

"You learn more from failure than from success. Don't let it stop you. Failure builds character." - Unknown

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

5 Tips to Improving Your Sleep

A good night's sleep can make for the perfect start to the next day. Sleeping can help the physical and mental well-being of aging adults, enabling them to live a happier and healthier life. According to familydoctor.org, aging adults need at least 7 to 8 hours of sleep per night. Here are some ways to improve your sleep habits.

Develop a routine: Make sure you go to bed at the same time each night, including weekends. This helps your body develop a pattern, which will make it easier to go to sleep at night.

Sleep in a quiet and dark place: It can be difficult to sleep in a noisy or bright room. Make sure all of the lights and the TV are off before your bedtime so your mind can turn off easier and faster.

Eat a healthy snack before going to sleep: Eating healthy is always important. But eating healthy before bed can help you sleep better, especially if you're hungry. Avoid sugary foods because they can keep you awake for long periods of time. Opt for a fruit or vegetable instead.

Avoid caffeine before you sleep: Caffeine is often used as a way to stay alert throughout the day. Drinking it before bed can make it very hard to sleep. Choose water instead if you're thirsty before bed.

Avoid napping in the evenings: Napping can make for a great way to get through the day if you're tired. But napping in the evening can make it very hard to sleep at night. Take naps in the late mornings or early afternoons to make it easier to fall asleep at night.

Say goodbye to restless nights! With the help of these tips, you can improve your sleeping pattern and be a happier, healthier you.

AUGUST BIRTHDAYS

August 12: Charles C.
August 16: Betty K.
August 17: Eileen C.
August 18: Waldyne M.
August 19: Chuck W.
August 27: Lee B.
August 31: Sherry S.

WELCOME TO HHR!

Gene G., Daniel C., Rae O., Erna D., Linda B., Lola P., Stacia S., Clare H., Doris F., Mike F., Mary W., Barb B., Billie G., James W. and Nancy F.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

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

Michelle Yosick, (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!



AUGUST HIGHLIGHTS

Aug. 1: Visit from Fontenelle Forest, 2 p.m.
Aug. 8: Entertainment: Wayne Miller, 2:45 p.m.
Aug. 9: Scatter Joy Acres, 11 a.m.
Aug. 15: Merrymakers: Kim Eames, 2 p.m.
Aug. 29: Entertainment: Bill Neiderhiser, 2 p.m.

WORSHIP SERVICES

Sun: Catholic Mass, 10 a.m. (Chapel)
Christian Service (3rd & 4th Sun), 1:30 p.m.
Mon: Worship with Chaplain Jerry, 1:30 p.m. (Magnolia)
Tues: Catholic Communion, provided by John DuBay, morning
Hymn Sing, 1:15 p.m. (Chapel)
Thurs: Chapel with Chaplain Jerry, 11 a.m. (Chapel)
Fri: Catholic Mass, provided by Father Otto Imholte, 11 a.m.
Sat: Hymns & Prayer, 10 a.m.

FEATURED EVENT

Birthday Party Special August 30, 2:30 p.m.

Join the recreation team in wishing all of our residents with August birthdays a very happy birthday! We will have music, snacks and refreshments.

Tammy's Take



Well, I hope everyone is bearing the heat this summer. You have to love the Midwest weather!

I am pleased to announce that we have seen a significant decrease in falls this past month. Not long ago, we implemented a new fall prevention program, and it seems to be working. Thank you

to Trisha and her team!

We are also in the process of implementing an enhanced customer service program that is intended to ensure that you and your folks are always pleased with the care. Our intention is to create an awesome experience as we enhance the lives of those entrusted in our care. In order to do this, our team members may be asking you or your loved one some additional questions about preferences and your general history. This will make for better customer service and care for our residents.

Thank you so much for allowing us to be a part of your lives and guests in your home. We are happy to serve you.

Save the date! Hillcrest is the presenting sponsor of the Sarpy County Walk to End Alzheimer's. This year it is scheduled for Sunday, August 25 at Prairie Queen Recreation Area, which is located on 132nd Street and Highway 370 in Papillion. Registration begins at 8 a.m, the ceremony is at 9 a.m. and the walk begins at 9:30 a.m. Register to walk with Hillcrest or make a donation to the Alzheimer's Association at tinyurl.com/teamhillcrest.

-Tammy Weston, Administrator

RESIDENTS IN ACTION



Residents and family members enjoy the fireworks show.



Theresa smiles for the camera.



Bertie enjoys the fireworks.



Marie and Kayle spend quality time together.

The recreation team spent Independence Day with more than 30 residents and their family members. We started our evening in the Azalea Kitchen with root beer floats for everyone. After, everyone went outside to enjoy the beautiful



Malena shows her excitement.



Ed and his wife Jeane spread love for their country.

A MONTH IN REVIEW

weather. Malena, a team member, set off a variety of fireworks for everyone to enjoy. Residents, family members and team members had a fantastic time. It was a fun way to celebrate our great nation.

-Taylor Knopik, Recreation Leader



Dorothy and Tom join in the festivities.



Leo, Doug and Linda smile in front of the American flag with their root beer floats.

SAVE THE DATES!

August 27: Family Meet & Greet

October 24: Trick-or-Treat Night

November: Veterans Service, Date TBA

November: Family Meet & Greet, Date TBA