

"Not every day is good but there is something good in every day." - Alice Morse Earle

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Pies are a Thanksgiving Staple

After Halloween, everyone starts preparing for the holiday season. Many celebrate with friends, family and good food. This month, people will gather together for a hardy meal of turkey, stuffing, mashed potatoes and more. It's also not Thanksgiving without pie.

Historians date the tradition of serving pie after a Thanksgiving meal to the 18th century. Today, it is still one of the most popular desserts for the holiday. Perhaps this is because pie is a very versatile treat. One can make pie with fruits, vegetables, nuts, custard or even chocolate.

Some of the most popular pies for Thanksgiving include apple, pumpkin, sweet potato, pecan and lemon meringue. Even though these rank highest,

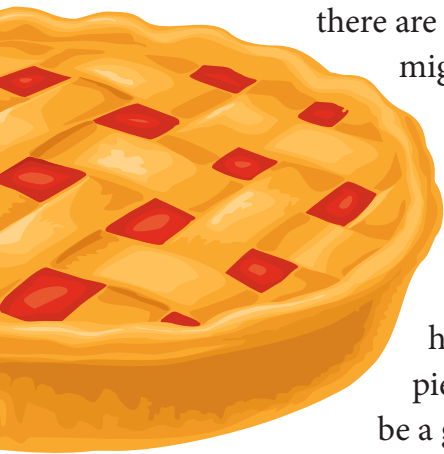
there are many other pies you might see at the table this Thanksgiving.

If you're not a fan of pie, you can still participate in this fall tradition by learning how to make one. Baking pies or other fall treats can

be a great way to spend time with family or friends. You can also

get into the fall baking spirit by simply sharing your family's traditions and recipes with each other. You never know what new treats you may discover.

Whether you enjoy pie after a Thanksgiving meal or another treat, this holiday is a great time to gather together, share stories and reflect on what you're thankful for. Happy Thanksgiving from all of us at Hillcrest!



NOVEMBER BIRTHDAYS

Nov. 5: Bob P. Nov. 15: Marie A.
Nov. 15: Jan J. Nov. 22: Mary B.

WELCOME, NEW RESIDENTS

Roger A.

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:

Latrail Tiller, (402) 682-4236

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. 2: Afternoon Drive
- Nov. 10 Walmart Outing
- Nov. 13: Casino Outing
- Nov. 17: Merrymakers – Joe Taylor
- Nov. 30: Christmas Music w/Billy Troy

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



Veterans Day Celebration

Thursday, Nov. 9, 11 a.m.

We are honoring the veterans who call Hillcrest Health & Rehab home with a pinning ceremony and military music.

Tammy's Take



Oh my... Where does the time go? I hope October was a good month for all. That darn COVID-19 reared its ugly head again, but we are on the downhill slide and starting group activities again soon.

I'm happy to announce our Team Member of the Month is Crystal Mancilla! As our receptionist, Crystal meets all who come in with a friendly smile and hello. She is more than willing to answer questions and support all departments.

Crystal is a Marine veteran who served in the Persian Gulf War. She has lived in the Bellevue area now for almost 20 years and has two children and two grandchildren who are the lights of her life. She also has two cats. She enjoys golfing and playing darts.

Crystal loves working at Hillcrest Health & Rehab because we have a wonderful team that enhances lives. She feels that despite some very good jobs over the years, she has never felt as welcome or appreciated as she does here.

We are fortunate to have her on our team! As Crystal said, it's a great team that serves a great purpose! Please give her a big congratulations next time you see her.

-Tammy Weston, Administrator



RESIDENTS IN ACTION

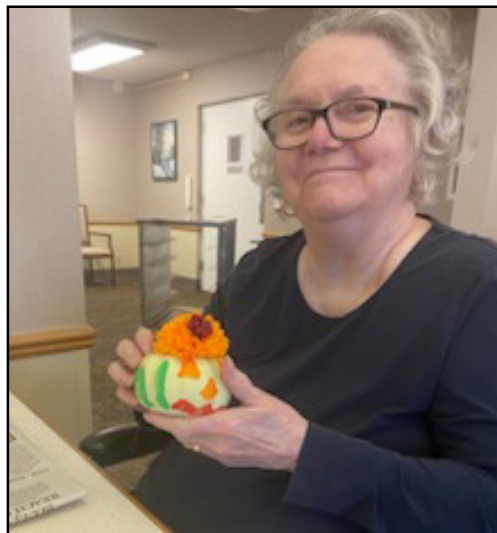
In November, our team is focusing on celebrating veterans and those who we are thankful for. We plan to honor our veterans with a pinning ceremony on Nov. 9. We will also take a few more outings this month before the weather gets too cold. Residents will continue to have fall-themed snacks and make autumn crafts.

The holiday season is just around the corner so do not be surprised if you see Christmas trees coming out of storage and decorations being hung up. In addition, Billy Troy will be here to assist us in kicking off the season with holiday music on Nov. 30.

-Mary Johnson, Director of Recreation



Diane shows off her butterfly decorations.



Lou paints a pumpkin in preparation for Halloween.



Mary is proud of her spooky bat craft.



Kim Eames performs for residents.



Windows are decorated with Halloween images at Hillcrest Health & Rehab.



Volunteer Shirley assists Helen with her floral arrangement.



Sharon tries to win big at the casino.

A MONTH IN REVIEW

October was a great month filled with so much fun! The month started out a little quiet with a few activities, but by mid-October the ghost and goblins came out for trivia, Halloween treats and socials.

Some of the Halloween crafts we did include candy corn faces, pumpkin lights and paper bats. Residents also really enjoyed painting small pumpkins. It was fun

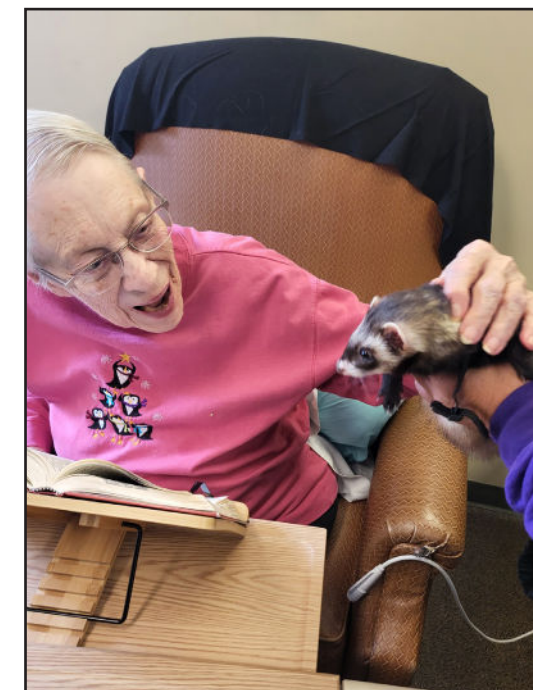
to see all of the wonderful creations.

Scatter Joy Acres brought in a ferret named Aurora. Aurora is a rescue, and they estimate she is about 2 years old. Residents enjoyed meeting this little cutie. Aurora received a lot of pets and attention from our residents.

-Mary Johnson, Director of Recreation



Connie makes a scared candy corn craft.



Lois pets Aurora.



Edna works on a pumpkin light craft.



Jan shows off her pumpkin light craft.



Ruthie creates a happy candy corn.



Jean says "hi" to Aurora.