

"I keep falling in love with October, over and over again."

-Charmaine J. Forde

October 2022

# What's Growing On...

in Hillcrest Health & Rehab's  
Magnolia & Azalea neighborhoods



## It's Spooky Season

Many individuals celebrate Halloween the entire month of October. Spooky decorations start going up on Oct.1 and stay up until the holiday itself. Here are a some ways you can celebrate Halloween all month long.

### Door Decorating Contest

Get crafty and decorate your door in ghosts, ghouls and goblins. You can also decorate in traditional Halloween colors like black and orange. Get your neighbors involved and have a friendly competition.

### Carve or Paint Pumpkins

Pumpkins are one of the universal symbols of Halloween. Many individuals gather together and make jack-o-lanterns by carving faces and other spooky designs into pumpkins. If you're not into carving pumpkins, substitute the activity with painting fun sketches onto the pumpkin.

### Play a Halloween Game

Gather your friends or family and have an exciting Halloween-themed game night. You can play Halloween charades with classic Halloween characters. Don't like playing charades? Test your Halloween knowledge with some spooky trivia.

### Get Dressed Up

Halloween is a great time to be something you've always wanted to be. Get dressed up in Halloween costume – a witch, black cat or even a ghost! If you don't have a spooky costume, wear a Halloween sweater or dress in black and orange.

There are so many ways to get into the Halloween spirit. How will you celebrate the spooky holiday?



## OCTOBER BIRTHDAYS

Oct. 2: Glenn W.      Oct. 21: Linda B.  
Oct. 7: Bob M.      Oct. 29: Shawntae J.  
Oct. 7: Neil O.      Oct. 31: Doris F.  
Oct. 12: Mike M.

## WELCOME NEW RESIDENTS!

Michael J.    Beverly W.    Mary V.

## 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!



## OCTOBER HIGHLIGHTS

Oct. 13: Scatter Joy Acres  
Oct. 13: Merrymakers – Kim Eames  
Oct. 20: Entertainment – Tim Javorsky  
Oct. 26: Halloween Party  
Oct. 28: Entertainment – Emily's Trio

## 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

### Trunk-or-Treat

Saturday, Oct. 29, East Parking Lot

Residents will pass out candy to celebrate Halloween.



## Amber's Angle



I am so pleased to announce our Team Member of the Month is Darlito Ragodos. Darlito is a chauffeur and a nurse tech. He has been with Hillcrest for six months, and he has proved himself to be a great asset to our team.

Darlito is originally from

Waianae, Hawaii. He moved to Nebraska last April with his wife, who is in the Air Force. This is their first time being stationed away from home. Darlito has two children, ages 16 and 20, that still live in Hawaii with their mother. He likes to BBQ and spend time with family and friends.



When asked if Darlito had anything to say to his fellow team members, Darlito said, "Live aloha. In Hawaiian, aloha means not only hello and goodbye, but also love, live in peace and to be humble." Darlito is a ray of sunshine in this community. He is always smiling and is more than happy to do anything asked of him. We just appreciate him so much.

-Amber Kendall, Assistant Administrator



HELLO  
OCTOBER!

## RESIDENTS IN ACTION

Fall is in full swing! Soon the holiday season will be upon us. Before we focus on the end of the year, let's focus on the ghosts, goblins and ghouls of the month. Recreation is planning on having some Halloween fun with a party, trick-or-treating and crafts. We may even throw in a trip to the pumpkin patch. Many of

our residents are excited for our Trunk-or-Treat on Saturday, Oct. 29. Team members' kids and residents' grandkids are welcome to join us as residents pass out candy in the east parking lot. It will be a great time for everyone!

-Mary Johnson, Director of Recreation



### Fall Crafting

Top Left: Residents work on a fall craft.

Top Right: Marie paints her pumpkin craft orange.

Right: Vera enjoys painting her pumpkin craft.

Above: Ruth shows off her finished pumpkin.

## A MONTH IN REVIEW

September was a quiet month at Hillcrest Health & Rehab. Residents enjoyed a month full of fall crafts, applejack fun and entertainment from the Merrymakers Association.

Many residents enjoyed getting outside in the

morning when the weather was nice. Some residents have been watching the gardens grow on the patios. They hope to have bigger gatherings outdoors as the fall weather rolls in.

-Mary Johnson, Director of Recreation



Residents play cards on a rainy afternoon.



Helen is excited to dig into her strawberry parfait.



Sharon gets ready to eat her strawberry parfait.



Jan works on making a fall picture frame.