

*"Grace grows best in winter."  
- Samuel Rutherford*

December 2023

# What's Growing On...

in Hillcrest Health & Rehab's  
Magnolia & Azalea neighborhoods

## Get into the holiday spirit!

The holiday season is here, and the Hillcrest team is ready to celebrate with all of our residents, elders and guests. Here are some ways to share your holiday spirit with those around you.

### Put up decorations

One fun way to show you're festive is by decorating. Put up lights, garland or a small tree. To make your decorations unique, you can even have fun making your own. Get together with your peers or a family member and make a wreath or paint holiday pictures and hang them up.

### Share holiday recipes

Families often have their own traditions when it comes to baking or cooking for the holidays. Gather with those you're close to and reminisce about your favorite holiday baking or cooking memories, or share a special recipe with someone.

### Have a holiday movie night

Whether you like action, comedy or romance movies, the holiday season has them all. Grab a group of friends and some popcorn and watch your holiday favorites!

### Listen to holiday music

In December, holiday music seems to be the most popular choice. Whether you just like to listen to it or sing along, holiday music has tunes for everyone. If you like to sing along, go caroling around your community and brighten the spirits of those around you.

## DECEMBER BIRTHDAYS

Dec. 6: Wayne A.	Dec. 28: Sheryl M.
Dec. 6: Michele P.	Dec. 29: Bernie M.
Dec. 16: Shirley P.	Dec. 30: Frank S.
Dec. 21: Sharon R.	

## WELCOME, NEW RESIDENTS

Lucy C.	Carter M.
Jane S.	Darlene D.
Gary R.	

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Tammy Weston, (402) 682-4229

### DIRECTOR OF SOCIAL 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:

Latrail Tiller, (402) 682-4236

## 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!



## DECEMBER HIGHLIGHTS

Dec. 1: Merrymakers – Modern Kowboy  
Dec. 4: Casino Outing  
Dec. 5, 12, 19: Christmas Lights Outings  
Dec. 7: Music with Wayne Miller  
Dec. 11: Music with 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

### 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



### Holiday Social

**Magnolia: Dec. 16, 2 p.m.**  
**Azalea/Ivy: Dec. 17, 2 p.m.**

Santa will deliver presents as we celebrate the holiday. Enjoy food, fun and some elf magic!

## Tammy's Take



Happy holidays, Hillcrest Health & Rehab family! It's been a busy season already. Besides all of the fun fall activities, such as Thanksgiving crafts, baking and games, we've had multiple projects going on around our community.

In the past month, we've upgraded some of our culinary equipment. We installed a new steam table and meal ordering system. We've also completed some major plumbing projects including replacing a section of the main drain pipe that runs under Magnolia. Thank you for your patience as we worked to get these done! We have more projects planned to better improve our community. If you have any questions regarding future projects, feel free to reach out to me.

It was a wonderful Thanksgiving for our residents and team members. We were excited to see many families join their loved ones for the holiday. It was just a very special time for all.

We thank you all so much for allowing us the honor of providing care and services to you and your loved ones. We are looking forward to a beautiful Christmas and the coming year!

-Tammy Weston, Administrator



RESIDENTS IN ACTION

Wow! It seems like yesterday we were watching the flowers bloom and the leaves pop out from the trees, and now we are looking forward to watching the snow fall with a cup of hot chocolate.

We are sliding into December with a dose of holiday spirit and cheer. We have many activities planned to enjoy the sounds, tastes and sights of this joyous holiday season. The trees are up and our

halls are decorated. We are excited for our holiday adventures of Christmas lights outings, musical entertainment, crafts, baking, reminiscing and so much more.

When the holiday ends, we will shift the activities to reflect on the past year and set goals for the upcoming year. What are your resolutions and wishes for 2024?

**-Mary Johnson, Director of Recreation**



Mary hopes for a strike.



Jan is grateful for her birthday bouquet.



Connie and Sarah decorate a Christmas tree together.



Elaine enjoys the cookie she decorated.



Mary is excited to try her cookie.

A MONTH IN REVIEW

November was a calm month. There was a rise in snack carts and independent activities. One of the brighter moments of November was when Scatter Joy Acres visited with their 7-week-old kittens, Hershey and Snickers.

Last month, we celebrated all of the things that we are thankful for. With this spirit of Thanksgiving

optimism, residents participated in arts/crafts, reminiscing, food and other fun activities. We also honored our veterans with a pinning ceremony. One of our volunteers, Bob Stier with the U.S. Air Force, joined us in this celebration of service. He was happy to assist with pinning our veterans.

**-Mary Johnson, Director of Recreation**



Bernie cuddles with Snickers.



Gloria spends time crocheting.



Andrew pins Duaine in honor of his military service.



Helen shows off her turkey craft.



Michele enjoys snuggles from Hershey and Snickers.