

“No one can make you feel inferior without your consent.” -Eleanor Roosevelt

NEIGHBORHOOD *News*

A monthly newsletter for the Cottages at Hillcrest Country Estates

Enjoying the holidays with loved ones with Alzheimer’s

With the holidays right around the corner, they can be meaningful, enriching times for both a person with Alzheimer’s disease and his/her family. Maintaining family traditions helps all family members feel a sense of belonging and family identity. The tips below can help you and your loved one with Alzheimer’s/dementia visit and reconnect with family and friends during holidays.

Finding the Right Balance:

Here are some ways to balance doing many holiday-related activities while taking care of your own needs and those of a person with Alzheimer’s disease:

- Involve your loved one in simple holiday preparations, or have him/her observe.
- Encourage friends and family to visit, but limit the number of visitors at one time.
- Prepare quiet distractions, such as a family photo album, if your loved one becomes upset.
- Avoid situations that may confuse or frustrate your loved one (crowds, changes in routine, strange places). Stay away from loud noises, lighting that’s too bright or dark and too much rich food/drink.

Preparing an Individual with Alzheimer’s:

Here are some tips to help a person with Alzheimer’s disease get ready for visitors:

- Show a photo of the guest to your loved one each day for a week before arrival and explain to him/her who the visitor is.
- Arrange a phone call between your loved one and the visitor so your loved one can get familiar with the visitor and the visitor knows what to expect.
- Keep the memory-impaired person’s routine as close to normal as possible.
- Find time for adequate rest.

-Juli Grimm, Director of Recreation, Hillcrest Health & Rehab

NOVEMBER BIRTHDAYS

Nov. 2: Cheryll Ross Nov. 17: Alice Padgett
 Nov. 7: William Fricke Nov. 20: Marilyn Brown
 Nov. 9: Esther Williams

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Joe DiMinico, RN, (402) 885-7010

DIRECTORS OF CLINICAL SERVICES:

Kimberly Nichols, RN, (402) 885-7280

Nancy Holmgren, RN, (402) 885-7021

DIRECTOR OF COTTAGE SERVICES:

Jura Michael, (402) 885-7230

DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF CULINARY SERVICES:

Alisa McCoy, (402) 885-7014

REGIONAL ADMINISTRATOR:

Cindy Klein, (402) 933-4662

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!



Warm apple cider all around!



NOVEMBER HIGHLIGHTS

Nov. 1, 2, 20: Holy Family Shrine, 80/90, 40/50, 60/70

Nov. 7: Anthony’s Steakhouse, 10:30 a.m., 72/82

Nov. 8, 22: Village Inn, 10 a.m., 40/50, 60/70

Nov. 14: Brass Armadillo, 9:30 a.m., 40/50

Nov. 15, 28: Joslyn Art Museum, 9:30 a.m., 1 p.m., 72/82, 60/70

Nov. 1, 21: Marcus Theaters, 60/70, 80/90

Nov. 28: Omaha National Cemetery, 10 a.m., 40/50

Nov. 29: Spaghetti Works, 10:30 a.m., 80/90

Nov. 30: Union Pacific Railroad Museum, 10 a.m.-2 p.m., 72/82

*Times/days subject to change

FEATURED EVENT

St. Columbkille Choir

Nov. 11, 9:45-10:30 a.m.

Cottage 90

A wonderful group of guys and gals are visiting from St. Columbkille to lend their beautiful voices in a mélange of patriotic songs! All Cottages are welcome to attend! Many thanks to the St. Columbkille Choir!

Thoughts From Joe



It’s been a beautiful fall season, and I hope you are looking forward to wonderful Thanksgiving plans with your family!

We have enjoyed walking around the campus and seeing the artwork and decorations that the Cottage teams have put

together. Our Hay Bale Challenge was a lot of fun, and elder assistants and nurses alike showed great team spirit! Our winning team was awarded with \$100 extra in their activity budget to spend on creating Christmas decorations with the elders! With enough candy to make all of the dentists in Sarpy County buy more x-ray film, Trick-or-Treat Night was also very successful!

We have made a concerted effort to increase the number of activities in our Cottages with trips to the zoo, movie and casino outings, Berry Farm excursions, restaurant outings and countryside drives. As part of our initiative to enhance the activities we offer and provide more robust programming, Jura Michael, Director of Cottage Services, has been completing classwork to become certified as an Activities Director. We believe that these actions will continue to create dividends in the quality of care and life at Hillcrest Country Estates. I hope that you will take an opportunity to join us on one of these outings. If you do tag along and would like more information about how to become a regular volunteer, you can contact Rachel Brandenburg at (402) 934-2376.

As always, I love to hear from you!
-Joe DiMinico, RN, Administrator

ELDERS IN ACTION

It's November and autumn is waving her multicolored flags in celebration! Such a beautiful time of year – a time of year that causes most of us to pause and give thanks for so many wonderful blessings. I am so thankful for the elders we serve, for their wonderful wealth of wisdom they are so happy to share. The stories they tell give us perspective, priorities, even. This is a time of year well spent with family and great friends. Our guys

and gals have a long list of activities planned for November and since the Pet Party was such a huge hit, I know the Cottages will be incorporating that once again in the near future! Many thanks to our Chauffeur Corie – she is so much more than a chauffeur! – who helps make these activities such a smooth operation!

-Jura Michael, Director of Cottage Services



Shh! She's sleeping!



Dixie enjoys the Pet Party!



Esther loves on a furbaby.



Vincent found a visitor!



What a tasty milkshake!



"Babe" checks out the museum's simulators.



"Babe," Corie and Wanda hang around the museum.



Wanda and "Babe" enjoy a trip to the museum.

A MONTH IN REVIEW

Our elders took a wonderful trip out to Bellevue Berry Farm last month, and it was just the perfect time! The hayride was a hit despite the bumpiness of the road, and the apple cider warmed everyone from their heads to their toes. It was the perfect weather for picking pumpkins and being outdoors, and I know they loved the crisp in the

air. Our elders loved the drive through Walnut Creek, experiencing the change of the leaves and the beauty of fall. The red and gold colors turned that drive into a virtual painting! We all hope there's still time before winter to take that drive again!

-Jura Michael, Director of Cottage Services



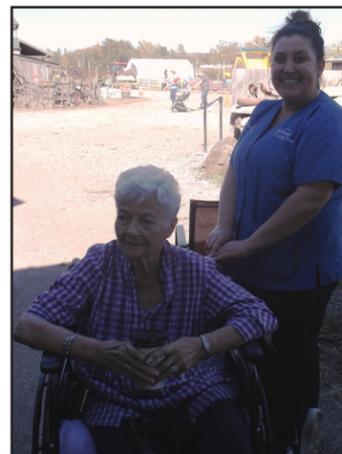
We have arrived! From left: Ted, Ham, Marci and Millie.



Millie found a pumpkin!



Marci is ready to roll!



Corie and Pearl enjoy the fresh air.



Ted gets a pumpkin, too!



Ham smiles proudly with his pumpkin.



Elders wait for the ride to start. From left: Mary Alice, Pearl, Lee.