

"Don't let yesterday take up too much of today."
- Will Rogers

April 2023

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Celebrate National Garden Month

Gather your gardening tools, and don't be afraid to get your hands dirty. April is National Garden Month! April became National Garden Month in 2003 after the National Gardening Association realized one week in April wasn't a long enough celebration. Listed below are some activities for you to enjoy for National Garden Month.

- **Plant seeds**

April is the perfect time to grab your friends and some seeds and have a seed-planting party. You can plant your favorite flower or vegetable seeds in small containers and watch them grow throughout the month. When they get too big for their starter container, move them into a bigger pot or outdoor garden.

- **Sit among the flowers**

If you aren't ready to dive into planting seeds or flowers, you can still enjoy gardens this month. As the weather warms up, find time to sit outside in the courtyard, on your patio or wherever you can enjoy the beauty of a blooming garden. You can also visit many gardens from around the world virtually by searching them online. Taking in a garden's natural beauty can be very relaxing and decrease stress.

- **Share your gardening knowledge**

Many gardeners love to share what they know with their friends, family and the next generation. Organize a plant or seed swap with those you're close to and educate them on how you like to care for that plant. There's always more to learn when it comes to gardening.

There are many more ways to prepare gardens for summer or simply enjoy their natural beauty. How will you celebrate National Garden Month?



APRIL BIRTHDAYS

April 5: Barbara M. April 22: Lewis D.
April 7: Jean S. April 22: Louise C.
April 19: Maria P.

WELCOME, NEW RESIDENTS!

Ted P. Tom P. James J.

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 5: Pet Therapy – Scatter Joy Acres
April 6: Entertainment – Wayne Miller
April 12: Merrymakers Presents Billy Troy
April 27: Entertainment – Livin' Easy

WORSHIP SERVICES

Catholic Mass

First Wednesday, 10 a.m., Chapel

Catholic Communion

Second, Third, Fourth and Fifth Wednesday
6:15 p.m., Magnolia
6:30 p.m., Chapel

Christian Service with Pastor Rountree

Fourth Sunday, 2 p.m., Chapel

Non-Denominational Services with Pastor Jerry

Mondays, 9:30 a.m., Magnolia
Tuesdays, 1:15 p.m., Chapel
Thursdays, 11 a.m., Chapel

FEATURED EVENT

Easter Egg Hunt

Saturday, April 10

10:30 a.m. – Coca-Cola Room

Join us for an Easter egg hunt for children 12 and under. There will be prizes, snacks and Easter fun.

Amber's Angle



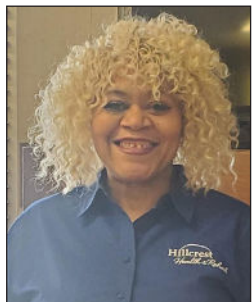
I am so pleased to announce this month's Team Member of the Month, Martha Miller. Martha has been with Hillcrest for almost nine months working as a chef in our culinary department. Martha loves her job, and she loves to cook. Oh boy, can she cook!

She says the best part of her job is hearing compliments from residents when they are happy with their food. Martha has seven children and 15 grandchildren. She is originally from Michigan but moved to Nebraska with her family. Martha's mother taught her how to cook as a young child. While her mother worked at Hillcrest as a CNA, Martha and her brother would cook meals for their siblings.

Martha describes herself as outgoing and someone who takes her job very seriously. In her spare time, she likes to go bowling and play keno. She is a delight to have on our team and in our kitchen. Her bright personality and love for laughter brings others so much happiness. Martha's advice for her fellow team members is, "If you are not early, you are late."

Thank you for all you do, Martha!

-Amber Kendall, Assistant Administrator



RESIDENTS IN ACTION

April is a month that both residents and team members look forward to. April brings the start of warmer weather and discussions of which seeds to plant for May flowers. The most anticipated event in April is seeing the younger generation come in to hunt for Easter eggs. This intergenerational activities create

smiles and laughter. It is a good time for all. April is also a great month for music, with Merrymakers' Billy Troy, Wayne Miller and Livin' Easy coming to perform for residents. Residents always enjoy singing along to their favorite songs.

-Mary Johnson, Director of Recreation



Connie works on her butterfly craft.



Elaine shows off her butterfly craft.



Helen gets ready for April showers with a fun umbrella craft.



Linda decorates her shamrock for St. Patrick's Day.

A MONTH IN REVIEW

March started off with a visit from Pretty Boy, a four-year-old parrot from Scatter Joy Acres. He spoke when he wanted to and when you least expected it. Residents really enjoyed conversations with him. The luck of the Irish showed up this month with St. Patrick's themed activities, such as shamrock crafts.

Though we couldn't celebrate on St. Patrick's Day due to COVID-19, the joy of being green showed up another day to put some smiles on residents' faces. As usual, our favorite dogs Herky and Koda made their appearances to help lift everyone's spirits as well.

-Mary Johnson, Director of Recreation

A Feathery Friend

Right: Connie pets Pretty Boy, a parrot from Scatter Joy Acres.
Below: Lois receives a kiss from Pretty Boy.
Bottom Left: Diane enjoys the visit from Pretty Boy.
Bottom Right: Elaine talks to Pretty Boy.

