

“Remember that the happiest people are not those getting more, but those giving more.”

-H. Jackson Brown, Jr.

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Elder recognized for service with a Quilt of Valor

On August 4, representatives from the Quilts of Valor Foundation and Daughters of the American Revolution honored Harold Hamilton, “Ham,” with a ceremony, one-of-a-kind Quilt of Valor and pin.

Alex Lawton, a good family friend, nominated Ham for a Quilt of Valor after hearing about the foundation through a fellow quilter who volunteers for the organization. Nearly 200,000 quilts have been awarded through the Quilts of Valor Foundation since 2003. Their mission: “to cover service members and veterans touched by war with comforting and healing Quilts of Valor.”

A group of family and friends visited Cottage #40 for the Saturday morning presentation. Another elder, who has become friends with Ham in his Cottage, sat front row for the ceremony to support her friend. Throughout the presentation, many had tears in their eyes as they listened to the extensive service Ham provided to the US Air Force. Ham found himself fighting back tears at times, so honored to be recognized. Great joy came to his face as he was wrapped in his Quilt of Valor.

Ham entered the Air Force in 1943 at just 17 years of age. Over the 38 years Ham served in the Air Force, he and his family (wife Louise and four children) traveled all over - Mexico, Hawaii, Vietnam, Spain, England, Washington, DC, Bolivia. Among much else, he co-piloted KB-29 tankers, flew KC-135 air refueling tankers, refueled B-47s and even took the record for refueling the SR-71 speed run from New York to London. Ham served in several commander roles as well as worked in the US Embassy and the Defense Intelligence Agency. During his service, he received a World War II Victory Medal, the Vietnam Service Medal with three bronze clusters and a Bronze Star.

In 1980, Ham returned to the states to serve at Offutt Air Force Base in Bellevue and later retired the Air Force in 1981, remaining in the Bellevue area. He then served as the Chairman of the Business Administration at Bellevue College (now Bellevue University) for 15 years and as the Director for Offutt Air Force Base for Embry Riddle University for more than three years before retiring entirely and spending time with his loved ones.

“I appreciate everything you’ve done, and I appreciate this day,” Ham said at the end of the Quilt of Valor presentation.

Ham’s family and friends then enjoyed photos together as well as lunch. Thank you to the Quilts of Valor Foundation and Daughters of the American Revolution for making this Saturday morning so special for Ham and his loved ones!



Ham smiles as he’s wrapped in his Quilt of Valor.



Ham and his family take a photo after the presentation.



Family friend Alex Lawton smiles with Ham. Lawton nominated Ham for the quilt.

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.



SEPTEMBER HIGHLIGHTS

- Sept. 6: Grand Lodge Cinema, 1 p.m. (Cottage 40/50)
- Sept. 10: Lunch Outing (Elder’s Choice), 10:30 a.m. (Cottage 72/82)
- Sept. 11: Freddy’s Lunch Outing – Burgers, Fries & Shakes, 10:30 a.m. (Cottage 80/90)
- Sept. 13: Creation Station, 1 p.m. (Cottage 60/70)
- Sept. 17: Cheeseburger Lovers McDonald’s Outing, 10:30 a.m. (Cottage 40/50)
- Sept. 19: Grand Lodge Cinema, 1 p.m. (Cottage 72/82)
- Sept. 25: Dunkin’ Donuts Brunch/Coffee, 9 a.m. (Cottage 80/90)
- Sept. 27: KFC Lunch Buffet, 10:30 a.m. (Cottage 60/70)

SEPTEMBER BIRTHDAYS

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|--------------------------|--------------------------|
| Sept. 7: Sandra Crook | Sept. 21: Margaret Pryor |
| Sept. 7: Jean Owens | Sept. 22: Lloyd Hedman |
| Sept. 11: Irene McKenzie | Sept. 23: Shirley Cappen |
| Sept. 13: Dorrel Nutter | Sept. 29: Jean Hankins |
| Sept. 14: Helen Abdouch | Sept. 30: David Kuper |
| Sept. 21: Patricia Arps | |

MEET THE LEADERSHIP TEAM

- ADMINISTRATOR:**
Theresa DeBilzan, (402) 885-7010
- DIRECTOR OF CLINICAL SERVICES:**
Nancy Holmgren, RN, (402) 885-7021
- DIRECTOR OF COTTAGE SERVICES:**
Jura Michael, (402) 885-7230
- 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

Theresa’s Take



I am so excited to be a part of the team at Hillcrest Country Estates. I look forward to getting to know the elders, families and the team here. I moved here from Lake Norden, South Dakota, where I was an administrator at a skilled nursing facility for the last six years. I have been working in long-term care for 13 years and was really drawn to the

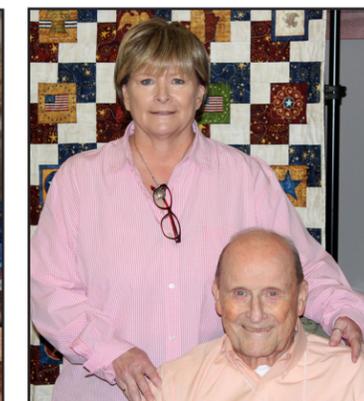
cottage model. I have received some great suggestions from elders and families that I have met thus far and look forward to enhancing our services at Hillcrest Country Estates. I am enthusiastic about the future of the Cottages.

Also, since I am now a Nebraskan, I realize that comes with a requirement to be a Huskers fan. I am excited to watch some games and cheer them on! Please let me know if you need anything. I am happy to help!

-Theresa DeBilzan, Administrator



Harold Hamilton “Ham” smiles before his Quilt of Valor presentation.



Ham smiles with daughter Trish Lortz. See the back of this newsletter for a story and more photos.

ELDERS IN ACTION

Very soon the leaves will change color, the schools will be in full swing and so will the weekly football games. Summer heat will be winding down, and yes!, you better start looking in your closet for warmer clothing. You may have guessed right...it is September! The beginning of fall will be cooler and sometimes a bit cold, but we will keep busy with our activities scheduled for the month. We will go out for lunches and enjoy the cooler weather. We may even take a walk if the weather permits. Not only that, but we will also let our elders suggest a place of their choice to go for lunch and enjoy a meal. We will take time to sit in our beautiful Grand Lodge Cinema and watch a movie.

Let us not forget that we will celebrate

Grandparents Day on September 9th. Please take time to wish our elders a Happy Grandparents Day! Grandparents Day falls each year on the first Sunday after Labor Day. It is a special day when children have an opportunity to show their appreciation and love toward their grandparents (and other special older adult friends). At the Cottages, we thank our grandparents for their guidance and the unconditional love they give to grandchildren and everyone around them.

Please check our September Highlights section on the front page of this newsletter for specific date, time and Cottage information for our many upcoming events.

-Jura Michael, Director of Cottage Services



Elizabeth Paulson poses beautifully in front of her door decorated to celebrate her birthday!



Megan, Betty, Sara and Esther enjoy the beautiful summer weather watering the flowers on the back patio.



Ted and Millie win their favorite prizes at bingo.



Dale, Corie and Alice spend some time out at Red Robin enjoying delicious burgers.

A MONTH IN REVIEW

In the month of August we welcomed our new administrator Theresa DeBilzan. I hope most of you have already met her, as she has been in the Cottages to greet and get to know all of you. You will continue to see her, so please say hello and extend a warm welcome to her. We are glad to have her at Hillcrest Country Estates Cottages.

We would also like to extend a thank-you to Cindy Klein, who served as interim administrator for a few months and helped make the transition smooth.

Cindy hasn't gone far, as she's now the administrator of Hillcrest Country Estates Grand Lodge.

The month of August did not pass unnoticed. Take a minute to see some of our memorable moments at the Cottages last month, pictured below. We hope that next month we will be looking at your photo as you join us in our September activities. We wish you a Happy Grandparents Day, hope you enjoy Labor Day and wish you the best as we welcome the fall season!

-Jura Michael, Director of Cottage Services



Thelma enjoys a sweet treat from TCBY on a hot day.



Thelma and Ruth enjoy some delicious frozen yogurt.



Nancy is proud of her summertime masterpiece.



Thelma shows off her hard work on a summer flower.