

"Garden as though you will live forever."  
- William Kent

April 2024

# 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.

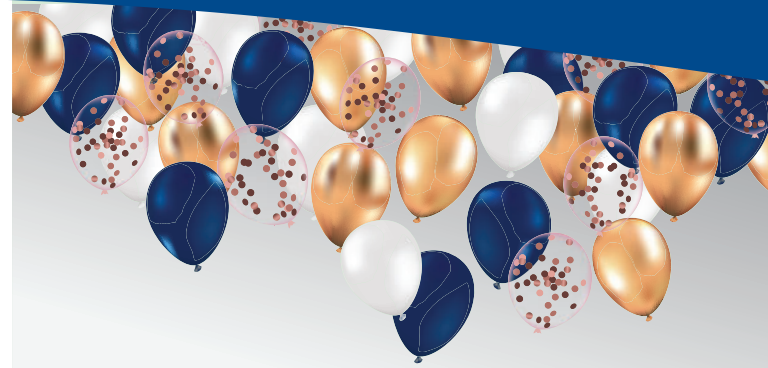
We celebrate all of this amazing beauty happening in the world around us on April 22, Earth Day.

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.  
April 16: James S.    April 25: Judy G.  
April 19: Marcia P.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Tammy Weston, (402) 682-4229

### DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

### DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

### DIRECTOR OF SOCIAL SERVICES:

Ashley Gessert, (402) 682-4297

### DIRECTOR OF REHAB SERVICES:

Danielle Ward-Baughman, (402) 682-4213

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Andrew Workman, (402) 682-4235

## ARE YOU ON THE LIST?



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 8: Casino Outing  
April 15: Salvation Army Outing  
April 19: Music with Billy Troy  
April 22: Casino Outing  
April 24: Music with Merrymakers  
April 30: Movie Outing

## 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

### 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

### Community Involvement Day

Wednesday, April 17, 9 a.m. – 1 p.m.  
Magnolia and Azalea Gardens

Students will be joining residents to get the gardens ready for planting by weeding, pruning and preparing flower pots.

## Tammy's Take

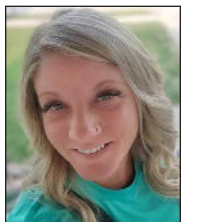


Spring is here! New flowers are popping up, and the weather is becoming nice enough to spend time outdoors. Spring is also a time of new beginnings. After this final monthly issue of "What's Growing On," we will be moving to a quarterly newsletter. Our first quarterly

newsletter will be published in July, but we'll still continue to publish the recreation calendars each month.

It's time to congratulate our Team Member of the Month, Amy Shantz. Amy started her career in health care 13 years ago. Throughout her career, she has explored many areas within health care, including pharmaceuticals.

Amy has been a Hillcrest Health & Rehab team member for nearly two years. As an insurance navigation specialist, she does an amazing job ensuring a smooth transition from the hospital to our community. Amy said she has always been passionate about



Amy Shantz

helping people and making a difference in the lives around her. She added that with each step she has taken, she has encountered new and exciting challenges and looks forward to what comes next!

Thanks, Amy, for being a super team player and ensuring all is in order for the wonderful seniors that stay with us.

-Tammy Weston, Administrator

## RESIDENTS IN ACTION

Since it is not quite warm enough to sit outside, residents have suggested other fun outings. This month, we will be going shopping, to the movies and to the casino. We'll also celebrate many special days including Arbor Day, Earth Day, International Children's Book Day and World Art Day. We'll learn about the environment, read our favorite children's books and make fun art projects.

As the weather begins to warm up, we plan to be out on the patio doing our morning exercises followed by cognitive stimulation. Only Mother Nature knows

when we will be able to do that again. Residents are all looking forward to getting some fresh air, so I hope we can get back to that soon!

We can't wait for fun activities such as planting flowers and vegetables. We hope it will be sunny and warm on April 17 so residents, along with some students from Skutt Catholic High School, can spend some time together outdoors. We plan to get the gardens ready for planting, and flower pots ready for spring.

**-Mary Johnson, Director of Recreation**



Residents listen to Russ speak at the Welcome Home, Vietnam Veterans event.



Helen, Jan and Lou enjoy the spring sunshine.



Joan pins Paul in honor of his military service.



The Bellevue East Color Guard joins us as we honor Vietnam-era veterans at Hillcrest Health & Rehab.



Bernie is excited to receive a visit from Ruby.

## A MONTH IN REVIEW

In March, we celebrated St. Patrick's Day and Easter. Residents made themed crafts, tried new foods and listened to words of wisdom.

In the spirit of Easter, Scatter Joy Acres brought in Precious, a four-week-old lamb, for pet therapy. She lived up to her name. Residents pet, snuggled and

hugged Precious. She evoked many smiles with her cute face.

On March 30, we also had an Easter egg hunt. Residents invited their loved ones to join us, and we had such great fun.

**-Mary Johnson, Director of Recreation**



Bernie talks to his little visitor, Precious.



Elaine loves meeting a new animal friend.



Connie wants to adopt Precious.



Bev pets the four-week-old lamb, Precious.



Michele enjoys a visit from Precious the Lamb.



Lois snuggles with Precious from Scatter Joy Acres.