

"Welcome sweet November, the season of senses and my favorite month of all." —Gregory F. Lenz

November 2021

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

As We Continue to Fight COVID, Don't Forget About the Seasonal Flu

While we were busy fighting the pandemic last year, we experienced far fewer incidences of the seasonal flu. Since we all wore masks and kept our distance, seasonal flu infections remained extremely low.

Things are different this year. The masks are off and — thanks to our COVID vaccines — we can enjoy group activities again. However, the fact that we'll be closer together during the cold-weather months increases

the possibility that the flu will make a comeback.

As with COVID, the best way to prevent the flu is to get vaccinated. In addition to advanced cleaning protocols and other safety measures implemented at the onset of COVID, Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents and elders. Our clinical team will be contacting you about your flu vaccine. If you have any questions, please reach out to your Director of Health Services.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID. Wash your hands often and well. Cough and sneeze into your elbow. If you feel sick, stay away from your friends, and let our team know.

As we continue the battle against COVID, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



WELCOME, CHRIS!

Chris Sobrilsky is our new Administrator at Hillcrest Country Estates Cottages. He is excited to meet all of our elders and their families over the next few weeks. Welcome, Chris!



MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Chris Sobrilsky, (402) 885-7010

ASSISTANT ADMINISTRATOR:

Katrina Bruner, (402) 885-7280

DIRECTOR OF CLINICAL SERVICES:

Katrina Mills, (402) 885-7021

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 ADMINISTRATOR:

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!



NOVEMBER HIGHLIGHTS

Nov. 1: National Calzone Day — elders will create their own calzones for dinner

Thanksgiving Dinner — two guests per elder; talk to your Cottage Guide for the full details



FEATURED EVENT



Day of the Dead (Día de los Muertos)

November 1 & 2

We will participate in Day of the Dead festivities and enjoy a variety of food selections.

Tammy's Take



Hello, and Happy November to each and every one of you! We have been very busy here at Hillcrest Country Estates Cottages. We hired our Administrator, and I would like to introduce you to Chris Sobrilsky. He has been in the medical field for years and holds a master's in health

administration. He also served in the Navy. Thank you for your service, Chris! We also hired our Director of Clinical Services, Katrina Mills, RN, who has come to us from Wisconsin, where she was leading a team and achieving excellent results. Welcome to the Hillcrest Country Estates Cottages team!

Later this month we will be celebrating Thanksgiving. Yes, you heard me right! Can you believe that it is that time of the year?! It's crazy thinking about how we are still in a pandemic. This month we will be teaming up with the pharmacy to administer COVID-19 vaccination booster shots to all of the team members and residents who are at least six months out from receiving their second shot.

On behalf of the team here at Hillcrest Country Estates Cottages, we want to wish you and your families all a very Happy and Blessed Thanksgiving! This time of the year, especially, makes us all stop and think about what we are thankful for. At the Cottages, we are thankful for you allowing us to care for your loved ones and for continuing to be patient with us during these trying times. Happy Thanksgiving!
—Tammy Deemer, Regional Administrator

ELDERS IN ACTION

We'll enjoy plenty of fun activities this month! Elders are looking forward to an autumn decorating competition among all cottages. The winning cottage will receive a special surprise!

Activities also are planned to celebrate National Calzone Day, Monday, November 1, and National Day of the Dead, Tuesday, November 2. Food and parties are sure to commence!



Each cottage also will host a Thanksgiving dinner and party for elders to enjoy later this month. Pet therapy will continue throughout the month, every other Tuesday.

We also are working on setting up live music in the cottages each month — look for more information soon!

-Heather Penc, Cottage Guide

Pet Therapy

Left: Kay smiles as she pets Paige, a therapy dog, who visits weekly.

Below Left: Upon admission, Paul enjoys his first visit with Paige.

Below: Phyllis spends time with Paige.



A MONTH IN REVIEW

October was very enjoyable here at the Cottages! National Chocolate Cupcake Day was a huge success with the elders and team members, alike. Everyone participated in making their own chocolate cupcake.

Costumes and candy were plentiful among team members and elders during our Halloween Parade. We continued to play bingo and create wonderful autumn-themed artwork.

-Heather Penc, Cottage Guide

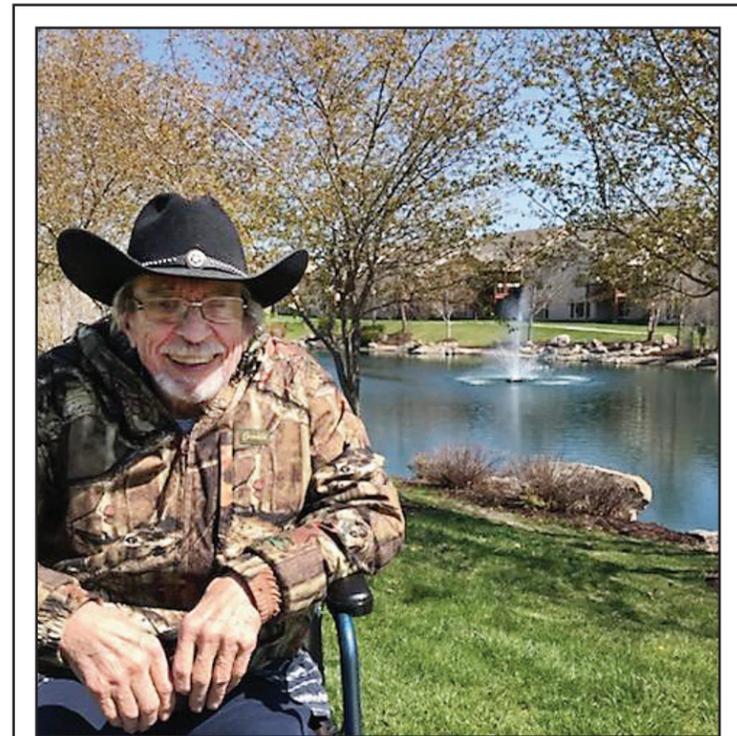


Party Time!

Above: Terry and Carol have fun with a piñata at the Hawaiian Party.

Right: Carol enjoys a birthday celebration — party hat and all!

Far Right: Sarah holds the piñata as Delane swings at it during the Hawaiian Party.



Bruce enjoys a ride around the pond to enjoy the beautiful weather.

