

"If you want to lift yourself up, lift up someone else."
-Booker T. Washington

November 2022

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Don't forget your flu shot!

As we roll into the holidays, we also need to remember it's flu season. We'll be close together during the cold-weather months for many fun holiday activities. This increases the possibility we will see some cases of the flu, especially in those 65 and older.

It is important to get a flu shot each year to prevent yourself from getting sick. According to the Centers for Disease Control and Prevention (CDC), flu vaccines have many benefits such as reducing the risk of getting sick and reducing the risk of more serious flu outcomes.

According to the CDC, this year's flu vaccines have been updated to better match current circulating viruses. Flu vaccines are updated each year because the virus constantly changes.

Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents/elders as well as team members. Please let the clinical team know if you (or your loved one) still need to get a flu shot.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID-19. 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-19, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



NOVEMBER BIRTHDAYS

Nov. 11: Diane R. Nov. 15: Jan J.
Nov. 15: Marie A. Nov. 22: Mary B.

WELCOME NEW RESIDENTS!

Deb C. Lewayne B. Sharon K.
Lewis D. Paula S. Bob R.

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!



NOVEMBER HIGHLIGHTS

Nov. 10: Veterans Pinning Ceremony
Nov. 10: Musical Entertainment – Bob's Trio
Nov. 18: Musical Entertainment – Wayne Miller
Nov. 23: Thanksgiving Bingo Social
Nov. 30: Merrymakers Presents Tim Javorsky

WORSHIP SERVICES

Catholic Communion

Second, Third and Fourth Wednesday,
6:30 p.m., Chapel

Catholic Mass

First Wednesday, 10 a.m.

Non-Denominational Services with Pastor Jerry

Mondays, 9:30/10 a.m., Magnolia

Tuesdays, 1:15 p.m., Chapel

Thursdays, 11 a.m., Chapel

Hymns & Prayers with Pastor Bob

First and Third Saturdays, 11 a.m.

Church of God and Christ with Pastor Rountree

Fourth Sunday, 2 p.m.

FEATURED EVENT

Casino Time

Saturday, Nov. 12
9:30 a.m. - noon

Residents will enjoy games such as Texas Hold 'em, Black Jack, Roulette and more.



Amber's Angle



I am so pleased to announce our Team Member of the Month is Ashley Gessert. Ashley is a transitions specialist, and she has been with Hillcrest for seven months. Ashley is a wife, mother of three and foster dog mom. She is originally from Omaha but has

been living in Iowa since she was 18 years old.

Ashley graduated from University of Northern Iowa with a Bachelor of Social Work and has worked in child welfare and substance abuse centers in the past. Ashley hopes to complete her master's degree in public administration to further advance her career.



She and her husband stay busy fixing up their new home and attending their children's sporting events. In her spare time, she loves to travel, see new places and try new foods.

Ashley has been an amazing addition to our transitions team. She is always searching for new resources to help our residents and guests so they can transition safely to their home or new living environment. Ashley tells her fellow team members, "Always be kind. You never know what that guest or other team member has been through."

Thank you for all you do, Ashley!

-Amber Kendall, Assistant Administrator

RESIDENTS IN ACTION

As November rolls in, we will start to focus on holiday events and activities. Our team is encouraging residents to give back to their community with many fun and giving activities.

One of our main activities of November is honoring our veterans on Veterans Day. We appreciate their

service and dedication to our country. We will also focus on the people and things we are grateful for in the spirit of Thanksgiving. I can't wait to hear what everyone is thankful for. It will be another great month here at Hillcrest Health & Rehab!

-Mary Johnson, Director of Recreation



Sophia the Goat

Top Left: Kum pets Sophia.

Top Right: Sophia makes Connie's day brighter.

Right Center: Sophia visits residents.

Right: Lois is happy to meet Sophia.

Above: Diane feeds Sophia a snack.

A MONTH IN REVIEW

October showed us some crazy warm days and chilly fall days. Despite the weather, residents were able to enjoy an autumn drive to see some colorful trees. We even stopped for ice cream on warm seasonal day.

Residents had some crafty fun by making autumn and Halloween decorations. It's fun to see how unique

each project turns out. Residents also received a very cute visitor by the name of Sophia, who is a baby goat from Scatter Joy Acres. There were many "ooohh and ahhh" moments when they saw Sophia walking the halls of Hillcrest Health & Rehab.

-Mary Johnson, Director of Recreation



Jan shows off her fall craft.



Pat looks at the monster he created.



Jean works on her jack-o-lantern.



Residents enjoy an autumn bus ride.