

"Happiness is not by chance, but by choice."
- Jim Rohn

July 2023

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Hydration Station

Mixing up refreshing beverages is a great way to stay hydrated when things start warming up outside. From something as simple as cucumber water or lemonade to DIY electrolyte concoctions, there are more ways than ever to quench your thirst.

A current widespread social media trend involves flavored powders and syrups you can add to plain water to give it some flavor. While some question whether this is still considered "water," the hydrating factor is there.

Adding simpler ingredients, such as citrus, melon, mint, ginger, lavender and the aforementioned cucumber, can inspire you to drink more water. Mixing and matching is encouraged. Flavors, such as mint and lime or watermelon and basil, can be incredibly revitalizing, while giving you a little vitamin boost.

Hydration is essential to your health, especially during the heat of the summer. While most beverages can help meet your required daily fluid intake, some are better for you than others. For example, did you know that if you're dehydrated, milk is one of the best ways to restore hydration? This is due to its carbohydrates and electrolytes, which help your body absorb that all-important fluid better.

Drink your water in whatever form you prefer whether it's juice, coffee or by adding powders and syrups. Stay safe and have fun. Cheers!

JULY BIRTHDAYS

July 3: Clare H. July 25: Connie W.
July 4: Alice C. July 25: Don C.
July 17: Paul S. July 29: Sharon T.

WELCOME, NEW RESIDENTS

Joan A. Betty M. Barbara G.

WEDDING ANNIVERSARIES

July 2: Lou & Ron R.

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

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!



JULY HIGHLIGHTS

July 5: Pet Therapy – Scatter Joy Acres
July 13: Jazz Music by Livin' Easy
July 14: Casino Outing
July 17: Walmart Outing
July 19: Merrymakers Presents John Worsham
July 25: Movie Outing

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

Christian Service with Pastor Rountree

Fourth Sunday, 2 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



Summer Carnival

Friday, July 28

Magnolia: 9:30 a.m.

Azalea/Ivy: 2 p.m.

Residents will enjoy carnival games and refreshments.

Amber's Angle



It gives me great pleasure to announce our Team Member of the Month, Erleen Mannino. Erleen is our weekend receptionist and has been with Hillcrest for 11 years.

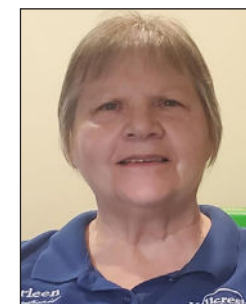
Erleen prides herself in being the face of the community. She

enjoys helping visitors meet up with their loved ones. She helps guide them through the halls of our community and answers any questions they may have. Erleen says she loves working here at Hillcrest Health & Rehab.

In her free time, Erleen likes doing word puzzles and watching western movies, especially those starring John Wayne. Erleen loves animals and caring for her parents. When asked for advice for her fellow team members, Erleen said, "Enjoy the good stuff and let the other stuff roll off your back. It will all work itself out."

Congratulations, Erleen! We are so lucky to have you on our team.

-Amber Kendall, Assistant Administrator



RESIDENTS IN ACTION

We're starting off the month with fireworks and root beer floats and ending it with carnival games, food and fun. What is in the middle, you ask? Fun outings! We will be going to the casino, seeing a movie and taking a shopping trip.

The musical entertainment this month will be Livin' Easy, a smooth jazz band, and John Worsham from Merry-makers, who performs the classics from the 50s,

60s and 70s. We can't wait to sing along! Since the weather outside is hot and sticky, we're planning an indoor picnic. If that isn't cool enough, we will be celebrating Christmas in July. Yes, you read that correctly. We're thinking cold thoughts and plan to sing Christmas carols, make winter crafts and have plenty of holiday treats with a summer twist.

-Mary Johnson, Director of Recreation



Mary stretches out for the noodleball.



Marie waits for her breakfast for lunch.



Connie plays with Piper and Pages from Scatter Joy Acres.



Jean shows off the hat she decorated.



Jan and Paul enjoy lunch together.

A MONTH IN REVIEW

June brought in the summer sun and heat. It also brought in many opportunities for fun outings including a handbell choir concert, a bus ride with an ice cream treat and a shopping trip. We also took a trip to the zoo. Thankfully, the weather wasn't too hot that day!

We learned that we didn't have to go out to have

fun. We enjoyed indoor activities including pet therapy, musical entertainment and fitness. Residents ate plenty of icy treats to keep them cool in the heat of the summer. Our recreation team also served breakfast for lunch to residents in the Azaela and Ivy neighborhoods. Everyone loved the meal!

-Mary Johnson, Director of Recreation



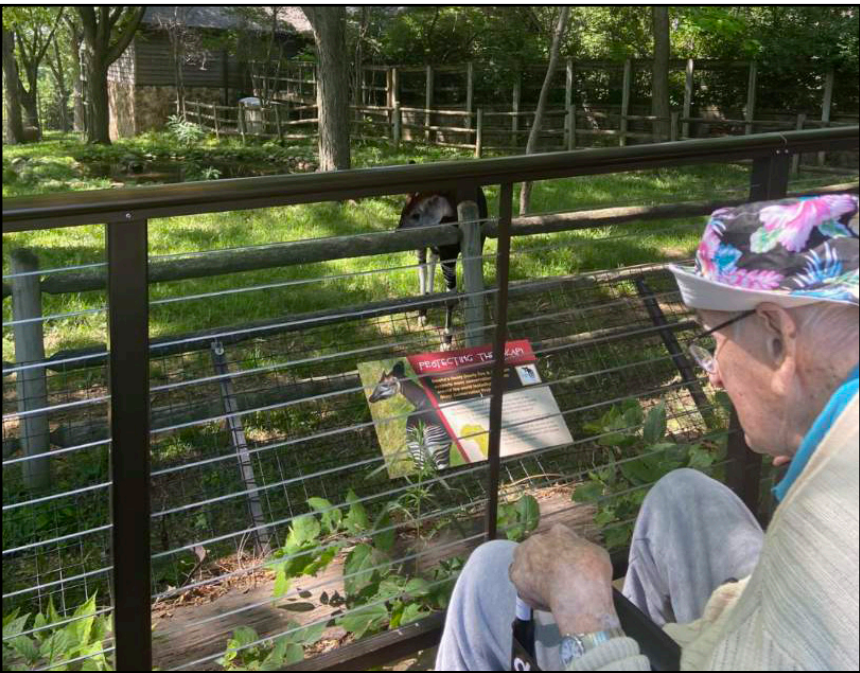
Residents are excited for the zoo outing.



Ruthie and Connie make bird treats.



Lou watches the kittens from Scatter Joy Acres.



Bernie looks at the Okapi at the zoo.



VolunTeen Nate helps out during noodleball.