

"Welcome sweet November, the season of senses and my favorite month of all." —Gregory F. Lenz

November 2021

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

As We Continue to Fight COVID, Don't Forget About the Seasonal Flu

While we were busy fighting the pandemic last year, we experienced far fewer incidences of the seasonal flu. Since we all wore masks and kept our distance, seasonal flu infections remained extremely low.

Things are different this year. The masks are off and — thanks to our COVID vaccines — we can enjoy group activities again. However, the fact that we'll be closer together during the cold-weather months increases the possibility that the flu will make a comeback.

As with COVID, the best way to prevent the flu is to get vaccinated. In addition to advanced cleaning protocols and other safety measures implemented at the onset of COVID, Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents and elders. Our clinical team will be contacting you about your flu vaccine. If you have any questions, please reach out to your Director of Health Services.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID. Wash your hands often and well. Cough and sneeze into your elbow. If you feel sick, stay away from your friends, and let our team know.

As we continue the battle against COVID, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



NOVEMBER BIRTHDAYS

Nov. 13: Leona P. Nov. 21: Terry O.
Nov. 15: Marie A. Nov. 22: Mary B.
Nov. 15: Jan J.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

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 CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ruben Gonzalez, (402) 682-4235

REGIONAL ADMINISTRATOR:

Derrick DeFino, (402) 934-2333

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. 4: Entertainment by Tim Javorski
Nov. 11: Veterans Day Pinning Ceremony
Nov. 15: Entertainment by Livin' Easy

WORSHIP SERVICES

First Wednesday
10 a.m. - Mass
Third Wednesday
6:30 p.m. - Catholic Communion
Third Sunday
2 p.m. - Christian Service with Pastor Rountree

FEATURED EVENT

Casino Day

Saturday, November 13
Rec Room

Each neighborhood will be given a time to enjoy Casino Day. We'll have snacks, games and tables of fun for all!



Tammy's Take



For this month's team member spotlight, I'd like to recognize Chase Parks. Chase began working with us in September 2016. During his time with us he has learned all of the positions in the culinary department.

He takes great pride in the food that he prepares. He is dependable, hardworking and takes initiative. During his free time he enjoys skateboarding and video games. We are very proud to have him as part of the team!



This time of year, especially, we like to take a moment to think about all we are thankful for. We're so thankful you've entrusted your loved ones to our care. Thank you for your continued support during these trying times. Happy Thanksgiving!
— Tammy Weston, Administrator



RESIDENTS IN ACTION

November is here, and before you know it, that white stuff will be falling from the sky. However, before that happens, let's focus on Thanksgiving. November offers a time to recognize all we have and remember

what we are thankful for. The recreation department will reflect on being thankful through our cognitive stimulation activities, reminiscing activities and crafts.

-Mary Johnson, Director of Recreation



Sharing the Love

Residents enjoy personal notes and a sweet treat from our generous volunteers on National Love People Day.

Left: Ruthie, Jan, Duane.

Below: Terry, Jean, Marie A., June.



Autumn Art

Candy corn, apples, owls and autumn leaves inspired our October art projects.



A MONTH IN REVIEW

October seemed quiet and serene, like falling leaves outside on a calm day. Our crafts of owls, apples and candy corn have decorated the common areas in Magnolia and Azalea. Residents also have enjoyed

making crafts to decorate their living areas. Volunteers Audrey and Natalie treated residents with notes and Hershey's Kisses for National Love People Day.

-Mary Johnson, Director of Recreation