

"Spring is nature's way of saying 'Let's party!'"  
-Robin Williams

March 2023

# NEIGHBORHOOD News

A monthly newsletter for the Cottages  
at Hillcrest Country Estates



## The First Day of Spring

March 20 marks the first day of spring. The vernal, or spring, equinox is something many people look forward to each year. It means days start to get longer and weather begins to get warmer. On this day, the hours of daylight and hours of darkness are close to equal. Here are some more interesting facts about the spring equinox.

### • Date of spring equinox

The spring equinox doesn't fall on the same day each year. It can either fall on March 19, 20 or 21. This year it falls on March 20. The 2024 spring equinox will fall a day earlier on March 19, and the next time it will fall on March 21 will be 2101.

### • Astrological vs. Meteorological

Astronomers use March 19, 20 or 21 as the official first day of spring. This is the date where the sun is positioned directly above the equator, something that only happens twice a year. However, meteorologists tend to use a different date as the start of spring, March 1. This date is based on annual temperature cycles. Which first day of spring will you celebrate?

### • Holidays

The spring equinox is tied to spring holidays such as the Persian New Year, Easter and Passover. Holidays like these are timed to be celebrated on or after the spring equinox. Easter, specifically, is determined to be the first Sunday after the first full moon after the vernal equinox.

The spring equinox is celebrated as a time of rebirth and renewal in many cultures. Now that you know a little more about the vernal equinox, you can prepare yourself for a new season.

## MARCH BIRTHDAYS

March 5: Fran M.                      March 14: Nicholas W.  
March 7: Genevieve H.            March 19: Josephine K.  
March 10: Jeannine P.            March 24: Kyoko L.  
March 11: Eunice B.

## WELCOME TO COTTAGE LIFE!

Mary K.            Susan B.  
Charlie H.        Marian B.  
Roger H.          Sandra B.  
Alice P.            Julia M.

## MEET THE LEADERSHIP TEAM

### ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

### DIRECTOR OF CLINICAL SERVICES:

Inglish Camero, (402) 885-7333

### DIRECTOR OF CULINARY:

Jamie Hobson, (402) 885-7019

### 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!



## MARCH HIGHLIGHTS

- March 1: National Peanut Butter Lover's Day
- March 8: International Women's Day
- March 12: Daylight Saving Time
- March 17: St Patrick's Day

## FEATURED EVENT



## St. Patrick's Day Photo Booth

Friday, March 17  
2-4 p.m.

Elders will enjoy a St. Patrick's Day photo booth with a festive backdrop and photo props. Light refreshments will also be served. Families are more than welcome to join their loved ones and take fun photos.

RSVP to (402) 885-7000  
by March 13.

## Michael's Column



February seemed to be the longest shortest month. It had only 28 days, but the cold weather made the days feel longer. We're ready for some spring weather at the Cottages! To make these last weeks of winter go by faster, our team wants to fill your days with love, compassion and food! We had

a great turnout for our Pancake Brunch on Feb. 21. What a success! We enjoy seeing our elders interact with their loved ones.

We will be hosting a St. Patrick's Day Celebration this month. Please join us for light refreshments and a St. Patrick's Day photo booth from 2-4 p.m. on March 17. More information will be sent out electronically, and flyers will be posted in each cottage with all of the details. Be sure and wear your green!

I would like to take a moment to remind everyone that we do require masks be worn in each cottage by all visitors and team members. This, along with our current infection prevention practices, helps keep our elders as safe as possible from the spread of COVID-19. Thank you for your continued support, as we know it has been difficult, yet effective.

We are grateful for the feedback we receive from our elders and their families. Please continue to reach out to the team with any questions and concerns. Happy March, and we hope the weather begins to warm up soon!

-Michael Aubrey, Assistant Administrator

## ELDERS IN ACTION

All aboard! Elders will be traveling to Ireland this month during virtual travel club in honor of St. Patrick's Day. They will also be celebrating the luck of the Irish by making different types of shamrocks during arts and crafts. We can't wait to see all of the wonderful creations elders make!

As always, we will be playing many games of

bingo. We look forward to seeing who will be the lucky winners! We will also have a visit from the Merry-makers to entertain us with live music. Listening to music always lifts everyone's spirits. We may even play some during meal times for added delight. March is going to be a great month at the Cottages!

-Michelle Adams, Cottage Guide



Mark Irvin with Merry-makers performs for elders.



Roy claps at the conclusion of a song from Mark Irvin.



Russ enjoys listening to music from Mark Irvin.

## A MONTH IN REVIEW

February was the month of love. Elders spent time decorating the Cottages with hearts and crafts of all kinds. It was wonderful to see all of the beautiful creations hanging on our walls. We also celebrated National Pancake Day last month with a Pancake Brunch that included pancakes, parfaits and more. It

was a big hit among our elders and their families.

Mark Irvin with the Merry-makers Association entertained elders with live music, and, boy, did he put on a great show! Elders sang and danced along. February was a month to remember!

-Michelle Adams, Cottage Guide

### Pancake Day Brunch

Right: Sue enjoys pancakes with her family in the library.

Right Middle: Dee and her daughter get ready to eat pancakes.

Bottom Right: Janet and her daughter chat while waiting for brunch to be served.

Bottom Left: Roy enjoys spending time with his daughter at brunch.

Below: Russ and his daughter eat a pancake brunch together.



Carl and Carol are presented with a certificate for Best Decorated Suite in honor of their creativity.