

"Happiness is like jam. You can't spread even a little without getting some on yourself."

-Anonymous

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Activities individuals with low vision can enjoy

Living well with macular degeneration is largely about maintaining quality of life and independence. But as vision deteriorates, patients often find themselves unable to enjoy the hobbies they once did. However, finding new and engaging activities that don't necessarily require sight can help low vision patients regain a sense of control and normality in their lives. The following are fun, stimulating activities that the blind or partially sighted can enjoy whilst adapting to new circumstances:

- **Audio activities:** Any game or activity that focuses on hearing rather than sight is great for keeping the visually impaired engaged, social and mentally fit. Word and trivia games such as Jeopardy! and Trivial Pursuit are fun, inexpensive options.
- **Music:** Listening to music is an activity that can be enjoyed alone or in a group. Sing-alongs to familiar tunes can prove to be a pleasurable activity.
- **Crafts:** Those who have previously enjoyed activities like knitting or crocheting prior to age-related macular degeneration (AMD) can usually still do so with little assistance. It may be beneficial, however, to buy larger crocheting needles and thicker yarn. Tactile activities like pottery and ceramics pose another good opportunity to use sense of touch to its fullest extent.
- **Read:** Many libraries have large-print and Braille books for the visually impaired. It's also possible to purchase books on tape or download them from the internet.
- **Swim/exercise:** Sports can be somewhat intimidating for those who can't see well. However, aerobic activities like rowing, swimming and recumbent bike are safe, effective cardiovascular workout options.

The end of sharp vision does not mean the end of life. After all, there is still so much life left to live! Need some more motivation? It's been proven that AMD patients who maintain a social life and stay active have lower rates of depression, improved confidence, better memory and even a reduction in joint and muscle pain.

So what are you waiting for? Get out there and take up a new hobby!

-Juli Grimm, Recreation Director, Hillcrest Millard



OCTOBER BIRTHDAYS

Oct. 2: Linda Bohac	Oct. 18: Helena Violet
Oct. 2: Warren Robinson	Oct. 20: Clarion Haynes
Oct. 4: Quentin Porter	Oct. 20: Marie Overfelt
Oct. 5: Gerald Hansen	Oct. 21: Larry Finley
Oct. 6: Thelma Ramsdell	Oct. 23: Carolyn Seek
Oct. 12: Elizabeth Kleine	Oct. 25: Clayton Snider
Oct. 12: Carol Parker	Oct. 29: Lee Stickman
Oct. 14: Constance Scarberelli	Oct. 29: Nancy Davidson
Oct. 17: Harold Hamilton	

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.



OCTOBER HIGHLIGHTS

- Oct. 2: Bellevue Berry Farm Lunch & Hayrack Ride, 10:30 a.m. (Cottage 60/70)
- Oct. 8: Grand Lodge Cinema (Monday Morning Movie Matinee), 9:30 a.m. (Cottage 80/90)
- Oct. 11: Bellevue Berry Farm Lunch & Hayrack Ride, 10:30 a.m. (Cottage 72/82)
- Oct. 15: Grand Lodge Cinema (Monday Morning Movie Matinee), 9.30 a.m. (Cottage 40/50)
- Oct. 17: Bellevue Berry Farm Lunch & Hayrack Ride, 10:30 a.m. (Cottage 80/90)
- Oct. 23: Bellevue Berry Farm Lunch & Hayrack Ride, 10:30 a.m. (Cottage 40/50)
- Oct. 25: Grand Lodge Cinema, 1 p.m. (Cottage 60/70)
- Oct. 30: Grand Lodge Cinema, 1 p.m. (Cottage 72/82)

FEATURED EVENT



Trick-or-Treating

October 25, 6-8 p.m., All Cottages

Join us in your favorite costume to visit each Cottage for a treat from our elders!

Theresa's Take



Thank you all for the warm welcome to Hillcrest Country Estates. In September some of the team at The Cottages and I had the privilege of attending a presentation on The Cottage Model, presented by Jolene Roberts, Hillcrest's founder and president. We learned about the history of The Cottages and the vision behind them. The team and

I look forward to training new team members on The Cottage Model.

Fall has arrived, and I am excited for the fall colors and the crisp air. One of my favorite things to do in fall is go to a pumpkin patch and apple orchard. I hope you are able to join us on the Bellevue Berry Farm outings (see the October highlights section to see which date your loved one is going) and at The Cottages for Halloween trick-or-treating on October 25th!

-Theresa DeBilzan, Administrator



Keon sings "Happy Birthday" to Elmer.

ELDERS IN ACTION

At last, the fall season is here! (We'll let just the leaves fall, though.) At The Cottages we will be riding to the Bellevue Berry Farm, where we will enjoy lunch and a hayrack ride. The outings are spread throughout the month, with each Cottage taking a trip there.

The month of October has quite its share of holidays, including Columbus Day, World Food Day, Halloween and more. Columbus Day occurs on the second Monday in October each year, and World Food Day is celebrated on the 16th. It's a day to raise awareness about hunger while encouraging the public to support efforts to eradicate world hunger. The

month of October will close with one of our most popular holidays - both for young children and adults - where we dress up in costumes. Please feel free to dress up in your favorite costume and just have fun.

Remember to join us in watching movies at our Grand Lodge Cinema. The team selects movies just for you, and there are snacks, of course! Check the October Highlights section on the front of this newsletter for our movie days. Have fun and enjoy the fall season, and try not to fall with it! We will do our best to make sure you don't!



Lou Drek looks beautiful as always, ready to go out and enjoy some time with family.



A Fontenelle Forest representative presents to elders.



Pearl loves on a furry friend.



Warren Robinson learns from Fontenelle Forest about how woodpeckers make their homes.



Betty Bartman gives a furry friend some love.



Joan and Betty enjoy pet therapy and cards.

A MONTH IN REVIEW

September was great - we survived the rain and enjoyed the sunshine. Most of our elders participated in our scheduled activities. They had lunch at Freddy's, enjoyed breakfast at Dunkin' Donuts and had the lunch buffet at KFC. Elders also took part in activity stations

and watched cinematic favorites at The Grand Lodge.

We welcome all of you to join in our October activities. We want to see you in the photo section below!



Elmer and Caroline spread some laughter in Cottage 70.



Marge enjoys a fall activity, bringing in the new season.



Elders enjoy a great conversation after dinner.



Evelyn finishes up her beautiful art project.



Thelma shows off her fall masterpiece.