

"If you have the power to make someone happy, do it. The world needs more of that." -Germany Kent

March 2019

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

What is Mardi Gras?

Mardi Gras is a Christian holiday and popular cultural phenomenon that dates back thousands of years to pagan spring and fertility rites. Also known as Carnival or Carnaval, it's celebrated in many countries around the world—mainly those with large Roman Catholic populations—on the day before the religious season of Lent begins. Brazil, Venice and New Orleans play host to some of the holiday's most famous public festivities, drawing thousands of tourists and revelers every year.



When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of fasting and penance between Ash Wednesday and Easter Sunday.

Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

"Mardi" is the French word for "Tuesday," and "gras" means "fat." In France, the day before Ash Wednesday came to be known as "Mardi Gras," or "Fat Tuesday."

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard, cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word "carnival," another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, "carnelevarium" means to take away or remove meat, from the Latin carnem for meat.

-Source: Activity Connection

MARCH BIRTHDAYS

March 11: Ronald Stevens
March 11: Eunice Brundieck
March 17: Genevieve Hrdy
March 21: Mary Mesic
March 22: Ruth Marie Dent
March 22: Nancy Chopski
March 24: Betty Ann Barlow
March 24: Evelyn McIntyre
March 25: Drake Lou
March 29: Audrey Reding

WELCOME TO COTTAGE LIFE!

Glen Dormer & Phyllis Mendick

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:

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DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF REHAB:

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REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (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.



MARCH HIGHLIGHTS

March 12: Durham Museum/ Soda Fountain Lunch, 10 a.m. (40/50)
March 13: Village Inn Brunch & Pie, 10:30 a.m. (60/70)
March 14: Grand Lodge Cinema, 1 p.m. - bring movies & snacks/drinks (72/82)
March 19: Jimbo's Diner, 10:30 a.m. (80/90)
March 20: Pinot's Palette, 1-4:30 p.m. - \$20/each (80/90)
March 21: Creation Station, 1 p.m. (72/82)
March 27: Johnny's Café, 11 a.m. (40/50)
March 28: Grand Lodge Cinema, 1 p.m. - bring movies & snacks/drinks (60/70)

FEATURED EVENT

 **St. Patrick's Day Celebration** 
March 15, 2 p.m.
Cottage Dining Areas

Please join us for St. Patrick's Day festivities. Each Cottage will have activities and food to celebrate.

Theresa's Take



In February we had a blast celebrating Valentine's Day with all of the elders. We are blessed with many great volunteers. One of the groups that comes to the Cottages is Kiewit Construction. On Valentine's Day they helped our elders with crafts.

February 2nd was Groundhog Day. Punxsutawney Phil did not find his shadow, which means an early spring. Based on all of the snow we have been having, I have a feeling he may be wrong.

In March we look forward to celebrating St. Patrick's Day with our elders. We plan to have food, drinks and activities at our St. Patrick's Day Celebration. We would love for you to join us on March 15th if you can. St. Patrick's Day originally was a religious holiday and has been celebrated in Ireland for almost 1,000 years. The very first St. Patrick's Day Parade was held in Dublin in 1931. Most would think the largest parade is held in Dublin, but it is actually held in New York City. In NYC more than 150,000 people participate in the parade. The route on Fifth Avenue is more than a mile and a half.

-Theresa DeBilzan, Administrator

ELDERS IN ACTION

In the month of March we will be going to the movies. We will also be taking a trip to Creation Station where elders will be able to choose a piece of pottery to paint and take home with them. Another craft outing will be held at Pinot's Palette, where elders will get to paint a canvas. We will also be taking a trip to the Durham Museum, where elders will get to enjoy a special soda fountain lunch. Village Inn and Jimbo's

Diner are two places our elders love to visit, so we will also be going back to these places in March. Please check the event highlight section on the front of this newsletter for specific date/time information for the exciting activities we have planned for March. You are welcome to join us and our elders for these outings!
-Abby Brandt, Administrative Assistant



Char celebrates another year young with Sydney and Mary.



Elizabeth and Betty work on birdhouses together.



Em shows off her sugar cookie that she decorated.



Red and Evelyn pose with their masterpieces on their 70th Valentine's Day together.



Jonas gets ready for an activity.

A MONTH IN REVIEW

This year for Valentine's Day we were very lucky to have Kiewit come to celebrate with us. They got to visit each Cottage, and inside of each Cottage was a craft to be completed with elders. Some of the crafts included making jewelry, decorating desserts, painting

birdhouses and creating masterpieces on paper to be displayed in elders' rooms. We caught many smiles and lots of laughter from elders and members of the Kiewit family. We hope to have them back to celebrate again!
-Abby Brandt, Administrative Assistant



At the Valentine's Day Party, Joann called herself "The Queen of the Party," so she wore a pink heart headband.



Elmer proudly shows off the heart he made with Kiewit. He incorporated blue, green, purple and pink beads to really make it pop!



The Cottage 40 team poses with their hearts.



Kiewit volunteers and Cottages team members take a group photo.



Cottage 90 elders work with Kiewit to finish their crafts.



Cottage 40 decorations featured Cupid!