

"The summer night is like a perfection of thought."  
-Wallace Stevens

August 2022

# What's Growing On...

in Hillcrest Health & Rehab's  
Magnolia & Azalea neighborhoods

## The History of National Senior Citizens Day

"Throughout our history, older people have achieved much for our families, our communities and our country," President Ronald Reagan proclaimed in 1988, as he marked August 21 National Senior Citizens Day.

President Reagan declared this day with the purpose of increasing awareness of the issues that aging adults face every day and to recognize all they have accomplished.

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute," President Reagan said during his proclamation.

According to the U.S. Census Bureau, there will be 78 million people over the age of 65 living in the U.S. by 2035. This population of elders will surpass the number of those under the age of 18 for the first time in the nation's history. With such a high population of seniors, it is more important than ever to celebrate our aging adults.

One of the best ways to honor seniors on August 21 is to spend time with the aging adults in our lives and learn from them. Whether a friend, family member or neighbor, gathering together and sharing memories is a great way to recognize the many accomplishments of our aging community.

At our communities, every day is an opportunity to celebrate our aging adults. Our team spends a lot of time with residents, elders and guests getting to know them so we can craft unique and special activities. We enjoy working together to create a fun schedule of events that everyone will love.



## AUGUST BIRTHDAYS

August 13: Judy B.  
August 16: Lou R.

## WELCOME NEW RESIDENTS!

Yvonne H. Gerry S.  
Shawntae J. Diane R.  
Lucille K.

## 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!



## AUGUST HIGHLIGHTS

August 4: Entertainment - Kim Eames  
August 11: Scatter Joy Acres  
August 16: Entertainment - Mulhearn Duo  
August 17: Entertainment - Joyce Torchia of Merry-makers  
August 25: Entertainment - Tim Javorski

## WORSHIP SERVICES

### Catholic Communion

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

### Catholic Mass

First Wednesday, 10 a.m.

### Non-Denominational Services with Pastor Jerry

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

Tuesdays, 1:15 p.m., Chapel

Thursdays, 11 a.m., Chapel

### Hymns & Prayers with Pastor Bob

First and Third Saturdays, 11 a.m.

## FEATURED EVENT

### Mini Carnival

Friday, August 26 in the Chapel  
Magnolia: 10 a.m., Azalea: 2 p.m.

Residents will enjoy carnival games, food and fun.

## Amber's Angle



I am so pleased to announce our Team Member of the Month is Debbie Miller. Debbie is a clinical support specialist, and her job entails ordering and stocking supplies, doing invoices, putting together medical charts and so much more.

Debbie is such a huge help around the community and she is always willing to lend others a hand when needed.

Debbie has been with Hillcrest for almost five years. She loves seeing and interacting with residents in the hallways.

Debbie moved to Nebraska from Internal Falls, Minnesota, in 1994. She has four children, 10 grandchildren and one great-grandson.

When asked if she has any advice for her fellow team members, Debbie said, "Teamwork! You can't get anywhere without teamwork and communication."

Thanks for all you do, Debbie!

-Amber Kendall, Assistant Administrator



## RESIDENTS IN ACTION

Summer is slipping away, and things that represent fall are starting to emerge, including football games, children going back to school and leaves starting to change colors. For August, we are planning on an end-of-summer carnival. Residents look forward

to carnival games, festival food and lots of fun. This month, we will also go on a variety of outings. We plan to go bowling, get some ice cream and take a trip to Spielbound Board Game Cafe.

-Mary Johnson, Director of Recreation



Doris tie-dyes a pair of socks.



Ruth enjoys time tie-dyeing.



Residents play a game of noodleball after stretching.



Doris, Ruth, Jean, Connie and Don take a trip to see the movie "Elvis."

## A MONTH IN REVIEW

July was filled with many fun activities and outings. We enjoyed a meal at Village Inn. We even went to the movies and watched "Elvis." Residents had a blast getting outside of the building for some fun adventures.

Last month, we also did many fun craft projects

including tie-dyeing and bracelet making. When the weather was cooler, we took advantage and spent some time outdoors. As we roll into the end of summer, we look forward to more days in the fresh air.

-Mary Johnson, Director of Recreation



### Beaded Bracelets

Top: Connie makes a bracelet.

Above: Ruth adds a bead to her bracelet.

Top Right: Doris shows off the colors in her bracelet.

Right: Elaine is excited to show everyone her bracelets.

