

*"To love and be loved is to feel the sun from both sides."
- David Viscott*

February 2024

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 50+ years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Some use Valentine's Day as an opportunity to spend quality time with one another, 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.

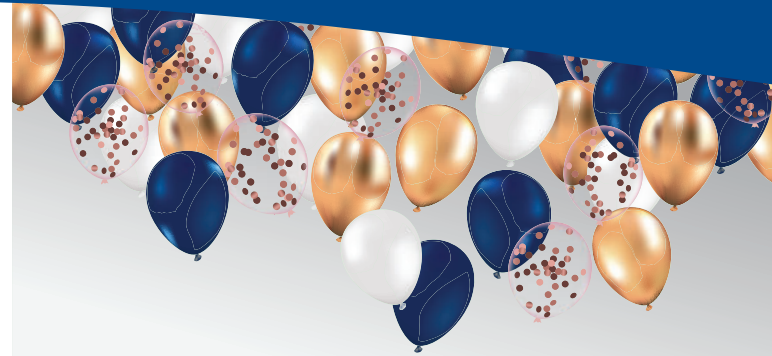
Do puzzles and play games.

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. Show your Valentine's Day spirit by decorating cupcakes or cookies in your favorite red or pink toppings.

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: John M. Feb. 18: Toni H.
Feb. 1: Elaine T. Feb. 26: Marianne M.
Feb. 5: Kum F.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

DIRECTOR OF SOCIAL SERVICES:

Ashley Gessert, (402) 682-4297

DIRECTOR OF REHAB SERVICES:

Danielle Ward-Baughman, (402) 682-4213

DIRECTOR OF CULINARY:

Latrail Tiller, (402) 682-4236

DIRECTOR OF ENVIRONMENTAL SERVICES:

Andrew Workman, (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. 1: Music by Tim Javorski
Feb. 9: Scatter Joy Acres
Feb. 12: Music by Merrymakers
Feb. 13: Mardi Gras Fun
Feb. 13: Bingo with Boys & Girls Club
Feb. 14: Ash Wednesday
Feb. 19: Presidents' Day Fun
Feb. 23: Music by Billy Troy

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

Valentine's Day

Wednesday, Feb. 14

Residents will enjoy Valentine's Day themed activities all morning. Activities include games, trivia, food and more.

Tammy's Take



We hope you all have had a great start to the new year! It definitely came in like a lion, or should I say abominable snowman?

We are going to kick off this month with a Team Member of the Month many of you may be familiar with – Cristina Shnurr. Cristina takes

great care of residents in the Azalea neighborhood. In March, Cristina will celebrate five years here at Hillcrest Health & Rehab.

She and her husband live in Nebraska City. When I asked her about that drive and what keeps her here with us, she simply said, "The residents, the team and the culture here." She didn't have to worry about that long drive on those snowy days because she stayed here in Bellevue to make sure someone was here to care for residents if the morning brought bad weather.

Cristina is a valuable asset to our team! She is the mother of three young adults – two sons and one daughter. She is also a grandmother of one. For fun, she likes to sew. She enjoys thrifting and loves a good find. I asked her if she had any advice for young upcoming caregivers. She said, "Listen. Listen to the resident. They know what they need and what works best... You just have to be listening!"

Well, I think that is just dandy advice! Thank you, Cristina, for all that you do for us. You are appreciated!

-Tammy Weston, Administrator



RESIDENTS IN ACTION

February is the shortest month of the year, even with an extra day this year. It is a leap year, and the Hillcrest Health & Rehab team is hoping to leap right out of this snow and cold into a month full of fun. There will many things to celebrate this month like Groundhog Day, Mardi Gras, Valentine’s Day and so much more.
Feb. 12–18 is National Jell-O Week. We will be utilizing all of our senses when we make Jell-O slime.

It is fun to make, play with and even eat. Other sweet treats residents will get to try this month include chocolates and cherries in the spirit of Valentine's Day.
Residents will also have the chance to participate in thought-provoking activities such as reminiscing and virtual traveling. Other February activities will revolve around Black History Month, safaris, pancakes and Heart Health Month.
-Mary Johnson, Director of Recreation



Jan is proud of her snowman.



Dorothy decorates her snowman with blue snowflakes.



Helen shows off her snowman craft.

A MONTH IN REVIEW

The new year stormed in with snow and cold temperatures. Though many residents enjoyed watching the snow fall through the windows, we focused on activities that kept us warm and cozy.
Last month, we had movie days with popcorn, built our own cupcakes and crafted snowmen and

snowflakes. Residents also got the chance to make snowballs and use cookie cutters in a pan of snow to create fun shapes. Everyone had a blast playing with the snow. It was a fun and eventful month here at Hillcrest Health & Rehab!
-Mary Johnson, Director of Recreation



Bernie colors his snow with red marker.



Helen adds toppings to her cupcake.



Lou is excited to eat her cupcake.



Connie uses a star cookie cutter in the pan of snow and colors it yellow.