

"Life isn't about finding yourself. Life is about creating yourself." – George Bernard Shaw

May 2020

# NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

## Activity Page

O R C H I D P S S U C G B W F Q D B  
 H T N H G O V S G G I I E R A C A U  
 G O B E L L F L O W E R G D M C N T  
 E Z L D P Q A V Y P N T O A A O D T  
 R I V L A D V D I Y J U N I R L E E  
 A N H K Y F A Q I O N L I S Y U L R  
 N N B P B H F H P O J I A Y L M I C  
 I I P Y D T O O L M L P F N L B O U  
 U A V Q Q D B C D I R U Z Y I I N P  
 M Q C R O C U S K I A A S V S N P K  
 U P R I M R O S E S L W O L B E B C  
 J Z M B Y D K C A R N A T I O N D M

- |                   |                  |               |
|-------------------|------------------|---------------|
| <b>Hollyhocks</b> | <b>Carnation</b> | <b>Crocus</b> |
| <b>Bellflower</b> | <b>Dandelion</b> | <b>Dahlia</b> |
| <b>Gladiolus</b>  | <b>Geranium</b>  | <b>Zinnia</b> |
| <b>Columbine</b>  | <b>Primrose</b>  | <b>Orchid</b> |
| <b>Buttercup</b>  | <b>Daffodil</b>  | <b>Tulip</b>  |
| <b>Amaryllis</b>  | <b>Begonia</b>   | <b>Daisy</b>  |



### MAY BIRTHDAYS

- May 3: Sarah Masters
- May 5: Evelyn Snider
- May 6: Lucille Wulf
- May 11: Jeanette Byers
- May 15: Virgil Jochimsen
- May 16: Anna Dittrich
- May 19: Marilyn Pilling
- May 30: Paul Lapuzza

### WELCOME TO COTTAGE LIFE!

- Roger Barry
- Paula Sierra
- Betty Bruns

### MEET THE LEADERSHIP TEAM

- ADMINISTRATOR:**  
Tara Gabel, (402) 885-7010
- DIRECTORS OF CLINICAL SERVICES:**  
Tami Harms, (402) 885-7021  
Loretta Pierce, (402) 885-7280
- DIRECTOR OF MAINTENANCE:**  
Rick McHenry, (402) 885-7018
- DIRECTOR OF CULINARY:**  
Jamie Hobson, (402) 885-7019
- DIRECTOR OF REHAB:**  
Megan Kathman, (402) 885-7467
- REGIONAL ADMINISTRATOR:**  
Dave Creal, (402) 933-4690

### Tara's Take



The month of May is named after the Roman goddess, Maia, who oversaw the growth of plants. It also gets its name from the Latin word maiores, meaning "elders," who were celebrated during this month. How cool is that?! Maia was considered a nurturer and an earth goddess, which may explain

her connection with this springtime month. May will bring good weather our way, as well as a full moon! May's full moon occurs on Thursday, May 7. It reaches peak illumination at 5:45 a.m., so for the best view of this full moon, step outside after dark on Wednesday the 6th and look at that big, bright, shining lunar disk! It's named the "Full Flower Moon" and will surely be a sight to see. With lots of places closed right now, it's great to be outdoors. Gardening is becoming more popular due to this, and thankfully it's May! Some things to plant during the month of May are herbs and vegetables. With it still a bit cool, cool-season crops like beets, cauliflower, kale, cabbage, brussels sprouts and radishes are a must! You will have them ready just in time for a family BBQ in the summer. We will be planting some potted plants here with our elders. It will be so much fun and be great to watch everything grow!

—Tara Gabel, Administrator

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.

## ELDERS IN ACTION

In the month of May we want to bring as much fun as possible to the Cottages to keep everyone's spirits up. On Friday, May 1, we will be making May Day baskets. Tuesday, May 5, we will be having a Crazy Sock Day. We can't wait to see all the fun socks with bright colors or funny characters displayed on them. Another wardrobe change will take place on Hat Day, which is May 20! Every Friday until June 1

we also encourage our elders and team members to join together in wearing red to support our state and all of the health care workers working so hard during this time. Who doesn't love treats? We sure do here at the Cottages! That's why the Fun Committee will be coming around on May 14 with a special treat for National Chocolate Chip Day!

**-Abby Brandt, Administrative Assistant**



David gets pampered as Tom cuts his hair on a beauty shop day.



While still social distancing, Russ visits his wife, Jean, and holds up a sign with a loving message.

## A MONTH IN REVIEW

As we get through this tough time together as a team and as a family, we still have a lot of things to look forward to! We are utilizing technology to the fullest as we FaceTime, Duo and Skype our loved ones. We have loved getting visits from friends and family

members, even though we are still separated by closed windows. We won't let these tough times get us down here at the Cottages. We will still be smiling bright!

**-Abby Brandt, Administrative Assistant**



Mary makes beautiful chalk art on the sidewalk next to Cottage 60 as Mercedes watches.



Mercedes enjoys some fresh air while Mary decorates the sidewalk with creative chalk art.



The sidewalk in front of Cottage 40 is decorated with fun messages.



A rainbow and sun drawing cover the sidewalk in front of Cottage 50.