

"Keep planting and sowing, living and knowing. Beautiful things take time, and that's okay." -Morgan Harper Nichols

April 2022

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods



The History of Earth Day

In April, we begin to see more rain and less snow. Budding flowers start coming into view, and warmer weather is just on the horizon.

We celebrate all of this amazing beauty happening in the world around us on April 22, Earth Day.

Earth Day began in 1970 in the U.S., but it wasn't until 1990 that Earth Day became a global event to raise awareness about environmental issues. The first Earth Day remains the largest single-day protest in human history. More than 20 million people showed support for the environmental issues the U.S. was facing. In 1990, one of the original coordinators of the event took this international and organized Earth Day events in 141 nations.

Today, people celebrate Earth Day by picking up litter, planting trees, recycling and much more.

Though Earth Day falls in April every year, there are many ways to preserve the beauty of the world around us throughout the entire year. These include conserving energy, limiting water usage, finding transportation alternatives like walking or biking, shopping with reusable bags and drinking from reusable water bottles.

Most importantly, we can spread the word and teach generations to come how important it is to keep our environment and world clean, healthy and happy.



APRIL BIRTHDAYS

April 7: Jean S. April 22: Louise C.

WELCOME NEW RESIDENTS!

Shirley C. Charlene D.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

ASSISTANT ADMINISTRATOR:

Amber Kendall, (402) 682-4217

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 REHAB SERVICES:

Danielle Ward-Baughman, (402) 682-4213

DIRECTOR OF ENVIRONMENTAL SERVICES:

Alan Baker, (402) 682-4235

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 HIGHLIGHTS

April 17: Easter Day Snack Cart

April 28: Live Entertainment – Wayne Miller

WORSHIP SERVICES

Catholic Communion

Third Wednesday, 6:30 p.m., Chapel

Catholic Communion & Ashes

Ash Wednesday, March 2, Evening room visits

Non-Denominational Services with Pastor Jerry

Mondays, 9:30/10 a.m., Magnolia

Tuesdays, 1:15 p.m., Chapel

Thursdays, 11 a.m., Chapel

FEATURED EVENT

Easter Egg Hunt

Saturday, April 9

1:30 p.m.

Azalea and Magnolia

Residents of the Azalea and Magnolia neighborhoods will be assisting team members' children in finding hidden Easter eggs.



Amber's Angle



We are so excited to announce our team member of the month, Juanita Nolasco.

Juanita has been a nurse tech with Hillcrest for nine years. We are so lucky to have her at Hillcrest Health & Rehab!

Juanita was born in New York, but she was raised in Nebraska. She has two sisters and one brother.

Juanita enjoys her work because she loves her residents, their families and her fellow team members. When asked if she has any advice for others, Juanita said, "Be really, really patient, especially when working with those who have dementia."



Thank you, Juanita, for the quality care that you provide to our folks! We are glad to have you on the Team!

-Amber Kendall, Assistant Administrator



RESIDENTS IN ACTION

Everyone at Hillcrest Health & Rehab is looking forward to all of the activities that spring will bring to our community this season. We have plans for a fun month with many spring activities on the schedule. There will be seedlings to plant and grow in celebration

of Earth Day. We will craft dragonflies and butterflies for our garden and have Easter eggs to color and find. All of our residents are looking forward to blossoming into a new season and out of the pandemic.

-Mary Johnson, Director of Recreation



Elated Emus

- Top Left: Linda smiles as she sees the emu chick.
- Top Right: Doug pets a two-week-old emu chick.
- Above Left: Two emu chicks bring Dianne a lot of joy.
- Above: Clare enjoys petting the baby emu.
- Right: Lou talks to two emu chicks.

A MONTH IN REVIEW

As our hibernation came to an end, we welcomed back our volunteers, music, singing and socializing once more. In March, we celebrated Mardi Gras and St. Paddy's Day with spirits, puzzles and socialization. Pet therapy also returned to our neighborhoods

with Scatter Joy Acres visiting us with two-week-old emu chicks. March marked the beginning of spring activities and we look forward to what April has to offer.

-Mary Johnson, Director of Recreation



Mardi Gras Kings & Queens

- Top Left: Clare, Pat and Doug enjoy the Mardi Gras party.
- Top Right: Coni, Ruth and Doris work on a Mardi Gras word search.
- Above Left: Doris shows off her Mardi Gras crown.
- Above Center: Leona gets creative for her Mardi Gras coloring page.
- Above Right: Marie feels like Mardi Gras royalty in her crown.
- Right: Terry and Elaine work together on a Mardi Gras activity.

