

"What good is the warmth of summer, without the cold of winter to give it sweetness." -John Steinbeck

January 2022

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Staying Warm in the Winter

For our aging adults, the temperature change that comes with the winter months can be especially shocking. Several factors can cause fluctuations in body temperature and impede a person's ability to retain heat: thinner skin, loss of body fat and muscle mass, dehydration, etc. The following are some tips to help you stay warm:

- **Wear layers of clothing**

This is perhaps one of the easiest ways to help the body regulate temperature. Adding and removing layers allows your body to slowly adjust to a comfortable temperature based upon your activity. In addition, warm air trapped between layers of clothing acts as insulation.

- **Grab an extra blanket**

Layering blankets works just like layering clothes. Fuller blankets will also provide extra coverage.

- **Wear socks, mittens and hats**

Who says they're just to be worn outside? Our appendages and head tend to be the first parts of the body to become cold due simply to their greater surface area. Use what's necessary to cover them up indoors also.

- **Keep movin'**

An inactive body generates less heat. And as we age, our ability to react to the cold by automatic responses, such as shivering, decreases. Exercising can serve as a substitute. In addition, exercising builds muscle mass, which is important to maintaining body heat. Simple stretching allows for better blood flow throughout the body and better distribution of heat.

- **Drink water**

A hydrated body leads to better blood flow. And, again, better blood flow means a warmer body.

- **Drink warm beverages**

Warm yourself from the outside in while holding your drink. Warm yourself from the inside out by drinking it down.

- **Eat**

Fat cells insulate the body and its organs. Take some lessons from our furry outdoor friends and try adding a few extra pounds during the winter months.



JANUARY BIRTHDAYS

Jan. 4: Jane S.
Jan. 18: Viola D.
Jan. 26: Jill E.

WELCOME NEW RESIDENTS!

Ray A.
Connie W.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

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!



JANUARY HIGHLIGHTS

Crafts
Bingo
Book Club
Noodleball

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

Winter Carnival

Thursday,
January 20

Start the new year off right with warm thoughts! We are going to jump into winter with a summer-themed carnival.



Tammy's Take



I'd like to recognize Stephanie Ciaccio as our Team Member of the Month.

Stephanie has been working as a Registered Nurse at Hillcrest for two years. She graduated from Yutan High School, does not have any children and is still looking

for Mr. Right.

Stephanie knew she wanted to be a nurse for a long time. Caring for her brother with Down Syndrome and helping her mother care for a friend with Multiple Sclerosis influenced her to continue her life in a health care setting.

Stephanie says the best thing about working at Hillcrest is the immense support she receives – from the nursing leadership to the aides.

If Stephanie could offer any advice to other team members, she would say, "Listen to others and ask questions. We have a great team, and they are there to back you up when needed."

-Tammy Weston, Administrator



RESIDENTS IN ACTION

Everyone starts the new year off by setting goals to accomplish and making resolutions for the upcoming year. Many residents participate in various projects and frequently socialize with peers. However, some residents hope to be more social and involved in activities this new year.

When the pandemic hit, everyone was more secluded and socially distant. We are slowly getting

back into our routines of group activities and being more social. This holiday season we've seen residents encourage each other to get involved in activities such as holiday cookie decorating and making stockings for the fireplace mantel. We look forward to many more resident-led activities and encourage everyone to get more involved in the new year.

-Mary Johnson, Director of Recreation



Decking the Halls

Top: Resident-made stockings hang above the Magnolia mantel.

Above Left: Courtney and Mary get festive with their cookie decorating.

Above Right: Courtney and Terry decorate Christmas cookies.

Left: Magnolia residents decorate gingerbread men together.

A MONTH IN REVIEW

The weather this December wasn't your typical winter climate. Who would have thought that we would be outside enjoying the warm sunshine in the middle of December? This month brought on holiday cheer as seen by the decorations, craft projects and

holiday treats. In addition, do not forget it ended with a visit from Santa Claus himself and a party to ring in the new year.

-Mary Johnson, Director of Recreation



Santa Visit

Far Left: Santa stops by the Bistro to visit residents.

Left: Volunteer Amari helps Jan open her gifts.

Bottom Left: Lois checks out her new socks.

Below: David and Lola chat with Santa before receiving gifts.

