

"You only live once, but if you do it right, once is enough." -Mae West

# What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

## The History of Arbor Day

When you think of Nebraska you probably don't think of trees. In fact, according to thestacker.com, Nebraska is rated as the second least woodsy state right after North Dakota! So it might surprise you to find out that Arbor Day was first started in Nebraska.

According to arborday.org, it was the lack of trees that inspired J. Sterling Morton to become an advocate for tree planting. As the editor for a large Nebraska newspaper in the late 1800s, Morton wrote columns and editorials about the importance of trees. He also encouraged civic organizations and community groups to do their part to plant trees. Many of the people who lived in the area were pioneers who had come from states that had more forests and they missed the shade and the agricultural benefits of from them.

Eventually, Morton became the secretary of the Nebraska Territory and it was through that role that he was able to propose Arbor Day to the State Board of Agriculture. The first Arbor Day took place on April 10th, 1872. It is estimated that more than one million trees were planted that day. When Arbor Day became a federal holiday the date was changed to the last Friday of April, which means this year it's on the 24th.

Arbor Day is a great excuse to go outside and appreciate the outdoors and the trees that bring so much beauty to the world around us. So make sure to celebrate this original Nebraska holiday!



### APRIL BIRTHDAYS

April 6: Leo K.  
April 7: Jean S.  
April 13: Susie J.  
April 18: Dolores W.

### WELCOME TO HHR!

Mick M.  
Robert J.

### MEET THE LEADERSHIP TEAM

#### ADMINISTRATOR:

Tammy Weston, (402) 682-4229

#### DIRECTOR OF TRANSITION SERVICES:

Angie Wallace, (402) 682-4250

#### DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

#### DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

#### DIRECTOR OF INPATIENT REHAB:

Raegan Muller, (402) 682-4263

#### DIRECTOR OF CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

#### DIRECTOR OF ENVIRONMENTAL SERVICES:

Ruben Gonzalez, (402) 682-4235

#### REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

### 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!

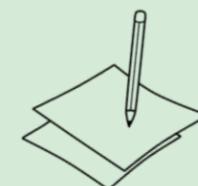


### APRIL ACTIVITIES

Though we've had to modify our regular group activities, we will be filling the month with a lot of entertaining one-on-one activities. The recreation team has been brainstorming and we've come up with a lot of different ways to fill the time. We're going to have fun, despite taking the necessary safety precautions!



- Hallway bingo
- Hallway hymns
- Sing-alongs
- Activity carts
- Games
- Painting
- Magazines
- Puzzles
- Listening to the radio
- Crafts
- Reading
- Movies



### Tammy's Take

Nassaro Jumbe is a valued nurse tech who primarily works in Azalea. He moved to Omaha from Washington, D.C. in 2009 with the intent of starting a career as a physical therapist. He found challenges in managing school and work at that time. In the end, because of his passion for caring for the elderly, he made

the choice to make a career of working as a certified nursing assistant. He has been a CNA for 12 years and has blessed us with his care, compassion and commitment at Hillcrest for the last 10!

Nassaro says that he enjoys working with our residents in long-term care because he's able to provide a lot of support. He very much enjoys building relationships and helping those folks in need. Because of his passion for caring for others, Nassaro hopes that in the fall he will begin classes in a nursing program. He is completing his pre-requisites online now.

Nassaro is the father of a 3-year-old son and is expecting another child in May. Thanks so much to Nassaro and all that he does for us!

-Tammy Weston, Administrator



## RESIDENTS IN ACTION

During this challenging time with all of the necessary health precautions we must take, the recreation department is still providing activities that may look a bit different than we all are accustomed to. I want to reassure our residents and families that the recreation department is thinking outside the box in order to continue activities. Through our independent activity cart, we are making more rounds to offer activities

that our guests/residents can enjoy in their rooms or activities for one-on-one sessions. Also, the recreation team will continue to offer “group” activities in the hallways. We have been successful in providing exercises, hymn sings and even bingo in the hallways. Recreation continues to discover new ways to keep our guests/residents involved mentally, physically, spiritually and socially.  
**-Mary Johnson, Director of Recreation**



Stacia bats the balloon.



Betty K. hits the balloon.



Elsie and Marie aim for the balloon.



Everyone plays noodleball with colorful balloons.

## A MONTH IN REVIEW

In early March, residents enjoyed playing noodleball and having pet therapy provided by Scatter Joy Acres. They brought two baby emus for

the residents and guests to interact with. Everyone loved spending time with them!  
**-Mary Johnson, Director of Recreation**



Papa interacts with the baby emus.



Dorothy hangs out with the baby emus.



Joan and Tammy pet the baby emus.



Elsie and Kim say hello to the baby emus.



The baby emus smile for the camera.