

*"Living in a state of gratitude is the gateway to grace."
- Arianna Huffington*

November 2023

NEIGHBORHOOD *News*

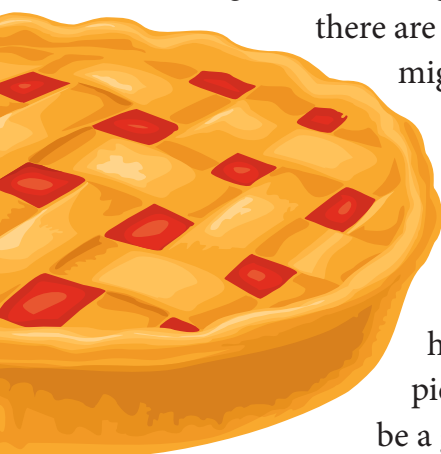
A monthly newsletter for the Cottages
at Hillcrest Country Estates

Pies are a Thanksgiving Staple

After Halloween, everyone starts preparing for the holiday season. Many celebrate with friends, family and good food. This month, people will gather together for a hardy meal of turkey, stuffing, mashed potatoes and more. It's also not Thanksgiving without pie.

Historians date the tradition of serving pie after a Thanksgiving meal to the 18th century. Today, it is still one of the most popular desserts for the holiday. Perhaps this is because pie is a very versatile treat. One can make pie with fruits, vegetables, nuts, custard or even chocolate.

Some of the most popular pies for Thanksgiving include apple, pumpkin, sweet potato, pecan and lemon meringue. Even though these rank highest,



there are many other pies you might see at the table this Thanksgiving.

If you're not a fan of pie, you can still participate in this fall tradition by learning how to make one. Baking pies or other fall treats can be a great way to spend time with family or friends. You can also get into the fall baking spirit by simply sharing your family's traditions and recipes with each other. You never know what new treats you may discover.

Whether you enjoy pie after a Thanksgiving meal or another treat, this holiday is a great time to gather together, share stories and reflect on what you're thankful for. Happy Thanksgiving from all of us at Hillcrest!



NOVEMBER BIRTHDAYS

Nov. 14: Joseph M. Nov. 22: Phillip R.
Nov. 17: Donald F. Nov. 23: Jeraldine S.
Nov. 17: Dorothy S.

WELCOME TO COTTAGE LIFE!

Donald T. Verneel N. Cynthia G.
Leah J. Betty M. Daniel P.
Carol H. Marie Y. Mary M.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

DIRECTOR OF MARKETING:

Stephanie Sass, (402) 885-7011

DIRECTOR OF CLINICAL SERVICES:

Jeanette Ulmer, (402) 885-7333

DIRECTOR OF ENVIRONMENTAL SERVICES:

Spencer Schmitz, (402) 885-7018

DIRECTOR OF REHAB:

Abby Benak, (402) 885-7467

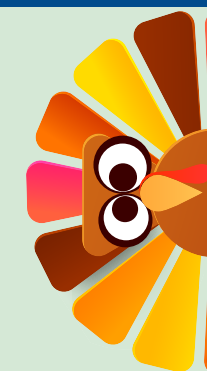
ARE YOU ON THE LIST?

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!



NOVEMBER HIGHLIGHTS

Nov. 5: Daylight Saving Time
Nov. 7: Cancer Awareness Day
Nov. 11: Veterans Day
Nov. 18: Apple Cider Day
Nov. 23: Thanksgiving



FEATURED EVENT

Sippin' on Cider

Wednesday, Nov. 15
2-4 p.m.

Join us in your loved one's cottage as we celebrate fall with apple cider, desserts and coffee.

RSVP by Nov. 13
to (402) 885-7000.



Kaleb's Corner



Hello, elders and loved ones. Thank you for the opportunity to serve you at Hillcrest Country Estates Cottages.

We hope that you are looking forward to the upcoming holidays, including one of my favorites, Thanksgiving.

The concept of giving thanks is an important one that I hope you experience while at the Cottages. We are thankful that you put your trust in us to care for you or your loved ones. We are aware that sometimes we fall short of our own high expectations, but we are thankful for those who are there to help hold us accountable. I'm thankful for the times that I get to interact with our elders. I see how much life and love they have to share with our team, and I'm grateful for the shared experiences.

We have recently had some great feedback on our team's positive interactions with our elders. We are thankful to hear that news so we can praise our team. Through the Hillcrest Way Star Award program, we recognize outstanding team members who go above and beyond for our elders and team. If you catch a team member going above and beyond the expected job tasks, please feel free to fill out a nomination form by going to hillcresthealth.com/star.

Thankfulness is contagious, so I hope that you and I can continue to spread it around to those we influence! May you have a wonderful Thanksgiving!

-Kaleb Hight, Administrator

ELDERS IN ACTION

Fall-themed arts and crafts have been a big hit in the cottages. We plan to continue that fun in November. Look around our common areas in each cottage to see all of the masterpieces on display.

We are excited for another Merrymakers visit this month. Many elders join us for the performances, and

it's always fun to see elders dancing and singing along.

We also look forward to having Hands of Heartland volunteers play bingo with us again. Bingo is a favorite game among our elders, and we love sharing that with our friends at Hands of Heartland.

-Michelle Adams, Cottage Guide



Bingo with Friends

Top Left: Bev looks for the called number on her bingo card.
 Top Right: Donna smiles as her friend wins a bingo game.
 Above: Donna is excited to play bingo with her guest Patty.
 Right: Bev waits for the next number to be called.

A MONTH IN REVIEW

The month of October was filled with spooky fun. Each cottage participated in decorating for Halloween. Some decorations were even handmade by elders. We also played October trivia, music trivia, bingo and apple dumpling games. Chaplain Jerry also visited each cottage and sang hymns with elders. We always look forward to and enjoy his company.

We gave yoga a try for the first time last month.

Yoga has been proven to increase muscle strength, reduce stress and help improve posture. Many of our elders enjoyed the new activity.

We want to extend huge thank you to everyone who came out for our trunk-or-treat event! Elders enjoyed seeing all of the fun costumes as well as passing out treats.

-Kelsey Williams, Administrative Office Coordinator



Mark Irvin with the Merrymakers Association performs for elders.



Russ, Roy and Roy's daughter enjoy the performance from Mark Irvin.



Les listens to the music.



Bill watches Mark Irvin perform.



Dee claps along to a song.