

"If I know what love is, it is because of you."

—Hermann Hesse

August 2021

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

An Update on the Delta Variant



I wish I could say that the end of the pandemic is in sight, but sadly I can't. The Midwest is experiencing a surge in the number of new cases and hospitalizations related to the emergence of the Delta variant. Please consider this a completely new virus, as it is considerably more contagious and is causing more

serious infections. Here are some facts about the Delta variant:

- 1,000 times more viral shedding secondary to its ability to quickly replicate
- Much more serious illness secondary to the viral load and overwhelming your immune system, even in the young population
- More than twice as contagious as the original virus
- Estimated 88% protection with vaccine (however, one out of every 10 fully vaccinated individuals exposed could become infected)
 - Symptoms usually very mild with almost no risk of serious illness or hospitalization; remember to protect yourself even if vaccinated
- Spread is now primarily in the unvaccinated

As always, safety is our number one priority. We are constantly reviewing our safety protocols to make sure residents, guests and team members stay safe. As of right now, visitation policies remain the same. Visitation is allowed at all locations as long as the resident does not have COVID-19 and the building is not undergoing testing after an exposure. Please make sure you are healthy prior to visiting a loved one.

Call the building directly for the latest updates on visitation at each location. Thank you for your understanding and support as we make our way through this pandemic.

— Dr. Anthony Hatcher, Chief Medical Officer



AUGUST BIRTHDAYS

August 7: Lillian B. August 16: Lou R.
 August 12: Charles C. August 26: Pete B.
 August 13: Judy B.

WELCOME NEW RESIDENTS!

Darlene S.
 June A.
 Joan T.
 Lou R.

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 REHAB SERVICES:

Danielle Ward-Baughman, (402) 682-4213

DIRECTOR OF CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ruben Gonzalez, (402) 682-4235

REGIONAL ADMINISTRATOR:

Derrick DeFino, (402) 934-2333

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

August 4: Catholic Mass
 August 12: Scatter Joy Acres
 August 19: Merrymakers Concert
 August 30: Billy Troy Concert

Carnival

Monday, August 9

Azalea & Magnolia
Neighborhoods

Residents will enjoy a full day of carnival fun with food, games and prizes!



HILLCREST FOUNDATION



The Hillcrest Foundation for Enhancing Lives, a charitable organization that improves the lives of older adults, is hosting its first-annual Golf Tournament

on Thursday, August 19 at Eagle Hills. There will also be an auction, with prizes including trips to Branson, Missouri, and Breckenridge, Colorado, that can be accessed online starting August 12. Visit hillcrestfoundation.org to register and learn more!

Tammy's Take



Our Team Member Spotlight for August is Miranda Beason, our Clinical Dietitian! At age 12 she started working after school as a dietary aide at a local nursing home in Seward. Miranda admired the dietitian there and was inspired to follow in her footsteps. She has always had an interest in nutrition and

likes how food is an integral part of people's health and happiness, and how food brings people together.

Miranda has a 13-year-old son. She enjoys cooking, baking, reading, hiking and horseback riding. Miranda loves her job here at Hillcrest Health & Rehab, and we are so glad to have her!



As we continue to work our way through this pandemic, I would like to thank you all for your patience and support. Please call us at any time if you have questions about our latest safety guidelines and visitation policies. Have a great month, everyone!

— Tammy Weston, Administrator

Annual Customer Satisfaction Survey

Watch for an email from "Hillcrest Health Services," which is actually from a national survey company, about the Annual Customer Satisfaction Survey. Please take a couple of minutes to complete it so we can know what, if anything, we could be doing better to create an amazing experience for you.

RESIDENTS IN ACTION

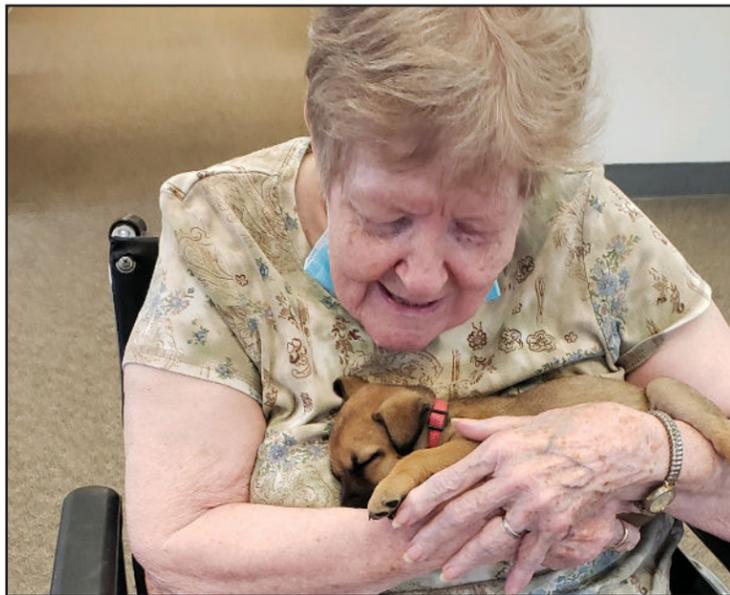
August will bring a fun carnival, which will be the last hurrah with our VolunTEENs. There will be games, snacks and prizes. Residents have enjoyed seeing and being with the VolunTEENs this summer. They really brighten up our building

and bring smiles to our faces. They will be missed by the team and residents when the summer program comes to a close. We hope to see everyone again next year!

-Mary Johnson, Director of Recreation



Ruthie and Cara work at the bake sale.



Sheryl cuddles with a puppy.



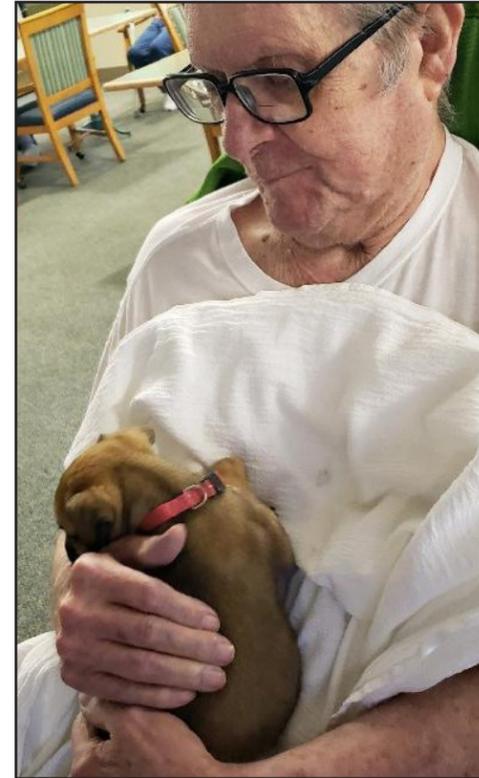
Mary hangs out with a puppy.

A MONTH IN REVIEW

July was a busy month for the recreation team. Our VolunTEENs have been such a great help with group and one-on-one activities. There were fireworks on the Fourth of July, and we held a special bake sale for team members to raise money

for the Alzheimer's Association. We were thrilled with the level of participation we received from our team. It was a great month for everyone here at Hillcrest Health & Rehab.

-Mary Johnson, Director of Recreation



Duane holds a puppy.



Jan colors a picture.



Linda plays with puppies.



Marie makes decorations to celebrate the Olympics.

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 Rehabilitation Facility**
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