

“I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream.” -Martin Luther King, Jr.

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

History of Black History Month



African American History Month is a federally recognized event that is celebrated nationwide. Dr. Carter G. Woodson (1875–1950) is credited with creating this opportunity to recognize and reflect on the important roles of African Americans in this country.

Carter G. Woodson The son of former slaves, Woodson spent little time in school. Working in coal mines and quarries, his formal education was intermittent, but he studied when he could. By the time he was 17, he had taught himself basic English and math skills. When he was able to enroll in high school at the age of 20, he completed a four-year curriculum in two years. He went on to earn a master's degree from the University of Chicago and a doctorate degree in history from Harvard.

Disturbed by the fact that history textbooks largely ignored the contributions of black Americans, he went about trying to correct this oversight. In 1926, he established Negro History Week. He summed up its intent by saying, “We should emphasize not Negro history but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race, hate, and religious prejudice.” In 1976, the week was expanded to a month-long celebration. For his extraordinary efforts, Dr. Woodson has been called “The Father of Black History.”

-Source: Activity Connection



FEBRUARY BIRTHDAYS

Feb. 2: Sylvia Bottner Feb. 6: Beth Carey
Feb. 2: Jim Heydenreich Feb. 7: Shirley Mohanna
Feb. 3: Doug Hobbs Feb. 10: Eli Ocasio

WELCOME TO HHR!

Sherry Stendahl, Lyle Richards, Clarence Hawkins, Darrell Haun, Thelma Wiysel, Isabel Regan

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

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (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!



FEBRUARY HIGHLIGHTS

Honoring African American History

Feb. 5: Chinese New Year
Feb. 8: Aaron Shoemaker
Feb. 13: Valentine's Bingo
Feb. 14: Valentine's Day Celebration
Feb. 21: Wayne Miller
Feb. 22: Margarita Day
Feb. 25: Merrymakers' Pam Kragt

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)
Sat: Hymns & Prayer, 10 a.m.

FEATURED EVENT

Valentine's Day Party
February 14, 2-3:30 p.m.
1702 Bistro

Join us for a social event to honor those we love and to cherish those we have lost. The party will include games, visiting with others and handing out Valentine's.

Tammy's Take



The busy holiday season is over, and we are off to a new year. I hope it's a great one for all! I'm really looking forward to my first full year here at Hillcrest Health and Rehab. It's been about eight months since I joined the Hillcrest family, and it's been a little bit

of a whirlwind getting to know the building and responsibilities that go along with it. I do, however, feel that I am in a good place at this point and truly am looking forward to taking more time to get to know our residents and family members. There are a lot of good people here, and on behalf of all of the team, I want you to know how important your care and satisfaction is to all of us. I think we shall see great things to come this year. Communication will be a focus for us.

As a reminder, we have our Great Customer Experience Program, so if you would like to recognize a team member from any department (nursing, culinary, housekeeping, laundry, transitions, maintenance, etc.) for the special care or consideration that they give, feel free to write their name down on a survey or let their supervisor or me know. We value all feedback, be it opportunities for growth or recognition for a job well done!

-Tammy Weston, Administrator

RESIDENTS IN ACTION

February will bring a variety of activities surrounding Valentine's Day and African American History Month. We'll also enjoy entertainment from some talented musicians. To end the month, we'll get in the spirit of Margarita Day.

- Our Valentine's celebrations will consist of crafts, bingo and a social event on Valentine's Day.
- For African American History Month, the recreation team will have fun games to prompt



Hannelore enjoys snuggles from Elphaba the puppy.



Bertie enjoys scratching behind Elphaba's ear.

discussions surrounding famous African American inventors, athletes, astronauts, politicians, etc.

- This month's entertainment will be provided by Aaron Shoemaker, Wayne Miller and Pam Kragt of Merrymakers.
- On Margarita Day, residents can enjoy a fun movie and snacks with a margarita.

-Taylor Knopik, Recreation Leader



While snow is falling outside, an inside "snowball fight" of marshmallows erupts in the hallway by the 1702 Bistro. Culinary team member David gets ambushed.



Culinary team member Carly tries to avoid snowballs by finding protection between two team members.



After receiving the snowball treatment, Team Member Development Director Dan Conaway hides behind the line and offers assistance as others walk through the danger zone.

A MONTH IN REVIEW

New Year's Eve means spending time with those you care about, popping a champagne bottle at midnight, giving kisses, wearing funny party hats and staying up until midnight. Here at Hillcrest Health and Rehab, we did all of the fun stuff



Jan Judd and Betty Stutzman pass the time until the countdown playing Kings in the Corner.



Bev Sanders and Jackie Schwartz sit with their coffee waiting for the countdown to the New Year.



Theresa Cepuran works on a New Year's word find while Marie Apostol enjoys making her own party hat.

without staying up until midnight. We counted down, popped streamers, drank (sparkling) champagne and handed out Hershey's Kisses. We brought in 2019 with a bang!

-Taylor Knopik, Recreation Leader



Eldon Stille shows off his fancy party hat.



Gene Seaman brings in the New Year with a drink of sparkling champagne.