

"Challenges are what make life interesting, and overcoming them is what makes life meaningful." – Joshua J. Marine

January 2020

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods



New Year's Around the World

Happy January! What did you do to celebrate the New Year? Hopefully you enjoyed good food and the company of friends and family. Almost every country in the world celebrates the New Year, and a lot of countries have unique traditions for celebrating. Here are some interesting traditions, according to worldstrides.com.

Spain – In Spain, the tradition is to eat a grape on each strike of the clock at midnight. The 12 grapes represent good luck for each month of the New Year.

Denmark – The tradition in Denmark is a little bit more dramatic. Denmark residents throw old plates and glasses against the doors of relatives and friends to ward off bad spirits. They also jump off of chairs together to "leap" into the New Year with good luck.

Greece – In Greece, residents hang an onion by their front door on New Year's Eve as a symbol of rebirth. Then, on New Year's Day, parents will wake their children up by tapping them on the head with the onion!

Columbia – On the other side of the world, in Columbia, people walk around their block carrying an empty suitcase on New Year's Day, hoping it will lead to a year of fun travels.

Scotland – Scottish residents celebrate the first day of the year with the tradition of "first-footing." This means that whoever is the first person to cross the threshold of a home in the New Year should carry a gift for good luck.

Do you have your own traditions for celebrating the New Year? However you celebrate, it's a good time to reflect on the year prior and look ahead to the great times to come. Have a great year!



JANUARY BIRTHDAYS

Jan. 4: Barbara
Jan. 7: Bev
Jan. 15: Rosemary
Jan. 17: Betty
Jan. 17: Ethelyn
Jan. 30: Margery

WELCOME!

Susie
Vernon

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:

Michelle Yosick, (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!

Hillcrest Health & Rehab

JANUARY HIGHLIGHTS

Jan. 8: Merrymakers Presents: Billy Troy, 2:30 p.m.
Jan. 16: Entertainer Aaron Shoemaker, 2 p.m.
Jan. 17: Nature Education Talk: Debra Beck 2 p.m.
Jan. 23: Entertainer: Lev, 2 p.m.
Jan. 29: Scatter Joy Acres, 2:15 p.m.

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

New Year's Bingo

January 3, 2:30 p.m.

The 1702 Bistro

Come join us for a fun game of New Year's Bingo!

Tammy's Take



We thought we would try something new with the newsletter this year. I want to spotlight the team members that care for you and/or your loved ones. We will begin this year with Trisha Nichols. She is the Clinical Care Coordinator for our long-term care community. She is a great nurse and truly cares about all of

you. Trisha has 20 years of experience in nursing, 12 of those spent specifically in long-term care. She grew up in Emerson, Iowa. She has a husband, a 13-year-old son, a dog named Jax and a cat named Opie. Some of Trisha's favorite things to do include going to Chicago Bears and Cubs games and going to concerts. Trisha says that she is here with us because she loves working with the geriatric population — not just caring for them, but learning from them as well through their stories! Trisha says that she loves



Trisha Nichols

our residents as she does her own family members. Trisha also finds great satisfaction in mentoring the young techs and nurses, sharing her knowledge and experiences so that they may succeed and find the same joy that she finds in caring for our aging adults.

I have a great feeling about this new year. Please know that we are here for you. Remember, "Enjoy the little things because one day you may look back and realize that they were the big thing." Have a great month!

-Tammy Weston, Administrator

RESIDENTS IN ACTION

The month of January is going to be full of fun activities! We will have entertainment with Aaron Shoemaker and Billy Troy, a nature education talk, pet therapy with Scatter Joy Acres, and don't forget, New Year's Bingo. We hope see

everyone enjoying this beautiful season with us, and we can't wait to see what the new year will bring. Happy New Year, everyone!

-Dominique Wahi, Recreation Leader



Flo is surprised by Santa's early visit.



Santa makes a special visit to Margery's room.

A MONTH IN REVIEW

December was a very busy holiday month. We had two Family Holiday Dinners and 125 residents and family members celebrated with us! The parties had amazing food and beautiful decorations that really made the nights magical.

Santa joined us to greet our residents and to hand out presents and good cheer. The joy and love that this holiday brought us is immeasurable.

-Dominique Wahi, Recreation Leader



Bud and his daughter celebrate the holidays together.



Santa delivers presents to Dorothy.



Eldon and Lois smile at the Family Holiday Dinner.



Stacia is brought to tears by a visit from Santa.



Clare excitedly opens his present from Santa.



Erna is overjoyed that Santa came to visit.



Jean, Jan and Tammy enjoy dinner together at the Family Holiday Dinner.



Eileen and Santa smile as Eileen opens her present.