

"With the new day comes new strength and new thoughts."

-Eleanor Roosevelt

September 2021

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates



Simple Stress Relief

Stress is a natural occurrence in our day-to-day lives. As we combat small annoyances, bigger challenges or even just the daily mental wear of living through a global pandemic, stress is unavoidable. What's important is to pay attention to the stress in your life and counteract it efficiently. To that effect, here are some simple stress relief tricks that can help you deal with stress every day.

- **Box breathing:** This is an effective technique for stress relief, according to Medical News Today. Start by sitting in an upright, relaxed position and breathe in through your nose for four seconds. Try to completely fill your lungs. Then hold that breath for another four seconds before slowly exhaling through your mouth. Repeat as needed. If four seconds is too long, start with two or three seconds and work your way up.
- **Stretching:** Doing simple stretches and moving around a little each day is very beneficial for stress reduction.
- **Positive self-talk:** Pay attention to the way that you think and talk about yourself. The way you think about yourself can directly impact your stress levels, self-esteem and motivation. Practice speaking and thinking kindly about yourself. Replace strong, negative words in your thinking with milder, calmer words and generally focus on the positive.

With these simple techniques, you can begin to better deal with the stress in your life. Just remember to take a deep breath and take each new adventure one day at a time.



SEPTEMBER BIRTHDAYS

Sept. 5: Bernice B.	Sept. 20: Roberta C.
Sept. 7: Sandra C.	Sept. 21: Margret P.
Sept. 8: Kathleen S.	Sept. 29: Janice V.

WELCOME TO COTTAGE LIFE!

Mary S.

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!



SEPTEMBER HIGHLIGHTS

- Sept. 12: Grandparents Day
- Sept. 14: National Strawberry Day
- Sept. 16: National Guacamole Day
- Sept. 16: Mexico Independence Day
- Sept. 17: International Country Music Day

FEATURED EVENT



National Pancake Day Sunday, September 26

We will be enjoying a pancake feast, complete with a variety of toppings and maybe even chocolate chips!

2021 Sarpy County Walk to End Alzheimer's Sunday, October 17

8:30 a.m. - Registration

9:30 a.m. - Ceremony

10:00 a.m. - Walk

Join us in supporting the Alzheimer's Association by walking in the 2021 Sarpy County Walk to End Alzheimer's! Visit [tinyurl.com/TeamHillcrest](https://www.tinyurl.com/TeamHillcrest) to join our team.

Katrina's Comments

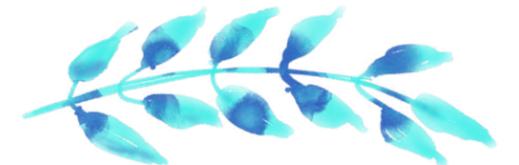


Hello, everyone! I would like to announce some changes to our team this month. Ashley, our Administrator, is stepping down on September 2. I will be filling in as the Interim Administrator for the time being. If you have any questions or concerns, please feel free to reach out to me at (402) 885-7280 or kbruner@hillcresthealth.com. I am excited to be working with all of you.

Additionally, Tom Hodder is one of our new Cottage Guides. Some of you may have seen him around campus. He has been with us for five years, and is taking on Cottages 80 and 90. Our new Clinical Care Coordinator is Micki Anthony. She also has been with Hillcrest Country Estates for a while, and we are happy that she is now taking on this role. Finally, Michelle Adams is our newest Cottage Guide. She is a social worker by trade and will be leading Cottages 60 and 70. We have a great team, and I look forward to seeing the care that each of them provides in their new roles.

I wanted to remind everyone that visitation has not changed at this time. Please remember to complete the screening and agreements each time you visit. All visitors must wear masks in public spaces. If you are not feeling well, please wait to visit. Your visit will be more enjoyable when everyone is feeling his or her best.

—Katrina Bruner, Interim Administrator



ELDERS IN ACTION

There are a lot of fun events planned for the month of September. We will kick the month off with National Popsicle Day. We are looking forward to National Cheese Pizza Day, when we will have cheese pizza for dinner. We will celebrate National Mexico

Independence Day with some delicious tacos. And, get ready to kick up your boots on National Country Music Day! We will finish up the month with some biscotti on National Biscotti Day.

- **Susana Abrego-Aguilar, Dimensions Coordinator**



Tom celebrates National Hot Dog Day.



Joe and Janice use the interactive technology in the Dimensions Cottage.



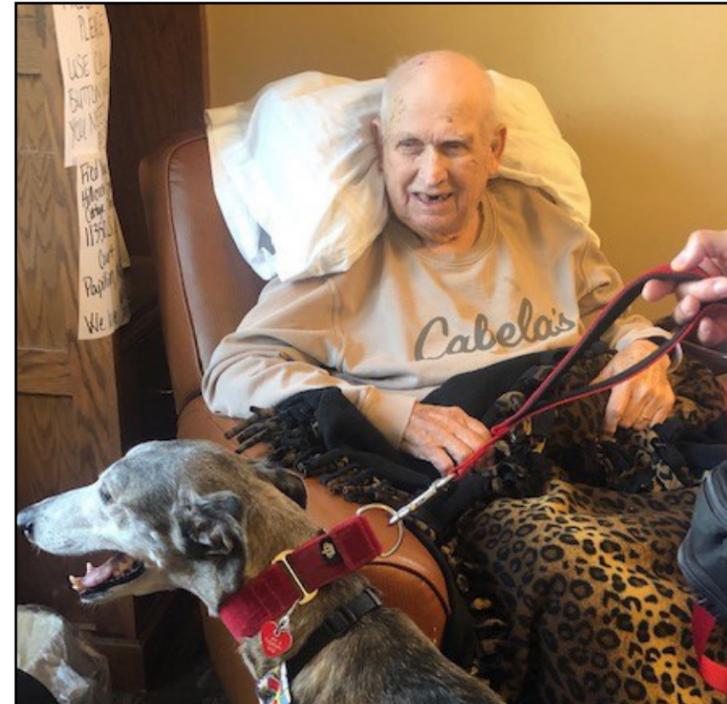
Elders in the Dimensions Cottage make a peach turnover together.

A MONTH IN REVIEW

August was very enjoyable here at the Cottages. National Watermelon Day was a huge hit! Team members and elders had fun and enjoyed some of the best watermelon! We also played a lot of games. Bingo is always a favorite here at the Cottages, of course. The heat of the summer was tamed a bit with some

nice cold, refreshing lemonade on National Lemonade Day. Our month was wrapped up with a visit from Alexandra and her therapy dog, Paige. Elders loved spending time with Paige and hope she comes back for another visit very soon!

- **Susana Abrego-Aguilar, Dimensions Coordinator**



Fred spends time with Paige.



Paige introduces herself to Bruce.



Nikki, Heather and Blake get excited for National Watermelon Day.



Olga pets Paige.