

"Life isn't about waiting for the storm to pass, it's about dancing in the rain." - Vivien Greene

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Celebrate National Craft Month

While being creative and making crafts is fun any time of the year, March is deemed National Craft Month. Crafting includes a wide variety of activities such as knitting, scrapbooking, leather-working, jewelry making and anything else created by hand. At Hillcrest, we include crafting in our monthly activity calendars so there will be plenty of opportunities to celebrate National Craft Month. Here are a few ideas on what you can do to get creative this month.

Make a spring craft

Oftentimes the coming of spring means nicer weather and the sweet song of the birds each day. Make a bird feeder or birdhouse to celebrate nature and all it has to offer. Take decorating the outdoors a step further and paint rocks for the garden or patio.

Learn something new

Springtime is the perfect time to build some new skills. Have you ever wanted to learn how to paint or knit, but never got the chance to? National Craft Month is a great opportunity to put yourself out there and try a new type of crafting.

Teach someone your skills

Have you mastered the art of jewelry making or leather crafting? Share your knowledge with a friend or family member to help them celebrate National Craft Month.

National Craft Month opens the door for many creative opportunities – whether that be making something to get ready for the coming of spring, trying a new activity or sharing your knowledge with others.



MARCH BIRTHDAYS

March 4: Ann F.	March 14: Nicholas W.
March 7: Karen S.	March 17: Genevieve H.
March 10: Jeannine P.	March 18: Thomas D.
March 11: Eunice B.	March 24: Kyoko L.
March 11: Gerald E.	

WELCOME TO COTTAGE LIFE!

Ann F.	Carl S.
Richard C.	Doris W.
Ed M.	Marianne A.
Mary M.	Sharon A.
Carol S.	

MEET THE LEADERSHIP TEAM

INTERIM ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

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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!



MARCH HIGHLIGHTS

- Daylight Savings
- St. Patrick's Day
- International Women's Day
- National Peanut Butter Lovers Day
- Team Member Appreciation

FEATURED EVENT

St. Patrick's Day Sunday, March 17, 3 p.m. All Cottages

Elders will be celebrating St. Patrick's Day with peers, waiting to see if the lucky leprechaun will leave them a pot of gold at the end of the rainbow.



Katrina's Comments



Happy March!

Spring is almost here, and this month we are celebrating what puts a "spring" in my step – our awesome team members. We have 11 team members celebrating three years of service, four team members of five years, one team member of 10 years and one

team member of 15 years. Our elders are very blessed by the years of service these individuals have given to Hillcrest Country Estates Cottages.

In the spirit of growing and changing, Chris has decided to step into the administrator role at Hillcrest Shadow Lake. We wish him the very best and are excited about the excellence he will bring to our team members, residents and families at Shadow Lake.

I will be the interim administrator, so please reach out to me with any questions or concerns you may have. We have added a cottage guide to our team for Cottages 72 and 82. Matthew Runquist started with us on Feb. 28 and has brought many years of elder care along with him.

We have reports that COVID-19 is slowing down and that has also held true in the cottages. Our team is very excited to what the future brings for the cottages!

-Katrina Bruner, Interim Administrator

ELDERS IN ACTION

This month we will be celebrating St. Patrick's Day as well as focusing on seasonal changes. We will be taking a poll on how elders think spring will enter – like a lion or like a lamb. In each cottage, we will be crafting and painting fun rainbows, flowers and

shamrocks. Depending on the weather this month, we will sit outside on the patio and enjoy the scents and sounds of spring. We look forward to the beginning of spring and warmer weather.

-Michelle Adams, Cottage Guide



Fantastic Friendships

Top: Sheri and Michelle make a friendship bracelet for a team member.

Left: Michelle ties a bracelet around Janet's wrist.

Above: Michelle braids a friendship bracelet.

A MONTH IN REVIEW

Last month, our elders at Hillcrest Country Estates enjoyed getting together in the common areas of each cottage and watching Super Bowl LVI with peers. The cottage guides, as well as our elder assistants, have kept our elders busy with crafting and making fun Valentine's Day treats. Elders in Cottage 40 enjoyed piano music, noodleball and manicures. Cottages 50,

60 and 70 enjoyed bean bag toss, bingo and manicures. In Cottages 80, 72 and 82, elders enjoyed light exercises, trivia, bingo and reminiscing while eating afternoon or evening snacks. We all look forward to nice weather approaching soon so that we can enjoy the fresh air and possibly do fun outdoor activities!

-Kelsey Williams, Administrative Office Coordinator



Perfect Pizzas

Top Left: Elders in Cottage 70 top their pizzas with ground beef, pepperoni, cheese and green peppers.

Top Right: Sheri adds Parmesan cheese to her pizza.

Left: Julie tops her pizza with multiple types of cheeses.

Above: Nicholas takes a handful of pepperoni for his pizza.