

"Kindness is one thing you can't give away. It always comes back." - George Skolsky

March 2023

# What's Growing On...

in Hillcrest Health & Rehab's  
Magnolia & Azalea neighborhoods



## The First Day of Spring

March 20 marks the first day of spring. The vernal, or spring, equinox is something many people look forward to each year. It means days start to get longer and weather begins to get warmer. On this day, the hours of daylight and hours of darkness are close to equal. Here are some more interesting facts about the spring equinox.

### • Date of spring equinox

The spring equinox doesn't fall on the same day each year. It can either fall on March 19, 20 or 21. This year it falls on March 20. The 2024 spring equinox will fall a day earlier on March 19, and the next time it will fall on March 21 will be 2101.

### • Astrological vs. Meteorological

Astronomers use March 19, 20 or 21 as the official first day of spring. This is the date where the sun is positioned directly above the equator, something that only happens twice a year. However, meteorologists tend to use a different date as the start of spring, March 1. This date is based on annual temperature cycles. Which first day of spring will you celebrate?

### • Holidays

The spring equinox is tied to spring holidays such as the Persian New Year, Easter and Passover. Holidays like these are timed to be celebrated on or after the spring equinox. Easter, specifically, is determined to be the first Sunday after the first full moon after the vernal equinox.

The spring equinox is celebrated as a time of rebirth and renewal in many cultures. Now that you know a little more about the vernal equinox, you can prepare yourself for a new season.

## MARCH BIRTHDAYS

March 11: Helen S.    March 25: Rose D.  
March 14: Anita S.    March 29: Edna J.

## WEDDING ANNIVERSARIES

March 17: Bob & Brenda R.

## WELCOME NEW RESIDENTS!

Barbara M.    Sharon R.    Jean P.

## 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!



## MARCH HIGHLIGHTS

March 9: Merrymakers Presents Kim Eames  
March 10: Entertainment – Tim Javorski  
March 11: Volunteers – Bryan Middle School  
March 15: Build a Flower  
March 29: Birthday Bash

## 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

## St. Patrick's Day Social

Friday, March 17

9:45 a.m.– Magnolia  
1:30 p.m. – Azalea/Ivy

Residents will be celebrating St. Patrick's Day with food, drinks and fun!

## Amber's Angle



I'd like to recognize Yolanda Watson as our Team Member of the Month.

Yolanda started with Hillcrest as a nurse tech a year-and-a-half ago. She transferred to the recreation department shortly after.

Yolanda has 32 years of experience as a nurse aide and 28 years of recreation experience. She loves being a recreation leader because she gets to spend time with residents and guests.

Yolanda has five children: three girls and two boys. Her daughters all joined the military, and her two sons became chefs. She has four grandchildren that she loves to visit.

In her spare time, Yolanda loves to travel, sing and cook. She is also a minister and spends time making house calls to those in need.

You have probably heard Yolanda singing throughout the hallways of Hillcrest Health & Rehab. She has a bright, cheerful smile, and she loves to spread happiness to others. We are so lucky to have Yolanda on our team! When asked if she has any advice for her fellow team members, Yolanda said, "Do unto others as you would have done unto you."

Thank you for all you do, Yolanda!

-Amber Kendall, Assistant Administrator

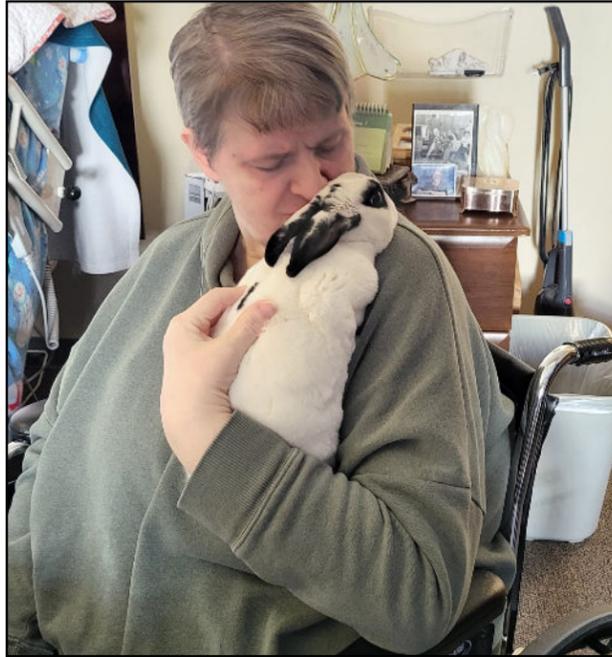


## RESIDENTS IN ACTION

Spring is almost here! Everyone is looking forward to the beginning of spring and hopefully some warmer weather. Our team is also looking forward to spending some quality time outdoors with residents. We can't wait to start soaking up the sun and discussing what flowers to plant!

March is the time of year to plant seeds that we will later transfer to our gardens. Besides preparing our garden, we will also be celebrating St. Patrick's Day this month. It will be a fun day for all. Bring on the spring weather, and let's have some fun this March!

-Mary Johnson, Director of Recreation



Diane gives Obi-Bun a kiss.



Lois snuggles with Obi-Bun.



Don shops at the country store.



Helen picks out something nice from the country store.



Mary Jo buys some knickknacks from the country store.

## A MONTH IN REVIEW

February was a busy month for activities! It all began with a visit from Scatter Joy Acres and their 4-year-old bunny named Obi-Bun. This visit was followed by Valentine's Day celebrations. Lastly, residents attended Mardi Gras socials with treats and facts about the day.

The country store also opened for the first time in February. It was filled with a variety of items including clothes, knickknacks and jewelry. All in all, the reviews were positive from residents and team members. We plan to open the doors again late in the summer.

-Mary Johnson, Director of Recreation



Clare and Yolanda enjoy Valentine's Day Brunch together.



Frank serves a mimosa to Dorothy at Valentine's Day Brunch.



Doris helps arrange flowers for Valentine's Day Brunch.



Connie shows off her Valentine's Day craft.



Elaine is proud of her Valentine's Day bumblebee.