

"Dancing of the autumn leaves on a surface of a lake is a dream we see when we are awake." - Mehmet Murat Ildan

October 2019

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

Preventing the Flu this Holiday Season

Fall is officially upon us. Now we can look forward to the holiday season and all of the fun stuff that goes along with it. But we also have to be prepared for the beginning of flu season. Last year the CDC reported that the flu season lasted for more than 21 weeks and was moderately severe, with more than 40 million cases reported in the United States. Often, flu symptoms can look a lot like those of a common cold. However, the flu can happen suddenly and be much more severe than a cold. Some symptoms include fever, sore throat, runny nose, coughing and fatigue.

Fortunately there are ways that you can fight the flu. First, it is very important that you get a flu vaccine to ensure that you and your family are protected from this virus. According to the CDC, the flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications. We will be offering the flu vaccine at Hillcrest Health & Rehab. Details to come soon. You can also take simple steps like washing your hands frequently and using hand sanitizer to prevent the spread of the flu. The CDC believes that the flu is primarily spread through coughing, so remember to cover your mouth if you start coughing.

Talk to a Hillcrest team member if you think you are starting to get sick. It is our goal to keep you healthy and happy this holiday season!



OCTOBER BIRTHDAYS

Oct. 3: Chris C.
Oct. 11: Edmond C.
Oct. 12: Allen L.
Oct. 12: Mike M.
Oct. 18: Eldon S.
Oct. 21: Linda B.
Oct. 22: Hank F.
Oct. 31: Doris F

WELCOME TO HHR!

Edmond C.

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

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ruben Gonzalez, (402) 682-4235

REGIONAL ADMINISTRATOR:

Michelle Yosick, (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!



OCTOBER HIGHLIGHTS

Oct. 2: Community Involvement Day with Skutt Catholic Students, 9 a.m.-1 p.m.
Oct. 2: Scatter Joy Acres, 2 p.m.
Oct. 3: Fontenelle Forest, 3 p.m.
Oct. 17: Entertainment - Wayne Miller, 2:45 p.m.
Oct. 24: Annual Trick-or-Treat Night, 6-7 p.m.
Oct. 28: Merrymakers' Rockin' Woody, 2:30 p.m.

WORSHIP SERVICES

Sun: Catholic Mass, 10 a.m. (Chapel)
Christian Service (3rd & 4th Sun), 1:30 p.m.
Mon: Worship with Chaplain Jerry, 1:30 p.m. (Magnolia)
Tues: Catholic Communion, provided by St. Mary's of Bellevue, morning Hymn Sing, 1:15 p.m. (Chapel)
Thurs: Chapel with Chaplain Jerry, 11 a.m. (Chapel)
Sat: Hymns & Prayer, 10 a.m. (Chapel)

FEATURED EVENT

Annual Trick-or-Treat Night October 24

Join us in handing out treats to little spooks for Halloween. Along with treats there is a Haunted Dining Room, if you dare to enter.

Tammy's Take



Happy October! Fall is upon us... or should I say autumn. It came to me as I was thinking about the seasons that to my knowledge this is the only season that has two names. I was wondering why, so I did a little research. According to an article by Forrest Wiskman, before this time of year was labeled "fall" or "autumn" it was actually referred to as "harvest." The article states that the seasons of winter and summer have been around for thousands of years and that the times of year we refer to as fall and spring were secondary to these seasons. The reference "autumn" came about sometime in the 16th century. As I was reading I could not find the reference for "fall," so it seems the obvious answer to me is... this is when the leaves fall! My research may leave something to be desired. I can tell you something that I do know for sure... regardless of the season, caring for you and/or your family members or friends is a year-round privilege, and the team members here at HHR are so appreciative that you are in our lives.

Thank you, and enjoy this beautiful month!
-Tammy Weston, Administrator



Eldon enjoys his s'mores.

RESIDENTS IN ACTION



Gloria offers a bite of s'mores to David.



Juanita, Lee, Dorothy and Jean keep a good distance from the campfire.



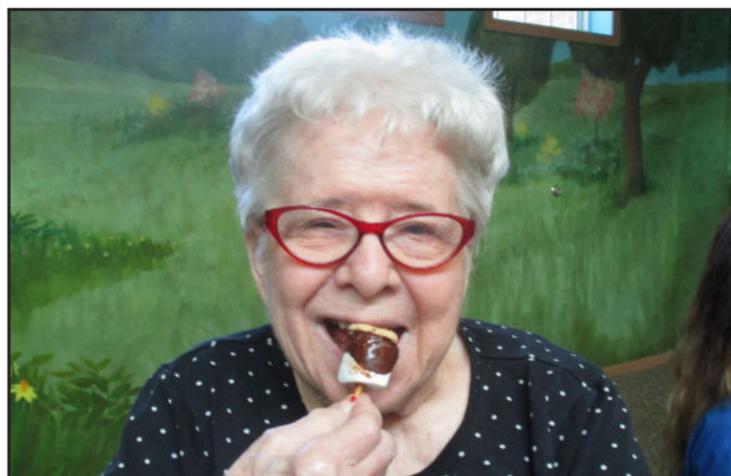
Bev tosses a bean bag during the tailgate games.



Audrey, Jean, Jan and Dorothy, along with Taylor and Mary, work on a wreath during a craft group.



Mike says "cheers."

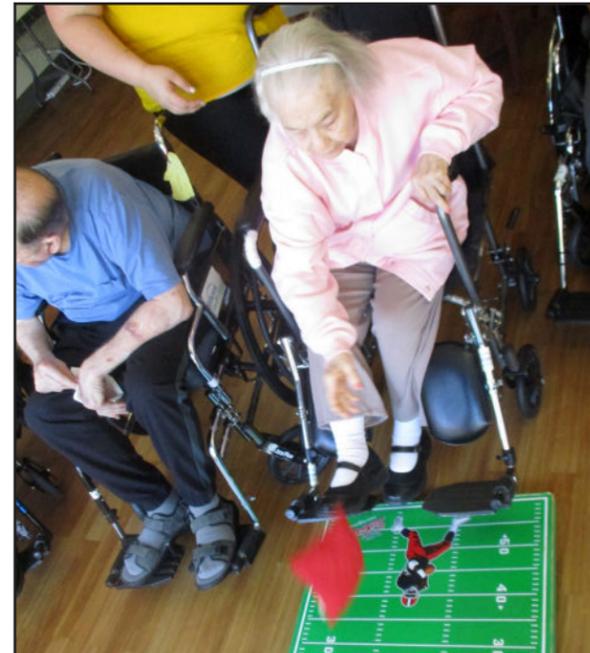


Jackie M. enjoys her s'mores treat by the campfire.

A MONTH IN REVIEW

August seemed to be a quiet month after the summer event in July. For some people, August reminds them of football. So we kicked off the season with a Tailgate Party with games and snacks. Along with the football party, residents also enjoyed music, crafts and games. The Recreation Department kicked off September with a campfire and s'mores on Labor Day.

-Mary Johnson, Director of Recreation



Erna takes her turn at tossing the bean bag during the tailgate games.



Jackie S. and Juanita listen to the beautiful voice and good guitar pickin' of Kim Eames from Merrymakers.



Doris focuses on her task as she tosses during ladder ball.



Billie enjoys Connect Four at the tailgate games.

SAVE THE DATES!

October 24: Trick-or-Treat Night
 November 11: Veteran's Day Pinning Ceremony, 1:30 p.m.
 November: Family Meet & Greet, Date TBA
 December: Family Holiday Parties (Azalea - 12th, Magnolia - 19th)