

*"A friend is someone who makes it easy to believe in yourself."
- Heidi Wills*

September 2019

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

Benefits of Laughter

Q: What did one raindrop say to the other?

A: Two's company. Three's a cloud!

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. **Exercising of muscles:** Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. **Relief from stress and anxiety:** Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. **Increased blood flow:** When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. **Mood booster:** Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. **Social benefits:** A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Read from a joke book, watch a comedy, share a funny story, do a silly dance, find humor in the little things, and most importantly...don't forget to laugh at yourself!

SEPTEMBER BIRTHDAYS

Sept. 6: Mary Ann Todd
Sept. 7: Jean Owens
Sept. 7: Sandra Crook
Sept. 8: Everett Hopkinson
Sept. 11: Irene McKenzie
Sept. 14: Peggy Brunk
Sept. 18: Ordean Broin
Sept. 21: Margaret Pryor
Sept. 26: Norman Connelly
Sept. 29: Jean Hankins
Sept. 30: David Kuper

WELCOME TO COTTAGE LIFE!

Clifford Pratt, James Roberts, Jr., Donald Walters,
Janet Williams

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Theresa DeBilzan, (402) 885-7010

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.



SEPTEMBER HIGHLIGHTS

Cottages 40/50

Sept. 9: La Vista Nails Mani/Pedi Outing, load at 1 p.m.

Sept. 26: Grand Lodge Cinema Outing, load at 1 p.m.

Cottages 60/70

Sept. 11: Library Outing, load at 10:30 a.m.

Sept. 18: Sonic Ice Cream Outing/Bus Ride Social, load at 1 p.m.

Cottages 72/82

Sept. 10: Twin Creek Movie Outing, showtime TBD

Sept. 25: Halleck Park Picnic, load at 11 a.m.

Cottages 80/90

Sept. 4: Johnny's Italian Steakhouse Outing, load at 10:30 a.m.

Sept. 19: Grand Lodge Cinema Outing, load at 1 p.m.

FEATURED EVENT



Husker Football Parties

Saturday, Sept. 7, 1:30 p.m.
All Cottages

Join us one hour before kickoff for yummy game day food and fun!

Theresa's Take



September has arrived, which means so has football. I am excited to cheer on the Huskers again this year. I had the opportunity to go to some Husker games last year and hope to attend a few again this year. We plan to have tailgate parties with the elders in September and all watch the Husker games together.

September also marks the start of fall. Fall is my favorite season of the year. I enjoy the start of cooler weather, the changing colors on the trees and the fall decorations. In September you will be able to see fall decorations throughout the cottages. This fall we plan on going to Bellevue Berry Farm again and taking the elders on a hayrack ride.

We will be doing some fall crafts with the elders in the next couple months. If you have any ideas of some fall or harvest themed crafts, just let a cottage guide know.

-Theresa DeBilzan, Administrator



Cottage 70 enjoys a game of "Kings in the Corner."

ELDERS IN ACTION

For the month of September we will be heading to Johnny's Steakhouse and Café. We will also be packing a picnic for Halleck Park. Halleck Park offers sunshine, shade and features a duck pond. Both Twin Creek Cinema and the Grand Lodge Cinema are on

our list of outings as well to catch a few featured films. We can't forget the pampering our elders deserve, so we'll head to La Vista Nails for manicures and pedicures.

-Abby Brandt, Administrative Assistant



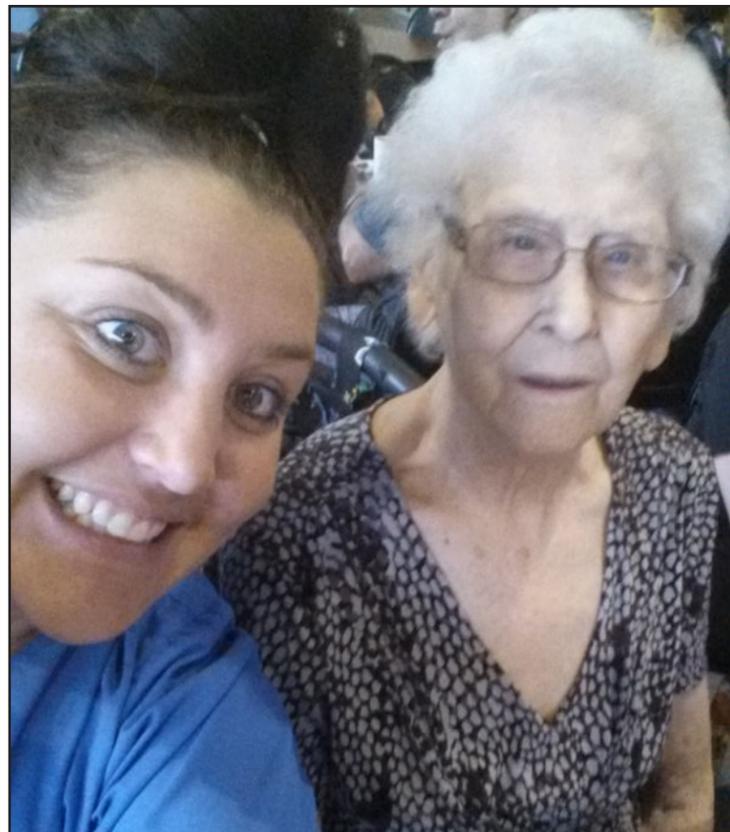
Corrie and Ham enjoy the bus ride.



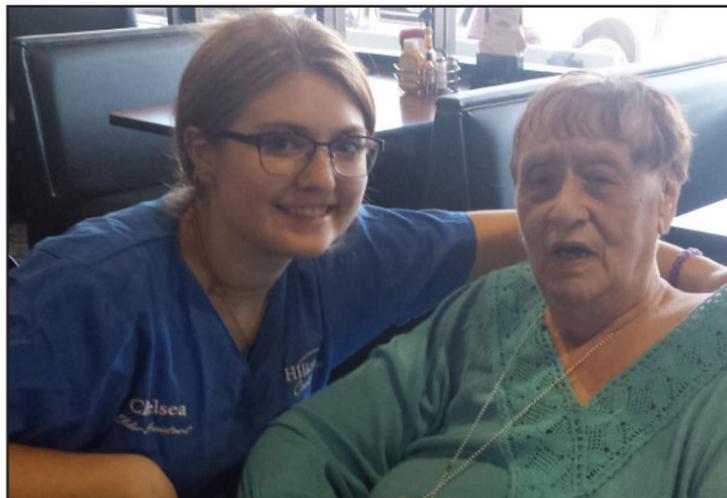
Mary Ann and Denise enjoy the lunch outing.



Ester plays keno.



Corie and Thelma smile together at Jimbo's Diner.



Chelsea and Nancy wait for their lunch at Jimbo's Diner.

A MONTH IN REVIEW

During the past month we had a lot of fun outings. One of our favorites was going to Jimbo's Diner for lunch. The elders were all smiles while there! Elders also enjoyed doing crafts. Cottages 80 and 90

made pictures with paint, water and fire that they could frame and keep in their suites. They also hand made coasters for their favorite drinks and painted mugs.

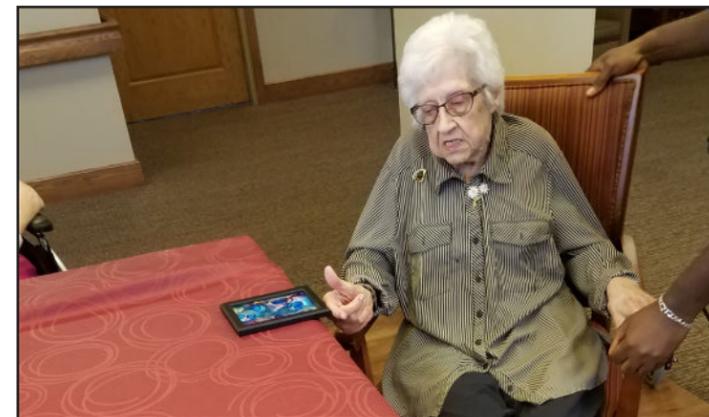
-Abby Brandt, Administrative Assistant



Cottage 90 elders make coasters.



Ester paints a colorful mug.



Emma shows off her artwork to a team member.



Mary Ann decorates her new coffee mug.



Thelma is proud of the green mug she created.