

*"Every moment is a fresh beginning."*  
-T.S. Eliot

January 2022

# What's Growing On...

in Hillcrest Health & Rehab's  
Magnolia & Azalea neighborhoods

## New Year, New Goals

The start of a new year not only brings reflection on the past, but also goals for the future. Here are some simple yet meaningful resolutions you can set for 2023:

- **Make a new friend**

Stepping outside of your comfort zone and getting to know someone new is a great way to expand yourself in the new year. Invite someone different to drink coffee with you, or join a new activity, such as a book club or crafting group, to get to know more people.

- **Keep a positive mindset**

Maintaining a positive attitude is something that can make a big impact on yourself and those around you. Stressing less about the things you cannot change has been proven to have a direct effect on health, both physically and mentally. Practice daily positive thinking by incorporating optimistic activities, such as mindful breathing or making a gratitude list, into your routine.

- **Stimulate your mind more often**

Challenging your mind is one of the best ways to stay mentally sharp. Working on crossword puzzles or learning something new can improve the strength of your brain. Even spending 10 minutes a day reading a book can keep your mind healthy and sharp.

- **Keep moving**

Staying physically active has many benefits, including better sleep, improved balance and decreased blood pressure. Many Hillcrest communities incorporate exercise into their weekly schedules with activities such as walking clubs, chair exercises and noodleball.

- **Spend more time with loved ones**

Nothing is comparable to spending quality time with someone you love, whether that's a close friend, child or grandchild. Even catching up with someone over the phone can significantly increase joy and decrease loneliness. It's important to stay connected with those around you.

These are just some ideas to kick-start your new year. There are many more goals you can set for yourself. What resolutions are you setting for 2023?

## JANUARY BIRTHDAYS

Jan. 2: Marylouise H.

## WELCOME NEW RESIDENTS!

Pasty N.      Avery H.      Michele P.  
Marcia P.      Marianne M.      Paul S.

## 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 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

Jan. 4: Catholic Mass  
Jan. 4: Scatter Joy Acres  
Jan. 12: Fun & Games  
Jan. 16: Martin Luther King Jr. Day  
Jan. 30: Chair Aerobics

## 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 26

Start the new year off right with warm thoughts!  
We are going to jump into winter with carnival games, food and fun!

## Amber's Angle



I'd like to recognize Ashley Herlacher as our Team Member of the Month.

Ashley has been a team member with Hillcrest for more than four years in the Environmental Services

department. Ashley was born and raised in Nebraska. She is happily married and has a blended family with eight children. She loves to play games, watch movies and spend quality time with her family outside of work.

Ashley says her favorite part of her job is working with our residents. Her goal is to remain at Hillcrest for the long term.

When asked to give advice to her fellow team members, Ashley said, "Enjoy life one day at a time." Ashley takes great pride in her work, and we are so thankful for her. Congratulations, Ashley!

-Amber Kendall, Assistant Administrator



## RESIDENTS IN ACTION

We're starting off the new year with lots of winter fun! Throughout the month, residents plan on making snowmen and other winter crafts. We'll stay warm and toasty inside of our community with activities such as bingo and trivia. Residents will also receive warm

treats throughout the month. We will end January with a Winter Carnival full of games, food and fun. We not only look forward to a great month but also a great year!

**-Mary Johnson, Director of Recreation**



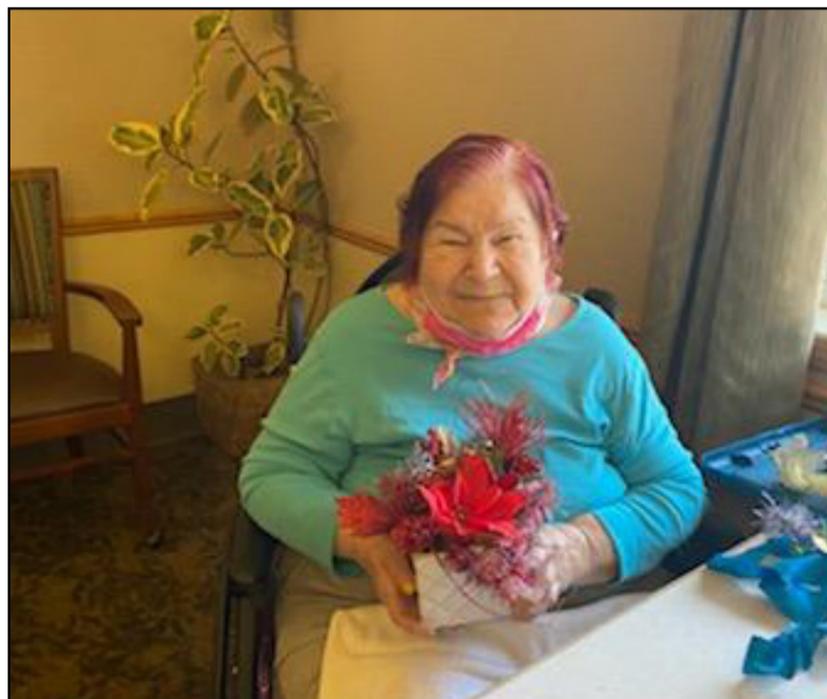
Connie gives Butterscotch a hug.



Residents enjoy a game of noodleball.



Butterscotch lays on Diane's lap.



Marie shows off her holiday centerpiece.

## A MONTH IN REVIEW

Holiday cheer, activities and goodies filled the month of December. Due to the chilly weather, we only got out once to see the beautiful light displays. There was so much to see. Many residents assisted in decorating Christmas trees and making delicious holiday cookies. Our entire community smelled like

freshly-baked goods! Scatter Joy Acres provided many smiles in December by bringing a cute 10-week-old puppy Butterscotch for a visit. Residents could not stop cuddling her! The month ended with a visit from Santa and toasting to the New Year.

**-Mary Johnson, Director of Recreation**



## Holiday Cheer

Top Left: Diane shows off her Christmas tree.

Top Right: Connie decorates her holiday cookie with a lot of sprinkles.

Above: Dorothy enjoys adding color to her holiday cookie.

Right: Jan looks at the holiday lights.

