

“Life isn’t about waiting for the storm to pass;
it’s about learning to dance in the rain.”
– Vivian Greene

November 2018

NEIGHBORHOOD *News*

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Five reasons baking is good for you

Whipping up treats in the kitchen can do more than just create yummy comfort food. In fact, baking has been found to have therapeutic value, which helps to ease depression and anxiety.

1. Cooking is meditative

- Any activity that takes your whole attention, especially if it's simple and repetitive, can have a

calming, meditative quality. The process of weighing out butter and sugar, whisking eggs, beating and folding creates space in the mind and eases negative thinking.

2. Baking stimulates the senses - The feel of the flour, the sound of the blender and, of course, the smell of the delectable final product – all of these experiences stimulate the senses, which in turn increase feel-good endorphins.

3. Nourishing activities feel good - Baking and any sort of cooking or food preparation is ultimately about nourishing ourselves and others. To internalize this benefit, make an effort to bring your whole awareness to the healthy ingredients and love that go into your baked goodies.

4. Baking is creative - Psychologists have found a strong connection between creative expression and overall wellbeing, so experiment with that recipe if you dare, and make that frosting the prettiest it can be.

5. It makes other people happy - One of the best things about baking is that you can give away your creations and make other people feel happy, which in turn puts a smile on your dial. It's a win-win.

-Juli Grimm, Recreation Director, Hillcrest Millard



NOVEMBER BIRTHDAYS

Nov. 9: Esther Williams
Nov. 15: Roberta Eckelbecker
Nov. 20: Betty Hammang
Nov. 20: Marilyn Brown

WELCOME TO COTTAGE LIFE!

Gertrude Ray, Frank Riha, Jean Scocz

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:

Nancy Holmgren, RN, (402) 885-7021

DIRECTOR OF CULINARY SERVICES:

Christian Loughran, (402) 885-7019

DIRECTOR OF MAINTENANCE:

Rick McHenry, (402) 885-7018

DIRECTOR OF REHAB:

Megan Kathman, (402) 885-7467

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (402) 933-4690

ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the distribution list, please contact Kelly at (402) 885-7000.



NOVEMBER HIGHLIGHTS

- Nov. 6: Twin Creek Movie Outing (Cottage 80//90)
- Nov. 8: Grand Lodge Cinema, 1 p.m. (Cottage 72/82)
- Nov. 12: Johnny's Café Outing, 11 a.m. (Cottage 40/50)
- Nov. 15: Grand Lodge Cinema, 1 p.m. (Cottage 60/70)
- Nov. 19: Lunch Outing – TBD, 11 a.m. (Cottage 72/82)
- Nov. 21: Creation Station, 12:30 p.m. (Cottage 40/50)
- Nov. 26: Shopping Outing – TBD/Elder Preference, 1 p.m. (Cottage 40/50)
- Nov. 28: Summer Kitchen Café Brunch, 9:30 a.m. (Cottage 40/50)
- Nov. 29: Creation Station, 1 p.m. (Cottage 60/70)

FEATURED EVENT



Pie Social
November 22, 2-4 p.m., All Cottages

Theresa's Take



Flu and cold season is here, and it is important to protect yourself from getting sick. With the temperatures outside dropping we're all spending more time inside, which makes it harder for you to stay away from others who may be sick. We are now offering the

flu vaccine to our elders and our team members. We are highly recommending that team members and elders get the flu vaccine this year. Every year our Medical Director Dr. Malloy explains to the team the importance of the flu vaccine.

Along with the flu vaccine there are some other things you can do to avoid catching the flu or a cold. Wash your hands as often as possible, eat green vegetables, get Vitamin D, drink tea and get enough sleep. We do provide surgical masks for visitors, elders and team members if needed.

I am hoping we have a healthy holiday season here at Hillcrest Country Estates this year. If you have any questions or would like more information on the flu vaccine, please give us a call.
-Theresa DeBilzan, Administrator

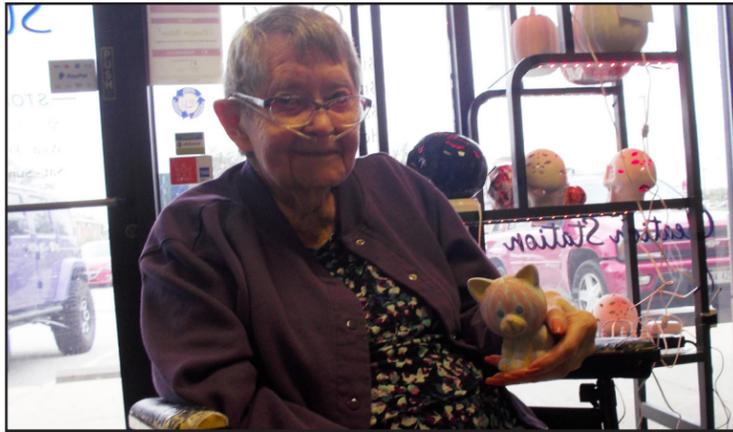


ELDERS IN ACTION

The holiday season has just begun. As we finish cleaning up the Halloween decorations, it is time to start thinking about Thanksgiving dinner with our families. The Hillcrest Country Estates team would like to thank our elders and their families for choosing to make the Cottages their home. We feel honored by the choice you have made, and we are happy to serve you. We encourage you to keep us informed on how we are doing and areas where you would like to see us improve. Your feedback is very much appreciated.

We would also like to thank and salute our veterans and their families for the sacrifices they have made to protect us and our freedoms. A couple other holidays this month - November 23rd is Presidents' Day and American Indian Heritage Day, and November 6th is Election Day.

Check the front page of this newsletter to read about all of the fun activities our elders will be enjoying in November. Happy Holidays, everyone!



Emma smiles with her project at Creation Station.



Anna and Nicole pose for a photo at Creation Station.



Elders in Cottage 70 enjoy some music with Bill N.



Elders in Cottage 70 have a root beer float party.



Cynthia helps Elmer with a craft.



Sara and JoAnne enjoy the root beer float party.

A MONTH IN REVIEW

It is fair to say we experienced some slight changes of weather during the month of October. Rain and some snow, but that did not stop us from going on with our planned activity schedule for the month. We also watched the games! Don't give up yet. We are going to win again. It is not over yet. Go Huskers!

The pictures below tell the story of how some of

our elders spent time the previous month. As always, we invite all who are able to participate in joining the fun. We urge family members and elders to tell us what other activities we could include in our schedule to make it even more fun. It is the holiday season, and we want to celebrate with you, your way. Share your ideas. We're listening. Have a Happy Thanksgiving!



Happy Birthday, Warren Robinson!



Mary Alice, Mark, Denise and Helen ride the bus to the pumpkin patch.



Cottage 70 gets ready to play a game of bowling.



Bud and Lee get off the bus for some fun.



Helen, Genevieve and team members Krista, Kaiti and Christina pause for a picture after getting off the bus at the Bellevue Berry Farm.



Bud and Krista smile before getting on the hayrack ride.