

"Spring is far more than just a changing of seasons; it's a rebirth of the spirit." - Toni Sorenson

March 2024

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

St. Patrick's Day Traditions

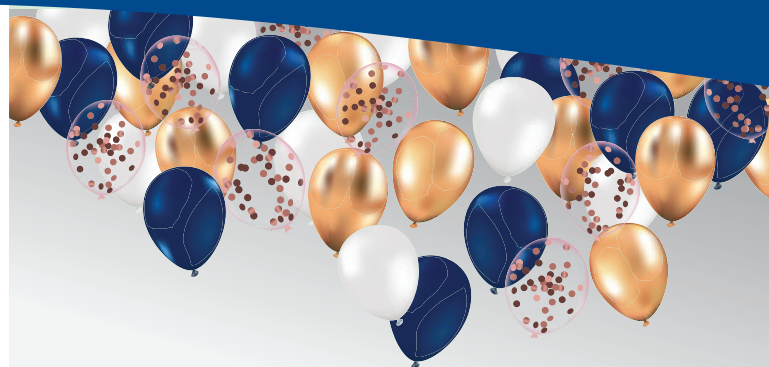
St. Patrick's Day is all about honoring the patron saint of Ireland, Saint Patrick, and embracing the rich traditions and culture of the emerald isle.

Do you know why we wear the color green on St. Patrick's Day? Traditionally, the color green represents Ireland, its lush landscape and shamrocks. Wearing green is a symbol of Irish nationalism. It is also said that wearing green can protect you from getting pinched by leprechauns. According to Irish folklore, leprechauns pinch anyone they see, and they can't see the color green.

Stories say that leprechauns mend shoes for other fairies and hide gold coins at the end of rainbows. They are grumpy, mean and best known for their trickery. The leprechaun has been associated with Irish culture for centuries, longer than St. Patrick's Day itself. The mythical creatures became a symbol of the holiday in the mid 1900s when St. Patrick's Day celebrations became more popular in the United States. Leprechauns are also a symbol of luck. It is said that capturing these small fairy-like creatures will secure luck as well as three wishes.

Another Irish symbol associated with luck is the shamrock. The Celtic druids started this three-leaf clover on the path to becoming a symbol of luck. Celts believed that three was a divine number and everything important in the world came in threes. When St. Patrick brought Christianity in Ireland, he also used the shamrock as a metaphor in his teachings. The three leaves are said to represent faith, hope and love. If someone were to find a rare four-leafed clover, then the fourth leaf would represent luck.

We hope you find a bit of luck this St. Patrick's Day. Just be sure to wear green and be on the lookout for the mischievous leprechaun.



MARCH BIRTHDAYS

March 5: Henry V. March 29: Edna J.
March 11: Helen S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

DIRECTOR OF SOCIAL SERVICES:

Ashley Gessert, (402) 682-4297

DIRECTOR OF REHAB SERVICES:

Danielle Ward-Baughman, (402) 682-4213

DIRECTOR OF ENVIRONMENTAL SERVICES:

Andrew Workman, (402) 682-4235

ARE YOU ON THE LIST?



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 11: Social Drumming
March 14: Merrymakers – Mary Link
March 15: St. Patrick's Day Fun
March 24: Easter Egg Hunt
March 25: Walmart Outing
March 28: Jazz Music by Livin' Easy

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

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

Welcome Home, Vietnam Veterans

Thursday, March 21
3:45 p.m. – Chapel

Vietnam-era veterans were not properly welcomed home as heroes. Join us as we honor veterans and their families for their service and sacrifice.

Tammy's Take



Welcome to March – a month packed with many opportunities to celebrate. We'd like to kick off the month with announcing our Team Member of the Month, Cassie Delong.

Cassie is a licensed practical nurse (LPN) here at Hillcrest Health

& Rehab. She has been in health care for 14 years and a LPN for the last eight years. Cassie is compassionate and really enjoys teaching and mentoring others. She believes in leading by example and is wonderful with our guests.

Cassie is the mother of two girls and two boys. This keeps her busy when she is not here taking care of our guests. She is also a huge Denver Broncos fan. When asked what advice she would give to inspire others in health care, she said that you should always be open to learning.

"Every day is a new day, full of opportunities to learn from others," she said.

We are very fortunate to have Cassie on our team at Hillcrest Health & Rehab, and are grateful for all she does. Thank you, Cassie!

-Tammy Weston, Administrator



Cassie Delong



RESIDENTS IN ACTION

Spring is in the air! We have many holidays and activities to kick off the new season. We have events planned for St. Patrick's Day, daylight savings, March Madness and Easter. We'll wear green for St. Patrick's Day and have some basketball fun for March Madness. We'll end the month with the annual visit from the Easter Bunny, who will be hiding some eggs for kids to hunt.

Along with all of these special celebrations, there many opportunities for residents to participate in

crafts, reminiscing and garden prepping. We hope the weather this month allows us to break outside to enjoy the fresh air and sunshine.

Hillcrest Health & Rehab will host a special ceremony on Thursday, March 21 at 3:45 p.m. for Vietnam-era veterans. Bellevue East Color Guard will assist in honoring our veterans and their families. We invite you to join us.

-Mary Johnson, Director of Recreation



Linda smiles big while snuggling with Denali.



Lois gives Shasta some loving attention.



Jan decorates a Valentine's Day bag.



Connie gets ready for spring with a garden craft.



Residents watch the Super Bowl.

A MONTH IN REVIEW

February was full of parties! We enjoyed getting together for the Super Bowl, Mardi Gras and Valentine's Day. All of those parties just so happened to be in the same week, so the rest of the month was mellow and peaceful. Residents participated in activities to appease their musical ears, move their

extremities and/or to challenge their minds.

Scatter Joy Acres also stopped by with two five-week-old Great Pyrenees puppies, Denali and Shasta. Many residents (and team members) were ready to make a permanent home here for those two sisters!

-Mary Johnson, Director of Recreation



Dorothy shows off her Mardi Gras mask.



Helen makes a valentine for a team member.



Mary pets the puppy.



Lou has fun during the Mardi Gras Party.



Michelle is visited by Denali and Shasta.