

“Whether you think you can or you think you can’t, you’re right.” -Henry Ford

NEIGHBORHOOD *News*

A monthly newsletter for the Cottages at Hillcrest Country Estates

Advantages of Music Therapy

What Is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions and can be designed to promote wellness, manage stress, alleviate pain, enhance memory, improve communication and provide unique opportunities for interaction. Because music therapy is a powerful and non-threatening medium, unique outcomes are possible.

Music therapy provides opportunities for:

- Memory recall, which contributes to reminiscence and satisfaction with life
- Positive changes in mood and emotional states
- Sense of control over life through successful experiences
- Awareness of self and environment, which accompanies increased attention to music
- Anxiety and stress reduction for aging adults and caregivers
- Nonpharmacological management of pain and discomfort
- Stimulation, which provokes interest even when no other approach is effective
- Structure, which promotes rhythmic and continuous movement or vocal fluency as an adjunct to physical rehabilitation
- Emotional intimacy when spouses and families share creative music experiences
- Social interaction with caregivers and families

How Does Music Therapy Help Families?

Music therapy provides:

- A forum to share common experiences and enjoyment as a couple or family
- Meaningful time spent together in a positive, creative way
- Relaxation for the entire family
- Stimulation for reminiscence of family bonds
- Unity and intimacy for families through verbal and nonverbal interaction
- Respite for the caregiver

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

OCTOBER BIRTHDAYS

Oct. 2: Warren Robinson	Oct. 17: Harold Hamilton
Oct. 4: Dorlyn Ball	Oct. 18: Helena Violett
Oct. 4: Quentin “Bud” Porter	Oct. 26: Marcella Stazzoni
Oct. 5: Gerald Hansen	Oct. 28: Robert Vondrasek
Oct. 7: William Seaton	Oct. 28: John McGuire
Oct. 12: Elizabeth Kleine	Oct. 29: Lee Stickman

WELCOME TO THE COTTAGES!

Welcome, Joan Stebbins of Council Bluffs! Joan is a wife, mother, grandma and great grandma. She and her husband Bob just celebrated their 56th wedding anniversary. They have two children: Diane lives in Omaha, and Bob, Jr. lives in California. Joan worked for gas companies until retiring in 1996. She enjoys doing jigsaw puzzles and Sudoku on her iPad.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Joe DiMinico, RN, (402) 885-7010

DIRECTORS OF CLINICAL SERVICES:

Kimberly Nichols, RN, (402) 885-7280

Cara Gunter, RN-WOC, (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!



OCTOBER HIGHLIGHTS

- Oct. 3: Scooters Coffee Outing, 9-11 a.m., Cottage 40/50
- Oct. 4: Walmart Outing, 9:30-11:30 a.m., Cottage 72/82
- Oct. 5: Aaron Shoemaker, Cottage 60
- Oct. 11: Walmart Outing, 10 a.m.-noon, Cottage 60/70
- Oct. 17: Day at the Movies, Cottage 72/82
- Oct. 18: Walnut Creek Bus Drive, Trip to the Lake, 1-4 p.m., Cottage 60/70
- Oct. 26: Old Market Lunch, Spaghetti Works, 10:30 a.m.-1:30 p.m., Cottage 40/50
- Oct. 26: Hillcrest Country Estates Trick-or-Treat, 6-8 p.m., all Cottages/families
- Oct. 27: Kentucky Fried Chicken Buffet, 10:30 a.m.-1:30 p.m., Cottage 80/90

FEATURED EVENT

Trips to Bellevue Berry Farm

- Cottage 72/82: Oct. 12, 10:30 a.m.-2 p.m.
- Cottage 40/50: Oct. 19, 1-4:30 p.m.
- Cottage 80/90: Oct. 23, 10:30 a.m.-2 p.m.
- Cottage 60/70: Oct. 25, 10:30 a.m.-2 p.m.



Elders will enjoy hayrack rides, hamburgers, kettle corn, caramel apples, hot apple cider and more!

Thoughts From Joe



Hurricanes Harvey and Irma wreaked havoc on three of our United States in a way that we haven’t seen since Katrina and Andrew before that. These events always provide insight into the overwhelming good of the American people and prove that overcoming tragedy is as much a part of being American as apple pie and baseball!

As an administrator, I follow these events with the Cottages in mind. Perhaps you’ve seen the images of elderly residents sitting in water up to their chins or heard of the nursing home in Florida that lost power and suffered multiple deaths due to the heat? If you are like me, you may have thought, what would such a scenario look like in Papillion?

Fortunately, we don’t face the risk of hurricane-induced flooding, but Nebraskans face tornados and flash flooding as well as other natural disasters that we must be prepared to address. Here are some of the ways that the Cottages prepare for these events:

- We host a monthly safety committee that reviews emergency-related policies and procedures and prepare contingencies for different events.
- We participate in “table top” exercises where we roleplay a scenario, like a tornado or infection outbreak, and talk through how we would respond.
- We coordinate with outside agencies, such as law enforcement, utility companies, food vendors, etc., to ensure the Cottages remain a community priority, given the vulnerable status of residents.

(Continued inside)

Thoughts from Joe, continued from page 1:

- We utilize resources inside of our organization to prepare for mass evacuations, with plans prepared for transportation of elders to our Bellevue locations in a local event or our sister community and a secondary location located 51 miles away in Lincoln in the event of widespread catastrophe.
- We stockpile supplies in a central location for short-term survival purposes.
- We educate our teams on procedures for emergencies during their new hire training and routinely in team meetings.

There is no way to prevent natural disasters; however, we can prepare for them, and our Cottages, supported by the entire Hillcrest organization, is resolved to respond well in the unlikely event that something of this magnitude should ever happen.

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



Mary Alice Homan enjoys some baking time in the kitchen. The finished apple pies turned out scrumptious-looking!

ELDERS IN ACTION

 Some of the elders have expressed their desire to spend some quality time driving through Walnut Creek to see the wonderful color-changing leaves on the many variety of trees that line the lake. Walnut Creek is the perfect place to take them! So beautiful and peaceful! Sometimes it's the simple things that can bring a smile to the faces of our elders, and what a great way to appreciate the beauty of changing seasons. I sincerely believe outings like these are what keep our elders thriving.

Of course, you can expect some of our staple activities as well: a trip to Walmart, some of our standard entertainers that our elders love so much and pie baking! It's certainly the season for that!
-Jura Michael, Director of Cottage Services



Josephine Mickells awaits her treat at TCBY.

A MONTH IN REVIEW

The milder temperatures this September allowed for many activities to be held outside on the patios, and one fun treat the elders had was root beer floats! It was the perfect balance of sun and breeze, which made the whole day beautiful. In addition, some of our elders were able to take a trip down to the Union Station last month for a luncheon. The wealth of history in that great building is invaluable to all who have grown up in

Omaha. What a great way to remember Omaha's history. Did you know, the last train to leave Union Station was in 1971? The unfortunate demise of private commercial passenger train travel was due to increased air travel and interstate highways. It's always great when we can incorporate activities for the elders that remind them of a bit of history and give them a chance to reminisce.

-Jura Michael, Director of Cottage Services



There's nothing better than a game of horseshoes! Pearl and Mark enjoy playing.



Our new elder enjoys the fresh air. Welcome, Wanda!



Elders enjoy root beer floats on the patio.



Ruth Duffy and Alice Padgett enjoy the outdoors.