

"Autumn carries more gold in its pocket than all other seasons."

- Jim Bishop

October 2022

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



It's Spooky Season

Many individuals celebrate Halloween the entire month of October. Spooky decorations start going up on Oct.1 and stay up until the holiday itself. Here are a some ways you can celebrate Halloween all month long.

Door Decorating Contest

Get crafty and decorate your door in ghosts, ghouls and goblins. You can also decorate in traditional Halloween colors like black and orange. Get your neighbors involved and have a friendly competition.

Carve or Paint Pumpkins

Pumpkins are one of the universal symbols of Halloween. Many individuals gather together and make jack-o-lanterns by carving faces and other spooky designs into pumpkins. If you're not into carving pumpkins, substitute the activity with painting fun sketches onto the pumpkin.

Play a Halloween Game

Gather your friends or family and have an exciting Halloween-themed game night. You can play Halloween charades with classic Halloween characters. Don't like playing charades? Test your Halloween knowledge with some spooky trivia.

Get Dressed Up

Halloween is a great time to be something you've always wanted to be. Get dressed up in Halloween costume – a witch, black cat or even a ghost! If you don't have a spooky costume, wear a Halloween sweater or dress in black and orange.

There are so many ways to get into the Halloween spirit. How will you celebrate the spooky holiday?

OCTOBER BIRTHDAYS

Oct. 4: Glen D. Oct. 14: Kathleen W.
Oct. 5: Timothy O. Oct. 20: Patricia B.

WELCOME TO COTTAGE LIFE!

Judy Ann T. Jeannine K.
Wesley W. Marilyn S.
Sheri S. Patricia K.
Jolyn F. Carol S.
Karen G. Wayne M.
James Q.

MEET THE LEADERSHIP TEAM

REGIONAL AREA DIRECTOR:

Tammy Deemer, (402) 982-9376

ASSISTANT ADMINISTRATOR:

Michael Aubrey, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:

Inglish Camero, (402) 885-7333

DIRECTOR OF CULINARY:

Jamie Hobson, (402) 885-7019

DIRECTOR OF REHAB:

Megan Zuehlke, (402) 885-7467

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ryan Newman, (402) 885-7018

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. 1: International Music Day
- Oct. 1: International Coffee Day
- Oct. 4: World Animal Day
- Oct. 18: Chocolate Cupcake Day
- Oct. 31: Halloween

FEATURED EVENT

Painting Pumpkins

Oct. 31 at 1 p.m.

Elders will get creative and paint pumpkins while enjoying fall treats and apple cider.



Tammy's Take



Happy October, everyone! The leaves are changing their colors, football is here and the weather is getting cooler. What a blessed time of the year!

We continue to go strong and hire some amazing new team members. If you see any of our new team members out and about in the Cottages, say hello!

It is my pleasure to introduce the following new CNAs to our team here at the Cottages: Itzel, Gracie and Keira. We welcome Environmental Services Tech Chase and Housekeeper Martha. I'd also like to give a huge welcome back to Jamie, our culinary director!

As we continue to search for a new administrator, I want to reiterate that if you have any concerns or questions, please do not hesitate to reach out to me, the cottage guides or Inglish, director of clinical services.

Just as a reminder, the county transmission rate for COVID-19 remains high, so please make sure that each visitor signs in on a separate line and a temperature is taken. Masks must be worn throughout your visit, unless you are in your loved one's private room and both are up to date on COVID-19 vaccines. We strive to continue to keep our elders, families and team members safe and healthy. I appreciate your understanding and ask that if you have any questions to please reach out to me. Thank you!

Unfortunately, with the onset of the fall and winter months comes influenza. Over the last couple of years, we did well with keeping it out of the Cottages. We hope that this will continue this year as well.

Have an amazing October, and stay safe and healthy!

-Tammy Deemer, Regional Area Director

ELDERS IN ACTION

We have so many great activities planned this month for our elders. We will be decorating chocolate cupcakes to celebrate Chocolate Cupcake Day, and we will also be doing a lot of fall baking. We will make delicious treats such as pumpkin bars and Halloween sugar cookies. We can't wait to eat all of the tasty

goodies!

Cottage guides also have some fun fall arts and crafts planned. On Halloween, come on out to the common areas here at the Cottages and paint a small pumpkin with your peers and team members.

-Kelsey Williams, Administrative Office Coordinator

Excellent Exercise

Below: William holds his feet in the air during exercise group.

Right: Mary Ann works out her arms.

Far Right: Phyllis moves her arms along with the exercise video.

Bottom Left: Elders in Cottage 90 follow along to an exercise video.

Bottom Right: Kay raises her hands to get in some morning exercise.



A MONTH IN REVIEW

Last month was filled with a lot of love and unity here at the Cottages. While we have been enjoying the beautiful weather, we've also been doing some fun crafting. Cottage 40 made cool mosaic crafts with leaves, and Cottages 72 and 82 did some light crafting and coloring as well. Cottage guides showed their

appreciation to our elders by passing out roses with a sweet poem to celebrate Grandparents Day. Elders also enjoyed tasty cinnamon rolls with orange juice and coffee that morning. We look forward to getting our elders involved with more fun activities.

-Kelsey Williams, Administrative Office Coordinator



Fall Crafting

Top Left: Pat glues googly eyes on her fall wreath.

Top Right: Sheryl picks a green leaf to add to her fall tree.

Left: Dimensions Coordinator Nate helps staple leaves to a wreath.

Above: Rival football fans decorate trees together.