

*"Never be limited by other people's limited imaginations."
-Mae Jemison*

February 2022

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 60 years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Many use Valentine's Day as an opportunity to spend quality time with each other, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy either by themselves or with a group. Show your Valentine's Day spirit by making red velvet cupcakes, heart-shaped cookies or even heart-shaped grilled cheese sandwiches.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.



FEBRUARY BIRTHDAYS

Feb. 1: Elaine T. Feb. 5: Kim F.
Feb. 3: Doug H. Feb. 7: Darlene S.
Feb. 4: Marie R.

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 CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

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!



FEBRUARY HIGHLIGHTS

Feb. 2: Groundhog Movie Day
Feb. 17: Entertainment: Merrymakers

WORSHIP SERVICES

Catholic Communion

Third Wednesday, 6:30 p.m., Chapel

Christian Service with Pastor Rountree

Third Sunday, 2 p.m., Chapel

Non-Denominational Services with Pastor Jerry

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

Tuesdays, 1:15 p.m., Chapel

Thursdays, 11 a.m., Chapel

FEATURED EVENT

Valentine's Day Socials

Azalea/Ivy

Monday, February 14,
1:30 p.m.

Magnolia

Tuesday, February 15,
10 a.m.

Come celebrate Cupid's Day with fun activities, games and prizes.



Tammy's Take



We are proud to announce that Barb Budlong is our first Team Member of the Month in 2022!

She is a 39-year-career Certified Nursing Assistant (CNA). The level of proficiency and compassion she shows in the role she plays for those we care

for says everything about who she is and why she does what she does.

Barb is Omaha born and bred. She has two daughters and is a proud grandma of five grandchildren. She enjoys being a CNA because she loves taking care of people. Everyone can tell she has a passion for taking care of people and she receives much recognition from those she cares for. Her advice for new CNAs

is to treat all residents like you would treat your own family members if you were caring for them!

Thank you, Barb, for the quality care that you provide to our folks! We are glad to have you on the team!

-Tammy Weston, Administrator



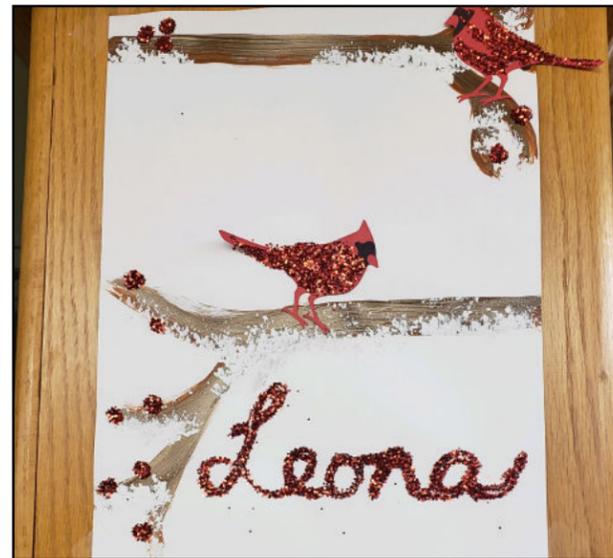
RESIDENTS IN ACTION

Either February will bring us more winter or an early springtime. While we see how that pans out, residents will enjoy Valentine's Day socials, crafts, bingo and fun.

In February, we start a new activity calendar, which

is driven by our residents. The residents are steering our team members in the right direction and showing us what activities they want to see on the calendar each month.

-Mary Johnson, Director of Recreation



Creative Crafting

Top Left: Magnolia residents paint their snowmen.

Top Right: Mary shows off her artistic talents with her cardinal painting.

Left/Above: Marie and Leona add a lot of glitter to their cardinal crafts.

A MONTH IN REVIEW

The new year started off a little rough with snowy weather, but we ended the month of January on an upswing. We hope to see it continue into the month of February.

During January, we made crafts and had many

hallway activities to keep our residents engaged and active. We also celebrated Black History Month and Martin Luther King Jr. Day. We look forward to what February has to offer.

-Mary Johnson, Director of Recreation

Stylish Snowmen

Right: Resident-made snowmen hang above the Magnolia mantel.

Below: Doris F. smiles with her hand-painted snowman.

Below Center: Jackie S. chooses a purple scarf for her snowman.

Below Right: Marie A. paints a big smile on her snowman.

