

"I'm so glad we live in a world where there are Octobers."

- L.M. Montgomery

October 2023

NEIGHBORHOOD News

A monthly newsletter for the Cottages at Hillcrest Country Estates

Halloween Around the World

In the U.S., Halloween is typically celebrated by wearing costumes and going trick-or-treating for candy. However, the holiday looks much different in other parts of the world.

Ireland

Ireland is typically considered the birthplace of Halloween. Its origins stem from an ancient festival called Samhain, which celebrated the beginning of winter. Today, Ireland and Scotland celebrate Halloween with trick-or-treating, bonfires, games and traditional foods such as barnbrack, an Irish fruitcake.

Mexico

Halloween in Mexico acts as a primer for another celebration, Día de los Muertos, or Day of the Dead. From Nov. 1 to Nov. 2, Mexico honors those who have passed away. It is believed the gates of heaven open, allowing deceased loved ones to be reunited with their families for 24 hours. Family members prepare the deceased's favorite foods and leave gifts on their graves.

Italy

On Nov. 1, Italians celebrate Ognissanti, or All Saints' Day. In Sardinia, children go door to door to ask for offerings from the deceased. In Abruzzo candles are placed in pumpkins to make lanterns, and in Sicily it is believed deceased loved ones bring gifts to well-behaved children.

Portugal

Day of the Witches or Dia Das Bruxas is the equivalent of Halloween in Portugal. Children go trick-or-treating, but instead of receiving candy, they ask for bread, fruit or nuts. Families also visit their loved ones' graves and leave flowers and candles.

How do you celebrate Halloween? Share memories and traditions with your friends and family.



OCTOBER BIRTHDAYS

Oct. 4: Glen D. Oct. 28: Kathleen H.
Oct. 5: Timothy O. Oct. 28: Leslie S.
Oct. 14: Kathleen W. Oct. 29: Arlyne S.

WELCOME TO COTTAGE LIFE!

Ann T. Jo Ann S.
Phillip R. Louise K.
Stephen P. Judith H.
Marie S. Steve S.

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!



OCTOBER HIGHLIGHTS

Oct. 1: National Homemade Cookies Day
Oct. 10: World Mental Health Day
Oct. 13: U.S. Navy's Birthday
Oct. 21: National Apple Pie Day
Oct. 31: Halloween



FEATURED EVENT

Trunk-or-Treat

Sunday, Oct. 29, 3-5 p.m.

Bring your little ghosts and goblins for a spooktacular trunk-or-treat! Travel from cottage to cottage to collect treats from our elders.

RSVP by Oct. 27 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.

Change is in the air, literally. The summer heat is fading and the cool, brisk air of fall is arriving.

The change also extends to the operations at Hillcrest Country Estates Cottages. We changed our electronic medical records system on Sept. 1, and, with that change, we have the opportunity to partner with other vendors to improve our communication with elders and their loved ones. I'm looking forward to utilizing that technology to better keep our elders and families informed of activities, special events and medical appointments.

I know that a number of you joined us for the Grandparents Day celebration held on Sept. 8. We partnered with Hillcrest Country Estates Grand Lodge for this outdoor celebration. Residents and elders enjoyed grilled food, yard games, fellowship and a fantastic steel drum performance by Grand Lodge Lifestyle Director Michael. This was the first major combined event with both communities on campus since COVID-19 put a halt to large group gatherings. It has inspired our team to do more combined events, and we look forward to all we can plan for 2024. Ultimately, the smiles of our elders and guests is what we hope for, and this last event didn't disappoint.

-Kaleb Hight, Administrator

ELDERS IN ACTION

This month, we plan on getting extra creative and making many Halloween crafts, baking some spooky treats, hosting decorating contests in each cottage and dressing up for a costume contest on Halloween. I can't wait to see all of the Halloween spirit!

We also have a special guest coming to visit elders from our Hillcrest Volunteers pet therapy team. I

believe our elders will be in for a surprise!

As we transition into the colder months of the year, we plan to enjoy many different yummy treats that will warm our hearts. Change is the only constant in life, and the seasons have their own unique way of reminding us of that. Happy October!

-Kelsey Williams, Administrative Office Coordinator



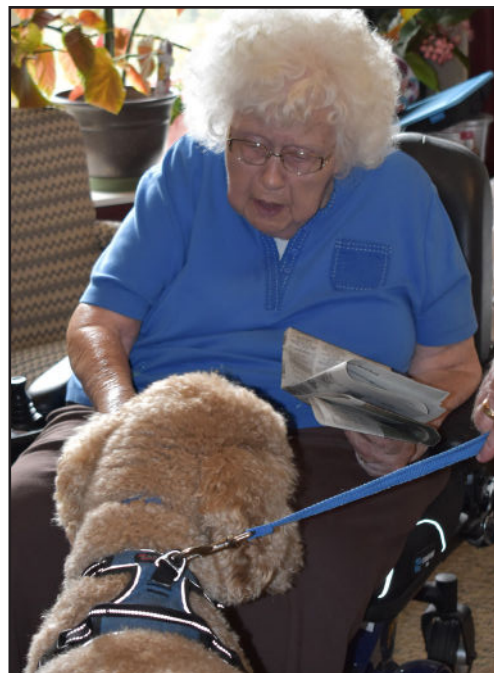
Leone enjoys a visit from Louie.



Dee adds orange paint to her fall craft.



Marjorie and Dee paint together.



Marian says "hi" to Louie.



Bill focuses on painting his pumpkin craft.

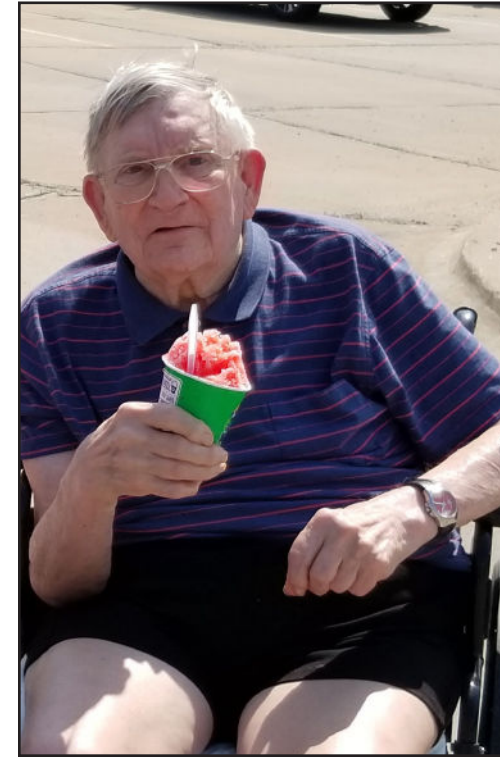
A MONTH IN REVIEW

September sure did fly by! Several of our elders enjoyed spending time at the Grandparents Day celebration. They had hot dogs and burgers and received a visit from the Kona Ice truck. Many were excited about the temporary tattoos. It was fun to see what tattoo everyone picked out.

Chaplain Jerry also came to visit each cottage this month, and many of our elders spent time singing

hymns. Book hockey and table bowling have become popular activities in the cottages. Who knew our elders are all so competitive? We have been enjoying the weather, too. It has been nice to sit outside and watch nature begin to take its course. Our furry friends Louie, Tink and Pluto made visits to elders and gave our elders some much needed pet therapy.

-Michelle Adams, Cottage Guide



Grandparents Day

Above: Glenn cools down with a treat from the Kona Ice truck.

Top Center: Administrator Kaleb and his son serve hot dogs and burgers to elders.

Top Right: Hillcrest Country Estates Grand Lodge Lifestyle Director Michael plays the steel drums for elders.

Right: Russ and his family enjoy spending time together and soaking up the sun at the Grandparents Day celebration.

