

*"A friend is someone who makes it easy to believe in yourself."
- Heidi Wills*

September 2019

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

Benefits of Laughter

Q: What did one raindrop say to the other?

A: Two's company. Three's a cloud!

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. Exercising of muscles: Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. Relief from stress and anxiety: Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. Increased blood flow: When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. Mood booster: Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. Social benefits: A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Read from a joke book, watch a comedy, share a funny story, do a silly dance, find humor in the little things, and most importantly...don't forget to laugh at yourself!



SEPTEMBER BIRTHDAYS

Sept. 7: Jackie M.
Sept. 12: Dorothy K.
Sept. 16: Betty K.
Sept. 18: Aileen S.
Sept. 20: Latondra J.
Sept. 24: Juanita A.
Sept. 30: Lola P.

WELCOME TO HHR!

Diane B., Florence G., Henry F., Elsie F.

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!

Hillcrest Health & Rehab

SEPTEMBER HIGHLIGHTS

Sept. 5: Education: Fontenelle Forest, 2 p.m.
Sept. 11: Entertainment: Livin' Easy, 2 p.m.
Sept. 13: Pet Therapy: Scatter Joy Acres, 11 a.m.
Sept. 19: Merrymakers Presents: Pam Kragt, 2 p.m.
Sept. 26: Entertainment: Billy Troy, 2 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
John DuBay, morning
Hymn Sing, 1:15 p.m. (Chapel)
Thurs: Chapel with Chaplain Jerry, 11 a.m.
(Chapel)
Fri: Catholic Mass, provided by Father Otto
Imholte, 11 a.m.
Sat: Hymns & Prayer, 10 a.m.



Jackie S., Dominique and Juanita assist with the book walk game during the Summer Carnival.

Tammy's Take



August was another great month at HHR! I hope you are all enjoying the summer. Wow, does time fly... the kids are back in school, and the traffic confirms it! As predicted, August was hot! That being said, toward the middle-to-end of the month we had some sunny and cool, beautiful days.

Hopefully the fall-like weather continues this month as the season officially changes on September 23rd.

I'm happy to announce that our dementia specialists are now making routine monthly visits with our team members. Although all of our team members receive intensive education upon hire and annually, I think this is going to greatly enhance the care and support that we provide to your loved ones. It's of great benefit to our team members and your loved ones to have that availability for questions or advice specific to our folks on a routine basis!

Until next month, I will leave you with this... "Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change opportunities into blessings." Thank you for allowing us to be a part of your lives!

-Tammy Weston, Administrator



Taylor and Dominique show off the concession stand at the Summer Carnival.

RESIDENTS IN ACTION



David and Gloria enjoy watching the Summer Carnival action in the Magnolia Atrium.



Team member Bryanna and her son Carsyn offer a guess of how many goldfish are in the jar.



Watch out, I have a dinosaur on my cheek!



Aria bowls her way to a treat in the bowling activity.



Connor participate in the ring toss game.



While Connor checks out where the butterfly net goes, Bertie and Rebecca get ready to give him a treat.



Pat G. gives the tin can toss game a try.



Carsyn plucks a duck out of the water to win a prize.

A MONTH IN REVIEW

Kids 10 and under enjoyed intergenerational activities at the Summer Carnival. Around 20 children came to play games and interact with our residents and guests in a fun environment. If you look closely, not only did the kids appear to

have fun with these events, so did our residents. The recreation team also sends out thank you's to the volunteers who took time to assist us with our carnival.

-Mary Johnson, Director of Recreation



Juanita takes her turn on the plinko board.



Taylor H., the ticketmaster, greets kids as they enter the building.



Dorothy K. tosses a bean bag for the tin can toss.



Amanda, a volunteer, paints Aria's face.

SAVE THE DATES!

October 24: Trick-or-Treat Night
 November: Veterans Service, Date TBA
 November: Family Meet & Greet, Date TBA
 December: Family Holiday Parties
 (Azalea - 12th, Magnolia - 19th)