

*"In a world where you can be anything, be kind."*  
-Unknown

September 2023

# NEIGHBORHOOD News

A monthly newsletter for the Cottages  
at Hillcrest Country Estates

## Season of Reflection & Self-Improvement

September is officially Self-Improvement Month, marking the end of summer and start of fall. As the season changes, it's a good time to pause and reflect on all we've accomplished. Then, we can explore opportunities for growth and identify goals to work toward.

Reflect on the important things in life, including the special relationships and bonds you've formed with others. Embrace and welcome the sense of renewal that comes with the changing season.

Growing our relationships with family or friends is always a great goal. We can do this simply by spending more time with those we love. Consider trying to connect more with others around you to develop new friendships or reach out to those you've lost touch with.

Creativity can be linked to living a more fulfilled life. Discovering your creative talents can be a fun and rewarding experience. Even if you don't think you're a good painter or great at writing stories, oftentimes, the effort put in will make you feel better just knowing you tried something new.

Now is the time to explore learning new skills. Never thought you'd be a knitter? Give it a shot! You may even find a friend who wants to learn with you.

Perhaps the best way for self-improvement is to turn inward and really allow yourself time with your thoughts, beliefs, dreams or imaginations.

be the best version of you

## SEPTEMBER BIRTHDAYS

Sept. 1: Nancy B.	Sept. 17: Mary H.
Sept. 3: Mary M.	Sept. 20: Robert C.
Sept. 6: Robert C.	Sept. 24: Dolores F.
Sept. 10: Annie D.	Sept. 30: William L.
Sept. 14: Robert C.	Sept. 25: Pamela S.
Sept. 15: Betty F.	Sept. 26: Doris W.

## WELCOME TO COTTAGE LIFE!

Marceil F.	Joyce C.
Delma F.	Joetta V.
Carole A.	Pamela S.
Vivienne N.	David G.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

### DIRECTOR OF CULINARY:

Joy Hadley, (402) 885-7019

### 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!



## SEPTEMBER HIGHLIGHTS

Sept. 4: Labor Day  
Sept. 11: Patriot Day  
Sept. 13: Apple Cider & Cookie Social  
Sept. 20: Mickey Mantle Day  
Sept. 21: International Day of Peace  
Sept. 27: Merrymakers Concert

## FEATURED EVENT

### Grandparents Day Cookout

Friday, Sept. 8, Noon-4 p.m.  
Parking lot across from  
the Rehab Cottage

Celebrate Grandparents Day with  
hot dogs, hamburgers, yard games,  
a bounce house and more!

RSVP by Sept. 7 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.

While we had hoped that COVID-19 would eventually go away, I fear it was a bit of wishful thinking. There have been some reported cases in the area and at

Hillcrest Country Estates Cottages. We are very thankful that for most elders, it is merely a cough, congestion and general malaise. However mild it may be for some, we are fully aware of the risk to those with weakened immune systems and are continuing to take precautions as recommended by the CDC to lessen the spread.

Thankfully, the training we received during the pandemic has prepared us to continue to combat it while not sacrificing the quality of life for our elders. Thank you for trusting us with the care of your loved ones.

We continue to encourage elders to participate in activities in and outside of our building. We invite you to join us in honoring our elders for Grandparents Day. We will be partnering with Hillcrest Country Estates Grand Lodge to bring some end-of-summer fun to the campus. If you'd like to celebrate with us, please RSVP by Sept. 7 to (402) 885-7000.

Our team will continue to strive to meet the needs of our elders and I encourage you to reach out to me with any questions you may have. May you be blessed with good health during this fall season!

-Kaleb Hight, Administrator

## ELDERS IN ACTION

With the cooler weather ahead, we plan on spending more time outside. We expect to enjoy the changing colors and sounds of nature. We also look forward to exercising with a game of table hockey as well as chair tai chi and yoga.

Sept. 4 is National Extra Dessert Day, so elders are excited for an extra special treat. To add even more

sweetness to September, we will enjoy donuts with our coffee and chronicles on National Crème Filled Donut Day. Everyone can't wait to celebrate our elders on Grandparents Day with a big outdoor event. We hope the weather cooperates for us! This month, we will also remember our fallen heroes on Sept. 11.

-Michelle Adams, Cottage Guide

## A MONTH IN REVIEW

Elders here at the Cottages have been staying active with activities such as crafting, outdoor exercises and "Chicken Soup for the Soul" stories. We kicked off August by celebrating National Coloring Book Day. Elders colored adult books and enjoyed ice cream sandwiches. Our culinary team made some delicious s'mores for many of our elders on National S'mores

Day. It was a sweet treat for everyone! Making paper airplanes was also a popular activity. Everyone learned about different models of airplanes while making their own. It was fun to see all of the wonderful creations! Merrymakers also stopped by and our elders enjoyed a dance party!

-Kelsey Williams, Administrative Office Coordinator



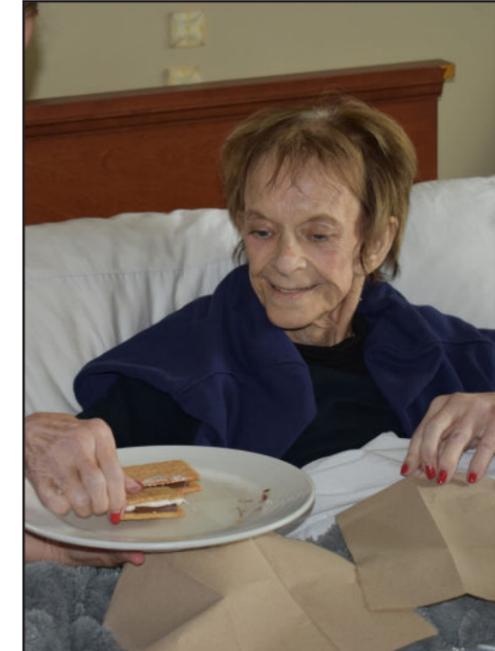
Karen sips on a cold root beer float after dinner.



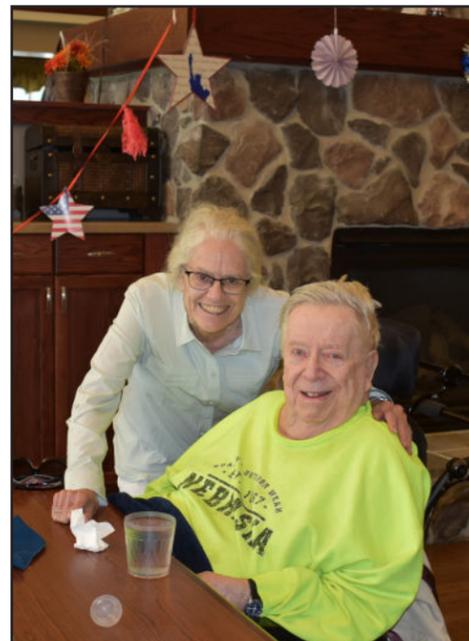
Russ taps his fingers to swing music.



Joe, Donna and Joey are excited to bite into their National S'mores Day treat.



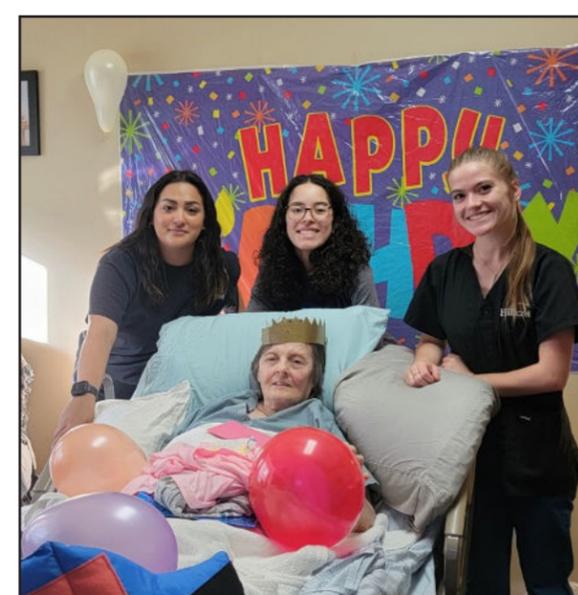
Bev soaks up the warm sun.



Fred enjoys a visit from his wife.



A variety of ice cream toppings are offered to elders on National Hot Fudge Sundae Day.



Sharon celebrates her 82nd birthday with the Cottages team.



Carol works on her floral door wreath.