

*"To plant a garden is to believe in tomorrow."
- Audrey Hepburn*

May 2022

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates



So much to celebrate in May!

May is a time of flowers blooming and birds singing. It's a time for everyone to begin seeing nature come back to life after a cold winter. It's a significant time of change, and there are many days to celebrate that this month!

The month starts off with May Day on May 1. Today, many observe May Day by making flower crowns and baskets. This tradition was popular in the 19th and 20th centuries. Baskets of flowers would be left on the doorsteps of friends, family and neighbors.

Shortly after May Day comes May 5, Cinco de Mayo. In the U.S., Cinco de Mayo is a commemoration of Mexican culture and heritage. Many people celebrate by gathering with friends, family and loved ones to enjoy the food and drinks of Mexico.

Another reason to gather with the ones you love is Mother's Day, May 8. Mother's Day is the perfect excuse to make cards for and deliver flowers to mothers, grandmothers and even great-grandmothers.

This month, we also celebrate the hardworking nurses with National Nurses Week, May 6 through May 12. During this week, we honor the strength and dedication of nurses in our communities.

Lastly, on May 30, we observe Memorial Day. On this day we remember those who have given their lives for our country in military service. Many acknowledge these brave men and women by thanking veterans, decorating with flags and showing their patriotic spirit.

There are so many reasons to celebrate this month. How will you observe these special days?

MAY BIRTHDAYS

May 1: Fred S.	May 17: Mary B.
May 5: Carol D	May 18 Eileen K.
May 11: Jeanette B.	May 21: Delane C.
May 13: Katherine M.	May 27: Carl S.
May 15: Sheryl B.	May 31: John S.

WELCOME TO COTTAGE LIFE!

Peggy B.	Josephine K.
Mary Ann W.	John O.
Lavonne D.	Jean M.
Tim O.	Suzanne M.
Retha A.	William L.
Diana W.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

DIRECTOR OF CULINARY:

Eric Comer, (402) 885-7019

DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

John Severson, (402) 885-7018

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!



MAY HIGHLIGHTS

- May Day
- Mother's Day
- Nurses Week
- Memorial Day

FEATURED EVENT



Mother's Day

Friday, May 6, 1 p.m.
All Cottages

Elders will participate in a special Mother's Day activity and enjoy tasty treats.

Katrina's Comments



We always spend the month of May recognizing the onset of spring and our mothers; but at the Cottages, we will be celebrating so much more!

We will be honoring the start of new leadership team members on May 2 from 4 to 6 p.m. We are hosting a Meet and Greet

at our Administrative Office for our new Assistant Administrator Michael Aubrey and Director of Clinical Services English Camero. Please join us for some refreshments and socializing as we get to know our new leadership team members.

We are also celebrating the reopening of Cottage 90! We welcome new elders to our community! Most importantly, we love celebrating by spending each day with our elders and our team members.

As we stop to celebrate all of the little things we share with one another, it will help us remember all of the beauty that is in our daily lives. We spent some time planting flower seeds in April with our elders, and as we watch them become beautiful flowers, it reminds us to reflect and be grateful for all of the small things that we see in our lives each day.

-Katrina Bruner, Administrator

ELDERS IN ACTION

After a month full of beautiful weather, we are excited to be able to start planning some more outdoor activities for our elders! We will start by having frozen lemonades on the porch on Monday, May 2 to celebrate National Lemonade Day. Then, on that Friday, May 6, we will be having a Mother's Day celebration to recognize all of the moms in the Cottages. Treats and a special gift will be provided!

The following week we will be having an apple pie contest to see which cottage can cook the best apple pie. Our elders will be the judges who will determine the winner! On May 16, we will be celebrating National

Barbecue Day with a cookout and picnic at the Cottages for the lunch meal. Hopefully, the weather stays nice so we can enjoy the outdoors!

Next, on May 26, elders will participate in paper airplane making. We can't wait to see who has the paper airplane that can fly the farthest! Be careful if you stop by the Cottages this day as paper airplanes will be soaring through the air. We finish off the month with Memorial Day and a special picnic for our elders. We hope the weather stays warm and beautiful and that we can start to see the flowers we planted grow!

-Heather Penc, Cottage Guide



Planting Flowers

Elders planted flower seeds. We can't wait to watch them grow!

Top Left: Janet shows off her flower pot after she planted seeds.

Above: Many elders will watch their flowers grow.

Far Left: Carl is proud of his flower pot.

Left: Ed enjoys planting flower seeds.

A MONTH IN REVIEW

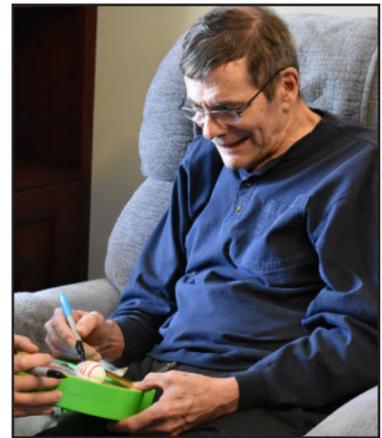
In the month of April, we enjoyed a bit of rain. I've always loved the saying, "April showers bring May flowers."

Last month, the Easter Bunny made her way to our Cottages and delivered fun goodies to our elders. We love to see the smiles on our elders' faces! In Cottage 40, the elders had a blast planting flowers. They're all excited to see them grow! Elders in Cottage 40 also enjoyed a tea party with a couple of our elder

assistants.

National Pineapple Upside Down Cake Day was also a hit at the Cottages last month, along with National Poem Day. We really do have an awesome team here at Hillcrest Country Estates! Our cottage guides and elder assistants really put forth the effort to make sure our elders enjoy the special activities.

-Kelsey Williams, Administrative Office Coordinator



Egg-cellent Easter

Top Left: Roy shows off his basket of Easter eggs.

Top Center: Joan smiles for a picture with the Easter Bunny.

Top Right: Ed smiles as he colors an egg.

Above Left: The Easter Bunny hands Linda an Easter egg.

Above: Doris is excited to get some Easter eggs from the Easter Bunny.

Left: Carl adds another color to his Easter egg.