

*"Out of the mountain of despair, a stone of hope."
- Martin Luther King, Jr.*

January 2024

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Celebrate National Hobby Month

The holidays are over, and everyone is looking forward to a new year full of unique opportunities. January is National Hobby Month so it's a great time to get back into an old hobby or dive into a new one.

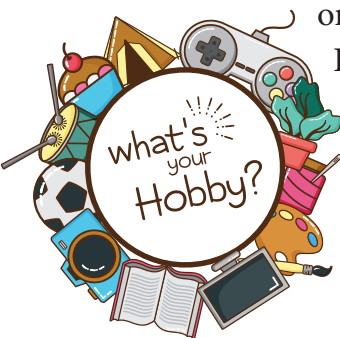
Hobbies can be many things. From crafting to cooking to playing piano, there's something for everyone. These activities are typically something you pursue during your free time and can allow you to have some personal time away from the stress of everyday life.

Spending time doing something you enjoy is great for your mental health. Engaging in these activities can improve mood, confidence and self-esteem. It can also foster friendships.

Individuals who share the same hobby may become close friends and can participate in the hobby together. If you love to read in your free time, joining a book club can create relationships with others who enjoy a good book. You can also spend time with someone who may be interested in your hobby but has not yet tried it. Helping others develop their skills is a great way to build relationships.

Don't have a hobby? As we roll into the new year, this is a great opportunity to try something new. Ask a friend what they enjoy doing in their free time. Step out of your comfort zone and try a new craft project

or learn how to play dominoes. At Hillcrest, there are many unique activities you have a chance to participate in. Ask your recreation team about what fun hobbies you can start your new year off with.



JANUARY BIRTHDAYS

Jan. 1: Glenn C. Jan. 13: Gary R.

WELCOME, NEW RESIDENTS

Glenn C.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF SOCIAL 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:

Latrail Tiller, (402) 682-4236

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!



JANUARY HIGHLIGHTS

Jan. 6: Shortbread Cookie Day

Jan. 8: Bubble Bath Day

Jan. 8: Elvis Bingo

Jan. 15: Martin Luther King, Jr. Trivia

Jan. 25: Merrymakers – Kim Eames

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

Popcorn Tasting

Friday, Jan. 19

Residents will try a variety of popcorn flavors and determine which is the best.



Tammy's Take



It gives me great pleasure to announce our Team Member of the Month, Diane Hakenkamp.

Diane joined the Hillcrest nursing team four years ago. She started out as a charge nurse and eventually moved into a nurse manager role.

When asked how Diane got into nursing, she replied, "I enjoyed meeting different people, caring for them and making their lives better – even when I worked in the hospital. It has always been a passion of mine." Diane's advice to those just starting out in a nursing career is "there are always challenges in anything you do, but the reward of caring for people outweighs those challenges!"

Outside of work, Diane and her husband enjoy traveling to the family cabin when time allows.

We are so happy to have Diane on our team. She is caring and committed to the Hillcrest Way culture. She sets an example for all of us to follow.

Thank you, Diane, for all that you do!

-Tammy Weston, Administrator



RESIDENTS IN ACTION

January is a time to reset and to focus on the upcoming year. Many individuals are setting new resolutions or simply just looking forward to what the new year may bring. We are excited for many activities this month that include snow, bubbles, hot tea, popcorn, bread and a slow cooker. Are you wondering how we could possibly incorporate all of these items into fun activities?

One may think of snow as cold and outdoors but we have found ways to bring the fun of winter indoors. We will have snowball fights, work on snow art and make snow. For Bubble Bath Day, residents will blow bubbles for fun and for an art project.

January is National Tea Month, which will pair wonderfully with Shortbread Cookie Day. We will celebrate Popcorn Day as well. Buttery popcorn is a good snack for the movies but there is also a variety of popcorn flavors to try. Residents will be taste testing different flavors to determine which is the best. In addition, it is National Bread Machine Baking and Slow-Cooking Month. We will combine the two and bake bread and cakes in a slow cooker. Our halls will smell so good! This year is off to a great start with so many unique activities to participate in. I can't wait to see what the rest of the year brings!

-Mary Johnson, Director of Recreation



Livin' Easy performs for residents.



Jean has fun at the casino.



The holiday party is filled with many sweet treats.



Connie snuggles with 3-year-old bunny Garrett.



Michele gives Garrett a kiss.

A MONTH IN REVIEW

December was an eventful month that went by quickly. We decorated Christmas trees, sang holiday songs, unwrapped gifts, visited with Santa and so much more. Scatter Joy Acres stopped by with a 3-year-old dwarf bunny named Garrett. He brought many smiles and cuddles to our residents.

In addition, residents enjoyed getting out of the

community on several occasions. We drove around looking at holiday lights and took a trip to Horseshoe Casino. When we stayed inside the warmth of our building, we participated in trivia, games of bingo and worked on some art projects. It was a great end to the year.

-Mary Johnson, Director of Recreation



Sharon opens her gift.



Edna receives a gift from Santa.



Jan dances along to a song by Wayne Miller.



Modern Kowboy sings for residents.



Residents enjoy a drive to see holiday lights.