

*"I wish that every day was Saturday and every month was October."
-Charmaine J. Forde*

October 2021

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Join Us In Supporting the Walk to End Alzheimer's



This month, Hillcrest Health Services is forming a team to walk in the 2021 Sarpy County Walk to End Alzheimer's. This cause is very near and dear to our

hearts, so we're really looking forward to this event.

Alzheimer's is a type of dementia that impacts memory, thinking and behavior. In Nebraska, alone, more than 35,000 individuals live with Alzheimer's or dementia. Additionally, more than 61,000 individuals care for loved ones with some form of this disease.

Across our Hillcrest communities we care for many individuals with dementia and see first-hand the impact of Alzheimer's and dementia. In response, we've invested a lot of time and resources into providing high-quality memory care. One of the results of our efforts is our Dimensions™ program, which implements the Montessori method into senior care. This method enables, empowers and engages individuals at every step of their dementia journey. We also partner with the Alzheimer's Association in their annual walks because we share the goal of helping individuals with Alzheimer's and dementia and hopefully one day finding a cure for this disease.

If you're interested in supporting the Alzheimer's Association by donating or joining our team, visit tinyurl.com/TeamHillcrest2021. This event will take place at Prairie Queen Recreation Area in Papillion on Sunday, October 17. We will be providing breakfast for our team during the registration period at 8:30 a.m. The opening ceremony will begin at 9:30 a.m., and the walk will begin at 10 a.m. We hope you can join us in supporting this worthwhile cause.



OCTOBER BIRTHDAYS

Oct. 9: Marian W.
Oct. 20: Rita D.

WELCOME TO COTTAGE LIFE!

Harold E.
Robert A.
Rose T.

MEET THE LEADERSHIP TEAM

INTERIM ADMINISTRATOR:
Katrina Bruner, (402) 885-7280

INTERIM DIRECTOR OF CLINICAL SERVICES:
Dottie Rice, (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!



OCTOBER HIGHLIGHTS

Oct. 12: Making Caramel Apples
Oct. 26: Carving Pumpkins
Oct. 29: Halloween Costume Show

*Please vote for Hillcrest
in these categories!*



- Assisted Living Community
- Home Health Provider
- Hospice Care
- Long Term Care Facility
- Skilled Nursing Facility
- Memory Care
- Retirement Community
- Senior Care Services
- Best Place to Work (Over 50 Employees)

Voting ends October 12

FEATURED EVENT

Halloween Costume Show

Friday, October 29, 3:15 p.m.

Team members will be dressing up and showing off their creative attire for elders in this Halloween Costume Show!



Katrina's Comments



Welcome to October, everyone! I am really looking forward to this month and everything it brings. Engaging with our elders has been an increased focus for us here at the Cottages. As COVID-19 continues to linger, we continue to remember that this is a home

to many amazing individuals. In listening to, and being with our elders, we notice an appreciation of the present moment above concerns about the past or the future. As you can see in many of our photos, they have the smiles of pure joy. We have had many changes on our campus, but what hasn't changed is the reason that we are here. Our elders need connections with others now more than ever. We are working to get our elders more involved in activities with the direction of our Cottage Guides. We have been very fortunate to have caring and devoted team members to manage our cottages. Their expertise in social services and human interaction is one of the greatest supports that we can give to our elders. The future will be very exciting, and we look forward to continuing to provide a comfortable and engaging environment for our elders.

—Katrina Bruner, Interim Administrator



ELDERS IN ACTION

The words for the month are "fall," "fun," "pumpkins" and "candy!" Team members will be dressed in full fashion for Halloween and will take time to remind elders of the fun of sharing their treats with trick-or-treaters! It's also that time of year where we will start watching for the beautiful colors of fall.

We will definitely need to unpack the fuzzy slippers and blankets. We will make way for the hot cocoa and marshmallows! Fall is one of our favorite times of the year, and we are all looking forward to a month full of festivities.

- Susana Abrego-Aguilar, Dimensions Coordinator



Wanda and Emma listen to 40s and 50s music.



Blake pets Walter, a therapy dog.



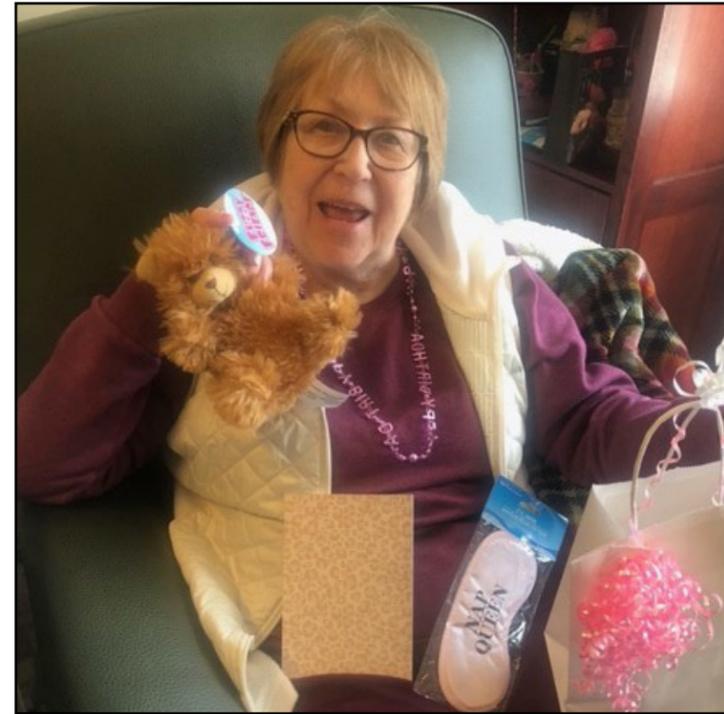
Students from Creighton University pet Walter.

A MONTH IN REVIEW

We have loved the weather but keep wishing for the rain! We were reminded that the most loved things in life can still have beautiful imperfections. We have Walter, a deaf therapy dog, who came to visit us, to thank for that reminder! Our month has been filled with delightful times of fellowship over cups of coffee

with our friends. Our ladies in Cottage 50 remind us of how amazing those times are daily. Our month has been all about the little things and the many blessings we have in each moment of our day.

- Susana Abrego-Aguilar, Dimensions Coordinator



Kathy opens her birthday presents.



Sharon works on her art.



Virginia, Anita and Allison play bingo with a volunteer.