

"Dancing of the autumn leaves on a surface of a lake is a dream we see when we are awake." - Mehmet Murat Ildan

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Preventing the Flu this Holiday Season

Fall is officially upon us. Now we can look forward to the holiday season and all of the fun stuff that goes along with it. But we also have to be prepared for the beginning of flu season. Last year the CDC reported that the flu season lasted for more than 21 weeks and was moderately severe, with more than 40 million cases reported in the United States. Often, flu symptoms can look a lot like those of a common cold. However, the flu can happen suddenly and be much more severe than a cold. Some symptoms include fever, sore throat, runny nose, coughing and fatigue.

Fortunately there are ways that you can fight the flu. First, it is very important that you get a flu vaccine to ensure that you and your family are protected from this virus. According to the CDC, the flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications. Starting October 1st, we will be offering the flu vaccine to elders and team members at the Cottages. Ask your cottage guide for more details. You can also take simple steps like washing your hands frequently and using hand sanitizer to prevent the spread of the flu. The CDC believes that the flu is primarily spread through coughing, so remember to cover your mouth if you start coughing.

Talk to a Hillcrest team member if you think you are starting to get sick. It is our goal to keep you healthy and happy this holiday season!



OCTOBER BIRTHDAYS

- Oct. 4: Quentin Porter
- Oct. 4: Glen Dormer
- Oct. 5: Joyce Mapes
- Oct. 12: Elizabeth Kleine
- Oct. 14: Kathleen Weber
- Oct. 17: Harold Hamilton
- Oct. 20: Marie Overfelt
- Oct. 21: Larry Finley
- Oct. 25: Clayton Snider

WELCOME TO COTTAGE LIFE!

Joan Rosman & Jeanette Byers

MEET THE LEADERSHIP TEAM

DIRECTORS OF CLINICAL SERVICES:

- Kelli Gregerson, (402) 885-7280
- Tami Harms, (402) 885-7021

DIRECTOR OF MAINTENANCE:

- Rick McHenry, (402) 885-7018

DIRECTOR OF REHAB:

- Megan Kathman, (402) 885-7467

REGIONAL ADMINISTRATOR:

- Michelle Yosick, (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 Abby at (402) 885-7000.



OCTOBER HIGHLIGHTS

Cottages 40/50

- Oct. 17: Bellevue Berry Farm, 10 a.m.*
- Oct. 28: Dunkin' Donuts, 9:30 a.m.

Cottages 60/70

- Oct. 10: Bellevue Berry Farm, 10 a.m.*
- Oct. 23: KFC Lunch Buffet, 11 a.m.

Cottages 72/82

- Oct. 2: Bellevue Berry Farm, 10 a.m.*
- Oct. 28: Dunkin' Donuts, 9:30 a.m.

Cottages 80/90

- Oct. 21: Scooters Coffee, 9:30 a.m.
- Oct. 24: Bellevue Berry Farm, 10 a.m.*

*Lunch Options: Hot dogs, hamburgers, pulled pork. (Chips included, drinks NOT included.)

Kettle corn, caramel apples, apple cider and baked goods are also available for purchase.

FEATURED EVENT

Annual Trick-or-Treat Night
Tuesday, October 29, 5:30-7:30 p.m.
All Cottages

Dress up and come visit each cottage for a treat from our elders!

RSVP to Abby: (402) 885-7000 or abrandt@hillcresthealth.com

Michelle's Musings



Happy fall! It is hard to tell that fall has arrived when it has been so hot the past several weeks. With fall comes change; I want to make you aware that Theresa DeBilzan has transitioned on and is no longer with Hillcrest. Theresa will be missed and brought a lot of great things to the Cottages. We have a new administrator who will

be joining us around October 21st. She brings a lot of experience and passion for serving others and leading teams. Once she arrives, we will set up a time for you to meet her.

In the meantime, I will be the Interim Administrator. A little about myself: I am the current Regional Administrator for Hillcrest Health Services in which I help oversee the post-acute facilities. I have more than 20 years working in skilled facilities and most recently oversaw 10 skilled facilities in three states. I am a registered nurse and have been a Director of Nursing as well as a Nursing Home Administrator. I am here to ensure we have a smooth transition. Please do not hesitate to let me know if we can do anything for you. I look forward to seeing everyone around the campus during this beautiful fall.

-Michelle Yosick, Regional Administrator



ELDERS IN ACTION

We are very excited for fall here at the cottages. What better way to kick off the new season than going to visit the Bellevue Berry Farm! Check out the featured events section for details. We can't wait to smell fresh apple cider and baked goods when we arrive. Although the weather isn't cool yet, we think it's



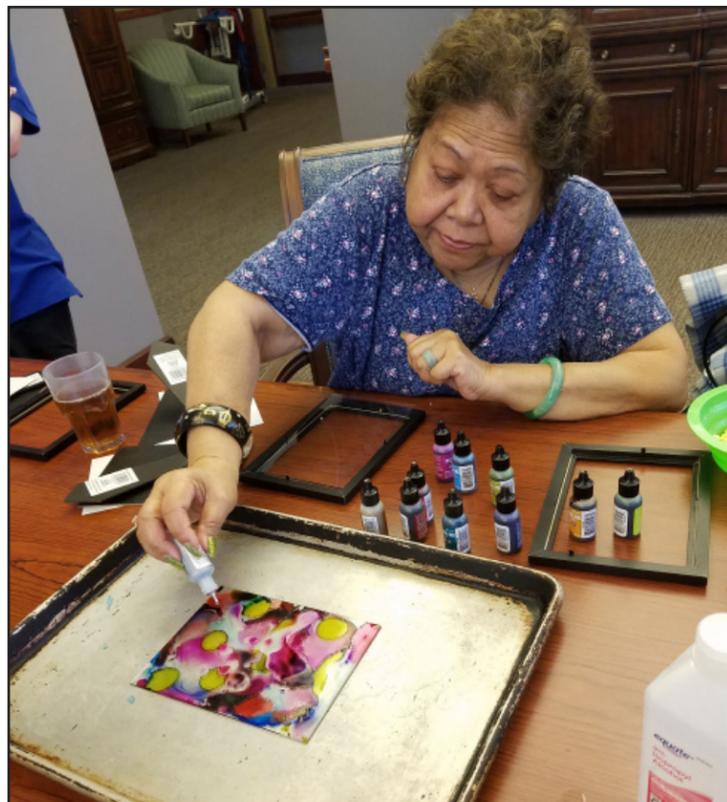
Ron Stevens and his wife Jan enjoy the patio in front of Cottage 72.

the perfect time to go explore the farm. We will also be visiting KFC for lunch this month. Coffee is one of our favorites here as well, so we will be stopping by Scooters and Dunkin' Donuts for some special treats.

-Abby Brandt, Administrative Assistant



Cottage 82 elders enjoy hymn singing with a church group.



Ester creates a paint drop painting.



Cottage 82 sings hymns.

A MONTH IN REVIEW

The Nebraska Cornhuskers kicked off their season in Lincoln in August. Here at the Cottages we are big fans of the team. We like to celebrate each game with yummy food and treats before kickoff. You can find the game on almost every TV at the Cottages!



Sara M. and Jonathan (Cottage 70) enjoy a library visit.

Cottages 80 and 90 are even decorated with red N's. We wish Scott Frost the best of luck with his coaching career here in Nebraska and hope that he has a good year!

-Abby Brandt, Administrative Assistant



Cottage 70 has a blast with a card game.



Cottage 60 enjoys pumpkin painting.



Cottage 70 has a game day.