

*"June suns, you cannot store them."
- A.E. Housman*

June 2023

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Connections Lead to Understanding

In Canada, June 1st is known as Intergenerational Day. It was created as a way to bridge the gap between young and old, focusing on bringing different generations together.

These connections are important and can benefit all involved, no matter what the day. They can help lower issues of social isolation and loneliness, while giving all individuals involved an increased sense of purpose. These relationships help our elders stay socially connected and involved.

For younger people, their interactions with aging adults can provide a sense of connection to the past. Listening to their elders talk about their lives and experiences can lead to a better understanding of who they are as well. That can be done through in-depth storytelling or simply looking through photo albums together. Strong ties with older adults help youth form a better sense of who they are and how they might fit in this world.

Additionally, connections formed among different generations can also help combat negative stereotyping and ageism. Open dialogues enhance trust and promote inclusion while strengthening bonds and improving engagement.

We encourage you to celebrate Intergenerational Day every day — not just on June 1st — by connecting grandchildren and great-grandchildren to their older relatives, both at Hillcrest and at home. Learning each other's stories can help find common ground and a better understanding of each generation while enriching the lives of the older generations and reducing any feelings of isolation.



JUNE BIRTHDAYS

June 6: Shirley D.	June 23: John P.
June 7: Lynette J.	June 24 Myrtle N.
June 11: Bev G.	June 29: Mary Jo M.

WELCOME, NEW RESIDENTS

Diana K.	Myrtle N.
Clara B.	Karin M.
Duaine W.	Aleta T.
Judy G.	Shelia K.

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!



JUNE HIGHLIGHTS

June 7: Handbell Choir Outing
June 8: Merrymakers Presents The Links
June 12: Zoo Outing
June 18: Brats & Beer Lunch
June 23: Picnic at the Park Outing
June 28: Walmart Outing
June 29: Music by Wayne Miller

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



Birthday Celebrations

Tuesday, June 30, 1:30 p.m.

Magnolia in the Atrium

Azalea/Ivy in the Azalea Dining Room

Come celebrate all of our June birthdays!

Amber's Angle



It gives me great pleasure to announce our Team Member of the Month, Elsa Dawson. Elsa has been with us at Hillcrest Health & Rehab for two years as a nurse tech.

Elsa was born in Guatemala but moved to the U.S. after she

was adopted by her loving family at around 6 months old. Elsa recently got engaged.

Her fiancé is in the military and has been out on deployment.

In her free time, she likes to watch "Grey's Anatomy" on TV, crochet hats and paint pictures. In the next five years, she hopes to further her career in health care, buy a home and start a family of her own.

Elsa is such a positive person. She is always smiling and is willing to help anyone. Elsa's advice to others is, "Find the good in things — there is always something good in every day — find it. And have fun at work." Congratulations, Elsa! Thank you for all you do.

-Amber Kendall, Assistant Administrator

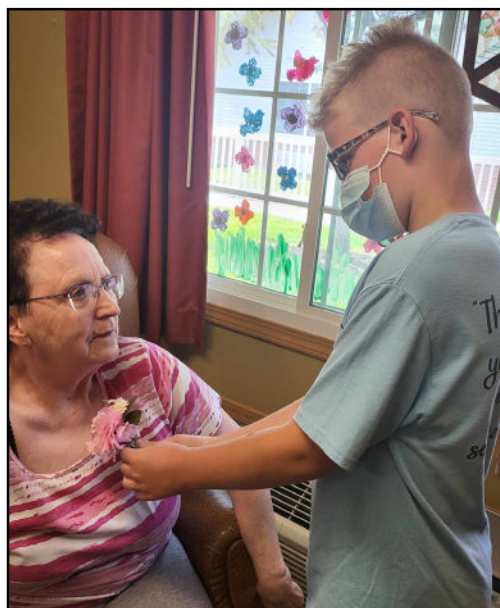


RESIDENTS IN ACTION

June brings us summertime and Father's Day fun. This month, we look ahead to fun outings such as going to the park, the zoo, shopping and more. For sports fans, June brings the College World Series. For game times, tune into Touchtown (Channel 1960) on your TV.

June also brings in some new faces as the summer volunTEENs return to assist the recreation team with activities, outings and one-on-one visits. As they earn their service learning hours, they bring many smiles and much laughter, making connections with our residents.

-Mary Johnson, Director of Recreation



Jan gets a Mother's Day corsage to match her top.



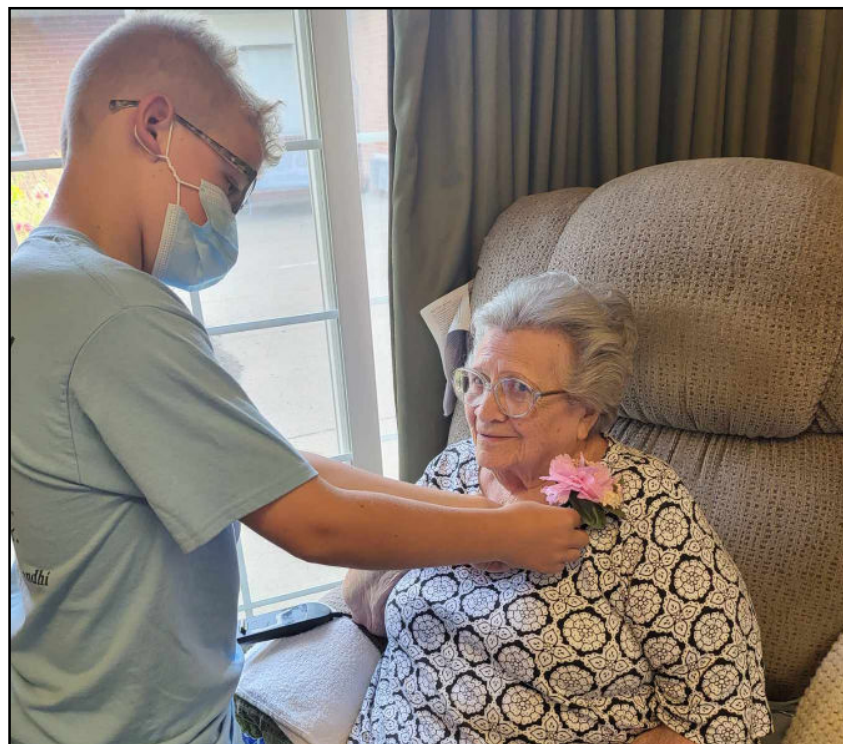
This is one cute and crafty little Cinco de Mayo hat by Doris F.!



Michele P. snuggles with the guinea pig during its visit.



Ruth likes purple with sparkles and pom-pom balls for her festive hat.



Helen receives a lovely corsage from volunteer Connor.

A MONTH IN REVIEW

This May, we got to do some planting, and now we are looking forward to watching our flowers and vegetables blossom into a variety of colors and edible treats. We also got to go on several fun outings, including a baseball game, shopping and a trip to the Henry Doorly Zoo.

We celebrated Mother's Day with cards, corsages and tea. Recreation ended the month honoring all those we have loved and lost, along with honoring our military personnel who fought for our freedoms. We keep them all in our hearts.

-Mary Johnson, Director of Recreation



The aquarium is a hit during the zoo outing.



Sharon R., Helen S., volunteer Mark H. and Don C. watch the Storm Chasers play.



Sharon T. and Clare H. have some Cinco de Mayo fun!



Jan J. holds the visiting guinea pig close, but not too tight!



Dorothy K. shakes the maracas for Cinco de Mayo!