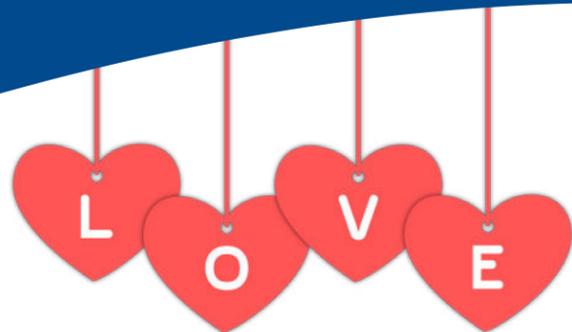


"February days are a marketing gimmick; love happens every day." – Randeep Hooda

February 2020

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods



Fun Valentine's Day Ideas

It's finally February, and that means we can celebrate Valentine's Day! Even though Valentine's Day is most commonly known as a romantic holiday, it can also be a day to celebrate the non-romantic loved ones in your life. There are a lot of different presents and cards you can buy, but some of the most meaningful gifts are handmade. So to give you some ideas, here are three of our favorite valentines from goodhousekeeping.com.

Write a Poem: Poems don't have to be long and complicated. Start small with a few simple rhymes. Then start working them into sentences, expressing how much your loved one means to you. You'll be amazed at how quickly you can become a poet!

Leave Notes: Reminding your loved ones how much they mean to you doesn't have to be extravagant. Try writing a few notes and leaving them where your loved one will find them. This valentine is sure to brighten their day.

Make a Valentine Card: Try making a personalized Valentine's Day card. This could mean making a heart-shaped card or even drawing a picture. This is a great opportunity to get out the craft supplies and have some fun.

These are just a few ideas. There are a lot of different ways you can show your loved ones your appreciation. Get creative with your valentines. Whatever you decide to make, remember that the perfect valentines are the ones that show your loved ones how much they mean to you. Happy Valentine's Day!



FEBRUARY BIRTHDAYS

Feb. 3: Doug
Feb. 4: Marie
Feb. 7: Shirley
Feb. 22: Erna

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:

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

Feb. 5: Pet Therapy with Scatter Joy Acres
Feb. 6: Nature Education with Fontenelle Forest
Feb. 12: Be My Valentine Bingo
Feb. 20: Musical Entertainment by Billy Troy
Feb. 25: Mardi Gras Social
Feb. 26: Merrymakers Presents: Joe Taylor
Feb. 27: Musical Entertainment by Bill Neiderheiser

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 St. Mary's of Bellevue, morning Hymn Sing, 1:15 p.m. (Chapel)
Thurs: Chapel with Chaplain Jerry, 11 a.m. (Chapel)
Sat: Hymns & Prayer, 10 a.m. (Chapel)

FEATURED EVENT

♥ Valentine's Day Social ♥
February 14th, 2 p.m.
Bistro
Join us for a Valentine's Day Social with fun games and socialization!

Tammy's Take



This month I am excited to feature Kossi 'KoKo' Anthony! He is one of our most loved nurse techs and works with residents in the Azalea neighborhood. KoKo has been a team member here at Hillcrest Health & Rehab (HHR) since 2008. He said he felt so lucky when he found his job 11 years ago.

Koko was working at HHR while he earned a business degree and realized his passion was in taking care of aging adults. KoKo said that at some point he figured out that he was heading toward the wrong profession and decided to go to school for nursing. He received his prerequisites at Metro Community College and was eventually accepted into the nursing program at Iowa Western Community College. With great sadness he lost both of his parents in a very short time frame and had to withdraw from the program. KoKo hopes to go back to school to advance his education in health care. That being said, he is very happy to be here at HHR! Koko takes great pride in the care he provides and his relationships with the residents and families. He is appreciative of the compliments that he receives on a regular basis.

KoKo's parents left him with one bit of treasured advice that he wanted to share: "Whatever you do in life, do it well." I'd say those are pretty good words to live by! Hope this newsletter finds you warm and well... good thoughts always!

-Tammy Weston, Administrator



RESIDENTS IN ACTION

By the time we recuperated from the Christmas season, it was time to ring in the New Year. We gathered in the Bistro to watch football, enjoy snacks, wear party hats and use noisemakers to help us celebrate the New Year. In February, there will be celebrations for African American

History Month, Groundhog Day, Valentine's Day, President's Day and Mardi Gras. It will be a very busy and exciting month here at Hillcrest Health & Rehab!

-Mary Johnson, Director of Recreation



Dorothy celebrates the new year.



Eileen and her family ring in the new year.



Doug shows off his fashionable new hat.



Marie smiles for a New Year picture.



Eileen smiles with her daughter???



Residents enjoy the New Year's Eve Party.



Residents celebrate the new year.



Mike poses with a fun frame.

SAVE THE DATES!

March 17: St. Patrick's Day Social
 April 5: Easter Egg Hunt
 May 10: Mother's Day Brunch
 June 21: Father's Day Lunch