

"The best way to predict your future is to create it."
- Abraham Lincoln

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Halloween Around the World

In the U.S., Halloween is typically celebrated by wearing costumes and going trick-or-treating for candy. However, the holiday looks much different in other parts of the world.

Ireland

Ireland is typically considered the birthplace of Halloween. Its origins stem from an ancient festival called Samhain, which celebrated the beginning of winter. Today, Ireland and Scotland celebrate Halloween with trick-or-treating, bonfires, games and traditional foods such as barnbrack, an Irish fruitcake.

Mexico

Halloween in Mexico acts as a primer for another celebration, Día de los Muertos, or Day of the Dead. From Nov. 1 to Nov. 2, Mexico honors those who have passed away. It is believed the gates of heaven open, allowing deceased loved ones to be reunited with their families for 24 hours. Family members prepare the deceased's favorite foods and leave gifts on their graves.

Italy

On Nov. 1, Italians celebrate Ognissanti, or All Saints' Day. In Sardinia, children go door to door to ask for offerings from the deceased. In Abruzzo candles are placed in pumpkins to make lanterns, and in Sicily it is believed deceased loved ones bring gifts to well-behaved children.

Portugal

Day of the Witches or Dia Das Bruxas is the equivalent of Halloween in Portugal. Children go trick-or-treating, but instead of receiving candy, they ask for bread, fruit or nuts. Families also visit their loved ones' graves and leave flowers and candles.

How do you celebrate Halloween? Share memories and traditions with your friends and family.



OCTOBER BIRTHDAYS

Oct. 7: Bob M. Oct. 24: Clara B.
Oct. 21: Linda B. Oct. 31: Doris F.

WELCOME, NEW RESIDENTS

Toni H. Wayne 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

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: Walmart Outing
Oct. 6: Entertainment by Kim Eames
Oct. 13: Scatter Joy Acres Visit
Oct. 13: Zoo Outing
Oct. 16: Casino Outing
Oct. 20: Entertainment by Wayne Miller
Oct. 26: Entertainment by Deandre Jones
Oct. 31: Halloween Party

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

Trick-or-Treat

Thursday, Oct. 26, 6-7 p.m.

Stop by with your little ghosts and goblins for Halloween fun. Wear a costume and bring a bag to collect all of your goodies.



Tammy's Take



We are always keeping busy at Hillcrest Health & Rehab! As we begin to see cases of COVID-19 in our community, your patience and understanding is much appreciated. We ask that if you are considering a visit, please ensure you are mindful of any symptoms

you may have for illnesses. Thank you so much for respecting our request to wear a mask when visiting your loved ones.

In other news, we invite you to join us on Thursday, Oct. 26 from 6-7 p.m. for some Halloween fun! Bring your kiddos to our community for trick-or-treating. Our residents are excited to see everyone's costumes and hand out candy.

This month's Team Member of the Month is Marti Green. She is a wonderful person who has devoted her life to caring for others. She recently acquired her medication aide certification and often trains our new CNAs as they come to us. Marti is a mother, pet owner and super star at all that she does. We are so happy to have her on our team!



From all of us at Hillcrest Health & Rehab, we hope you have a great October!

-Tammy Weston, Administrator

RESIDENTS IN ACTION

October is that time of year when the little spooks, goblins and witches come out to knock on your door. Before Halloween comes, we've planned spooktacular fun for all of our residents. Throughout the month, residents can enjoy Halloween-themed crafts, snacks, stories and trivia. We will end the month with opening our doors for trick-or-treating on Oct. 26 and a

Halloween party on Oct. 31. Other than Halloween activities, we've lined up three musical entertainers to perform for residents. Various animals will visit for pet therapy, and residents can join us for outings to places such as the zoo, Walmart, the casino and more.
-Mary Johnson, Director of Recreation



Jean, Mary, Elaine, Helen and Han play roulette with volunteers.



Mary enjoys fall craft time.



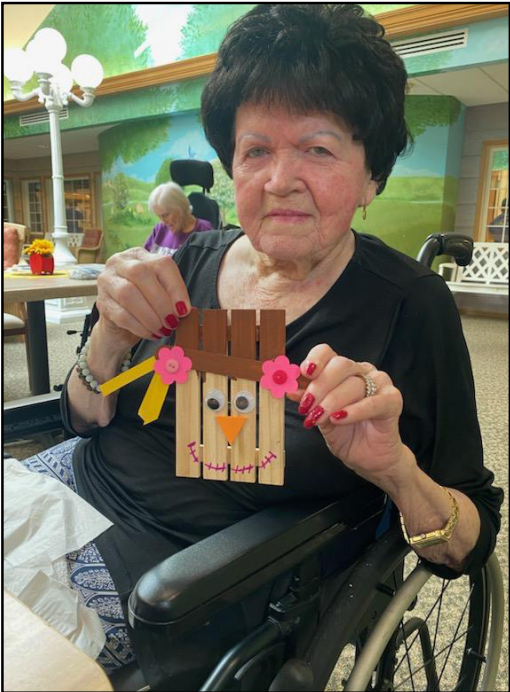
Jan, Helen, Dorothy and Sharon sit together at the indoor picnic.



Ted has fun playing roulette during Casino Day.



Marcia shows off her scarecrow craft.



Doris is proud of her scarecrow craft.



Ruth, Dorothy and Ted try their hands at Texas hold 'em.

A MONTH IN REVIEW

September brought in cooler weather, the start of football season and some delicious fall foods. Everyone at Hillcrest Health & Rehab embraced these changes with fun end-of-summer and fall activities. We had an indoor picnic for Labor Day, enjoyed apple snacks for the Apple Jack Festival and munched on pretzels and drank beer for Oktoberfest.

Residents were also able to enjoy snuggles from two five-week-old puppies from Scatter Joy Acres. The puppies were a Rottweiler and St. Bernard mix, and they brought on many smiles and giggles. Both residents and team members enjoy visits from our furry friends.
-Mary Johnson, Director of Recreation



Linda snuggles with Poppy.



Mary Jo enjoys a visit from Posey.



Bernie pets Posey.



Michelle gives Poppy a big hug.



Diane loves the cuddles from Poppy.