

*"I wish that every day was Saturday and every month was October."
- Charmaine J. Forde*

October 2021

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Join Us In Supporting the Walk to End Alzheimer's



This month, Hillcrest Health Services is forming a team to walk in the 2021 Sarpy County Walk to End Alzheimer's. This cause is very near and dear to our

hearts, so we're really looking forward to this event.

Alzheimer's is a type of dementia that impacts memory, thinking and behavior. In Nebraska, alone, more than 35,000 individuals live with Alzheimer's or dementia. Additionally, more than 61,000 individuals care for loved ones with some form of this disease.

Across our Hillcrest communities we care for many individuals with dementia and see first-hand the impact of Alzheimer's and dementia. In response, we've invested a lot of time and resources into providing high-quality memory care. One of the results of our efforts is our Dimensions™ program, which implements the Montessori method into senior care. This method enables, empowers and engages individuals at every step of their dementia journey. We also partner with the Alzheimer's Association in their annual walks because we share the goal of helping individuals with Alzheimer's and dementia and hopefully one day finding a cure for this disease.

If you're interested in supporting the Alzheimer's Association by donating or joining our team, visit tinyurl.com/TeamHillcrest2021. This event will take place at Prairie Queen Recreation Area in Papillion on Sunday, October 17. We will be providing breakfast for our team during the registration period at 8:30 a.m. The opening ceremony will begin at 9:30 a.m., and the walk will begin at 10 a.m. We hope you can join us in supporting this worthwhile cause.



OCTOBER BIRTHDAYS

Oct. 12: Mike M. Oct. 25: Paul N.
Oct. 13: Judy S. Oct. 31: Doris F.
Oct. 21: Linda B.

WELCOME NEW RESIDENTS!

Joann D.
Diane Q.
Don C.
David A.
Shirley R.
Gloria B.

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!



OCTOBER HIGHLIGHTS

Oct. 1: Wayne Miller Performance
Oct. 7: Merrymakers Performance
Oct. 13: Billy Troy Performance
Oct. 27: Halloween Social

FEATURED EVENT



Halloween Trick-or-Treat Event

Saturday, October 30
10 a.m. - noon

Dress up in your best costume and join us for our outdoor trick-or-treating event. There will be lots of candy available for everyone!



*Please vote for Hillcrest
in these categories!*



- Assisted Living Community
- Home Health Provider
- Hospice Care
- Long Term Care Facility
- Skilled Nursing Facility
- Memory Care
- Retirement Community
- Senior Care Services
- Best Place to Work (Over 50 Employees)

Voting ends October 12

Tammy's Take



We are proud to announce our Team Member Spotlight, Tywana Grace. Tywana is a mother of three. Two of her children are college students, (one at UNL and one at UNO), and she is absolutely proud of all of them! Tywana values friendship and family above all. She, herself is a valued team member at

Hillcrest Health & Rehab. Her experience of more than 15 years shines through, which allows her to manage a lot responsibility for us. She is attentive to the needs and safety of everyone that she cares for! Tywana stated one very important thing she has come to understand over time is that having a loved one here is tough on the families as well as residents themselves. Thank you, Tywana, for all that you do!



Hillcrest Health & Rehab is happy to see more and more visitors all of the time. We so appreciate your patience and understanding when times arise that we have to implement our safety protocols. We have those guidelines in place because we really do care about the safety and wellbeing of those we care for.

We are excited about the new Hillcrest community that is being built across from Hillcrest Health & Rehab. Please bear with us as we adjust our parking capacity as the excavation crew takes some of our regular parking spaces. We are working to find more visitor parking and will let you know as soon as we have an update.

— **Tammy Weston, Administrator**

RESIDENTS IN ACTION

We are looking forward to the holidays that are right around the corner. There are many autumn crafts, Halloween crafts, Halloween bingo and other types of Halloween fun planned! We are also going to be decorating our building for

Halloween. It's going to be very festive. Along with seasonal activities and decorations, there are three entertainers scheduled in October. Residents love watching all of our wonderful performers.

-Mary Johnson, Director of Recreation



The final scarecrow crafts are ready to decorate Hillcrest Health & Rehab.



Terry finishes his hedgehog craft.



Mary works on her scarecrow craft.



Dolores makes a hedgehog craft.



Clare pets a cute dog.

A MONTH IN REVIEW

September was a peaceful month at Hillcrest Health & Rehab. The month started out with a movie social and ended with a meeting of our book club. We started our fall crafts, which we're using to decorate our building and put us in the

spirit of fall. We also had a window puppy parade. Residents loved seeing those adorable visitors, and it's always fun when our wonderful volunteers bring their pets for us to meet!

-Mary Johnson, Director of Recreation



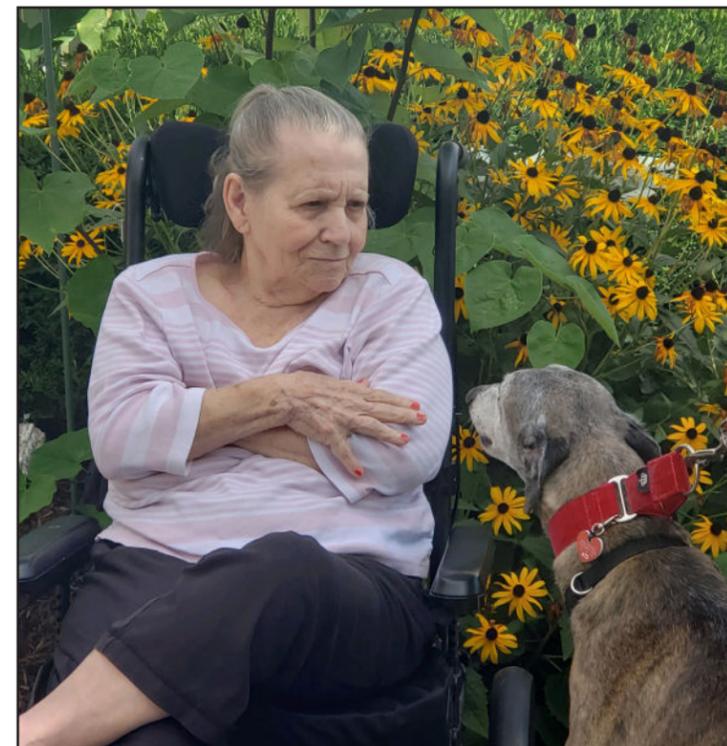
June plays with a new friend.



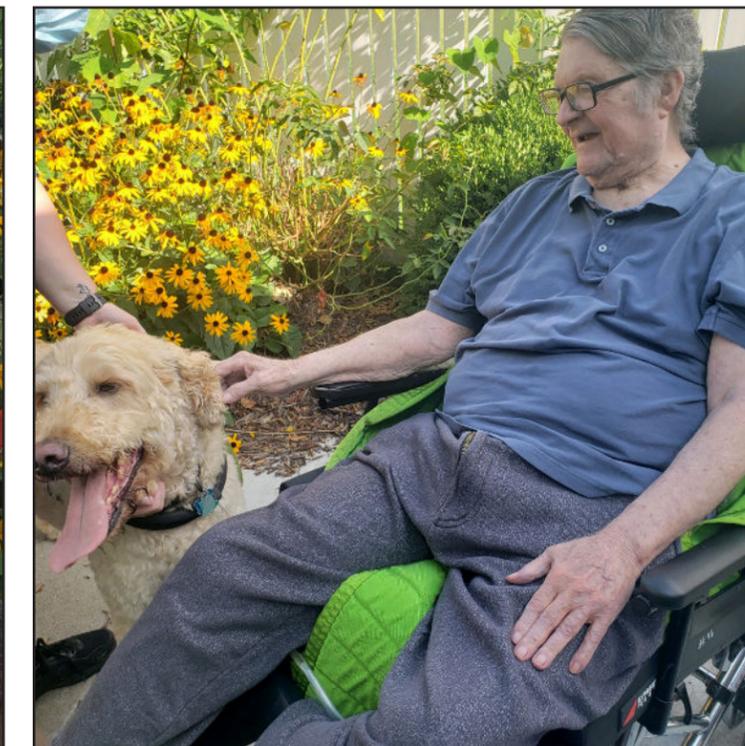
Kim greets a visiting dog.



Helen says "hi" to an adorable dog.



Leona welcomes a furry friend.



Duane smiles as he pets a visiting dog.