

“Life isn’t about waiting for the storm to pass;
it’s about learning to dance in the rain.”
– Vivian Greene

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

Five reasons baking is good for you

Whipping up treats in the kitchen can do more than just create yummy comfort food. In fact, baking has been found to have therapeutic value, which helps to ease depression and anxiety.

1. Cooking is meditative

- Any activity that takes your whole attention, especially if it's simple and repetitive, can have a

calming, meditative quality. The process of weighing out butter and sugar, whisking eggs, beating and folding creates space in the mind and eases negative thinking.

2. Baking stimulates the senses - The feel of the flour, the sound of the blender and, of course, the smell of the delectable final product – all of these experiences stimulate the senses, which in turn increase feel-good endorphins.

3. Nourishing activities feel good - Baking and any sort of cooking or food preparation is ultimately about nourishing ourselves and others. To internalize this benefit, make an effort to bring your whole awareness to the healthy ingredients and love that go into your baked goodies.

4. Baking is creative - Psychologists have found a strong connection between creative expression and overall wellbeing, so experiment with that recipe if you dare, and make that frosting the prettiest it can be.

5. It makes other people happy - One of the best things about baking is that you can give away your creations and make other people feel happy, which in turn puts a smile on your dial. It's a win-win.

-Juli Grimm, Recreation Director, Hillcrest Millard



NOVEMBER BIRTHDAYS

Nov. 7: Henry Charles (Azalea)
Nov. 15: Janice Judd (Azalea)
Nov. 15: Marie Apostol (Magnolia)

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

Angie Wallace, (402) 682-4250

DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

DIRECTOR OF INPATIENT REHAB:

Raegan Muller, (402) 682-4263

DIRECTOR OF CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (402) 933-4690

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!



NOVEMBER HIGHLIGHTS

Nov. 8: Fontenelle Forest, 10 a.m. (Magnolia)
Nov. 8: Entertainer Wayne Miller, 2:45 p.m. (Chapel)
Nov. 9: Scatter Joy Acres, 11 a.m. (Magnolia)
Nov. 9: Veterans Service, 1 p.m. (Chapel)
Nov. 15: Merrymakers' Rich Patton, 2 p.m. (Chapel)
Nov. 16: Entertainer Aaron Shoemaker, 2 p.m. (Magnolia)

WORSHIP SERVICES

Sunday, 10 a.m., Catholic Mass in the Chapel
Monday, 1:30 p.m., Worship with Chaplain Jerry
Tuesday morning, Catholic Communion, provided by John DuBay

FEATURED EVENT



Veterans Day Pinning Service

November 9, 1 p.m., Chapel

Join us in honoring our military men and women for their selfless service! Chaplain Jerry will officiate over a pinning ceremony. Cake and punch will be served following the service.

Tammy's Take



Things are changing here at Hillcrest Health & Rehab — just like the seasons! Summer has passed, and we are officially into fall. With the cool, crisp air and changing of the trees, I can't help but get excited for the soon approaching holidays! The holidays can be a stressful

time for many families, but I know that our Hillcrest family will keep the holiday spirit alive and well throughout the next couple months.

We hope you had the opportunity to stop by and experience our spooky haunted house on Halloween! We hope that our residents and families feel the love and joy that each and every team member has to offer. It is the season to really find appreciation and inspiration from the people around you. I appreciate every single person here at Hillcrest, and I feel very inspired by all the hardworking folks that will surely make the holiday season for our residents and families as joyful and happy as they can!

Until next month...have a great month! See you around Hillcrest Health & Rehab!
-Tammy Weston, Administrator



RESIDENTS IN ACTION

Jazz music mixed with comedy was the latest spin on entertainment for our Hillcrest residents. Shann Stewart walked them down memory lane singing a number of songs devoted to romance, love and marriage while making a few jabs in her own comical renditions of classic love songs.

Our residents are all about discovering new places to visit in the Omaha area. This time



Jim Heydenreich looks anything but dapper while being swooned by Shann Stewart during her rendition of “The Way You Look Tonight.”



Joan Spain enjoys a cone of classic chocolate ice cream at Graley’s Creamery.

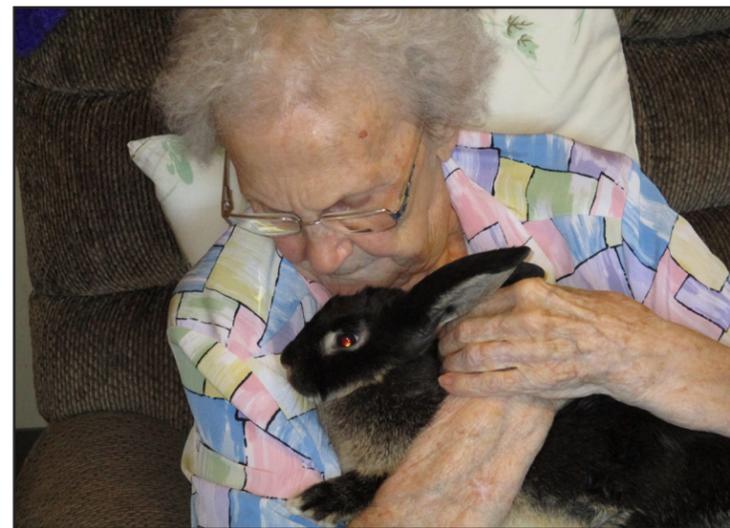
it was a new 1890s-themed ice cream shop in downtown Papillion called Graley’s Creamery. This quaint shop featured the classic flavors of vanilla, strawberry and chocolate and some that are a bit trendier, such as maple bacon.

From farm to facility...Scatter Joy Acres made another visit — this time with a rabbit named Juniper.

-Laurie Simmons, Recreation Leader



Dorothy Kazor feeds the goats during a visit to Wenninghoff Farms.



Betty Miller embraces Juniper, a rabbit from Scatter Joy Acres.

A MONTH IN REVIEW

What makes a ballroom gown a ballroom gown? How about a dress covered in ping-pong balls? One such gown was modeled during the Foolish Fashion Show, a first-of-its-kind show that took everyday clothing and put a literal spin on it. Thirsty? How about using a tea bag from our “tea” shirt? Need to take notes and

lack something to write with? Our “pencil” skirt would have come in handy. Birthday suit? No worries! This outfit covered all parts with the addition of some ribbon, balloons and noise makers on the jacket.

-Laurie Simmons, Recreation Leader



Team members model in the Foolish Fashion Show. From left: Tisha Craine is dolled up in her “ball”room gown. Amanda Maupin crashes the Foolish Fashion Show in her “card”igan and “bloomers.” Sharayah Chaput dresses casual in her “tea” shirt.