

"In a world where you can be anything, be kind."
- Caroline Flack

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates



Fall is Just Around the Corner

As summer fades and weather cools, reds, oranges and yellows begin to cover the trees. Sept. 22 marks the first day of fall, and there are many ways to prepare for the new season.

Football Tailgate Party

Gather your friends and some tasty game-time snacks and watch your favorite team score its way to victory! Football is the sport of the season, so it's the perfect way to get into the fall spirit.

Autumn Crafting

Whether you're an avid crafter or learning a new skill, a fun way to welcome autumn is to create a fall door sign or wall decorations. Use fall colors like reds, oranges and yellows to craft an autumn masterpiece.

Delicious Goodies

Another staple of the fall season is its food. Apples, pumpkins, squash and many other fruits and vegetables are used in fall cooking. Try something new or grab a slice of your favorite pie.

Spend Time Outdoors

The cool weather is refreshing after a long, hot summer. Put on a cozy sweater and enjoy some fresh air. Take in the natural beauty fall has to offer.

Whether you decide to watch your favorite team, make fall decorations, eat tasty treats or get some fresh air, we hope fall is a great season.

SEPTEMBER BIRTHDAYS

| | |
|-----------------------|----------------------|
| Sept. 1: Nancy B. | Sept. 20: Roberta C. |
| Sept. 3: Mary M. | Sept. 24: Dolores F. |
| Sept. 5: Bernice B. | Sept. 26: Beverly H. |
| Sept. 7: Sandra C. | Sept. 26: Doris W. |
| Sept. 13: Margaret K. | Sept. 29: Janice V. |
| Sept. 14: Peggy B. | Sept. 30: William L. |
| Sept. 15: Betty F. | |

WELCOME TO COTTAGE LIFE!

| | |
|-------------|------------|
| Rallen Z. | Charles M. |
| Margaret K. | William D. |
| Roger M. | William S. |

MEET THE LEADERSHIP TEAM

REGIONAL AREA DIRECTOR:
Tammy Deemer, (402) 982-9376

ASSISTANT ADMINISTRATOR:
Michael Aubrey, (402) 885-7010

DIRECTOR OF CLINICAL SERVICES:
Inglis Camero, (402) 885-7333

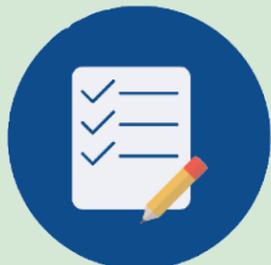
DIRECTOR OF CULINARY:
Jamie Hobson, (402) 885-7019

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!



SEPTEMBER HIGHLIGHTS

- Sept. 5: Labor Day
- Sept. 8: International Literacy Day
- Sept. 11: Patriot Day
- Sept. 11: Grandparents Day
- Sept. 21: International Day of Peace

FEATURED EVENT

Grandparents Day Breakfast

Sept. 8: Cottages 72, 80, 82 & 90
Sept. 9: Cottages 40, 50, 60 & 70
7 - 9 a.m.

Join us for breakfast and refreshments as we celebrate Grandparents Day!



Tammy's Take



Happy September! Soon the leaves will be changing their colors and everything will be pumpkin flavored! We continue to grow a strong and amazing team. If you see any of our new team members out and about in the cottages, please say hello!

It is my pleasure to introduce the following new members of our team here at the cottages. We welcome several individuals to our culinary team – Alyssa, Ryan, Ash, David and Breanna. We've added many CNAs to our already amazing nursing team – Amalia, Jazzi, Becky, Alainah, Julia and Terzja. I would also like to introduce you to our Cottage Support Assistant Taylor and Rehab Cottage Administrative Assistant Barbara.

We encourage you to visit your loved ones, but we do ask that you continue to screen in before entering and wear the appropriate personal protective equipment (PPE). Please make sure each visitor is signed in on a separate line and all questions are answered appropriately. Masks must be worn throughout your visit, unless you are in your loved one's private room and both of you are up-to-date on your COVID-19 vaccines. We also continue to ask that if you are feeling ill at all or have been exposed to COVID-19 in the last 14 days, please do not visit until you are feeling better. We strive to continue to keep our elders, families and team members safe and healthy.

We want to thank each of you for giving us, here at the Cottages, the honor to care for your loved ones and wish all of you that are privileged enough to be called "Grandparents," a very happy and blessed Grandparents Day!

-Tammy Deemer, Regional Area Director

ELDERS IN ACTION

Fall is just around the corner! The leaves will be changing colors before we know it. While we wait for that to happen, we plan to host many fun activities in September.

We will enjoy reading to each other on National Literacy Day Sept. 8. Reading will allow us to warm up

our voices for Talk Like a Pirate Day on Sept. 19.

Other activities we are planning for this month include remembering those we have lost on Patriot Day and celebrating Grandparents Day with those we love. September will be a month full of great activities.

-Michelle Adams, Cottage Guide



Renee and Pat enjoy sitting on the porch together on a summer afternoon.



Dee is excited about her waffle breakfast.



Fred celebrates National Waffle Day by eating waffles.



Mary Ann sings along to hymns with Chaplain Jerry.



Chaplain Jerry and Doris sing together on a Tuesday morning.



Sharon checks out her freshly painted nails.

A MONTH IN REVIEW

During the month of August, elders had the opportunity to throw water balloons at the cottage guides! Many elders laughed and enjoyed this splash of fun. They're already asking for another chance to throw water balloons, or even snowballs, at us!

National Tell a Joke Day also brought elders joy

and laughter. We gathered together and told all of our favorite jokes.

On National Waffle Day, we had a delicious breakfast together. Everyone agreed that waffles were a great way to start the day!

-Matthew Runquist, Cottage Guide



A Splash of Fun

Top Left: Jeanette prepares to throw a water balloon at the cottage guides.

Top Right: Marjorie and Mary Ann enjoy tossing water balloons.

Left: Mary Ann picks her next target.

Above: Marjorie watches as her water balloon splashes at the feet of a cottage guide.