wait to order at Pizza Ranch.



Dale and Betty work on a puzzle.



Myrle relaxes after dinner.



Ready to dig in!

A MONTH IN REVIEW

February was full of all of the things we love – football and pizza and treats! Our elders had a great time on Superbowl Sunday, watching the game and enjoying a few special treats with their families. Each Cottage was pretty well split on who was rooting for which team. It was a great game and made for some occasional high emotions, especially during the last half!

On Valentine's Day a few Cottages made Italian wedding soup for dinner and other Cottages made crafts and decorated treats. Family members even had a chance to do some activities while spending time with their loved ones. We love when family has a chance to participate with our elders!

-Jura Michael, Director of Cottage Services



Elders wait for the Superbowl to start.



Great work, Bonnie!



Sandi poses for the camera.



Mark and Helena wait for the game.



Jean smiles with her finished art project.



Great work, Jackie!



Bonnie decorates cookies.



Betty decorates cookies.



Julie and Courtney pose with a family member!