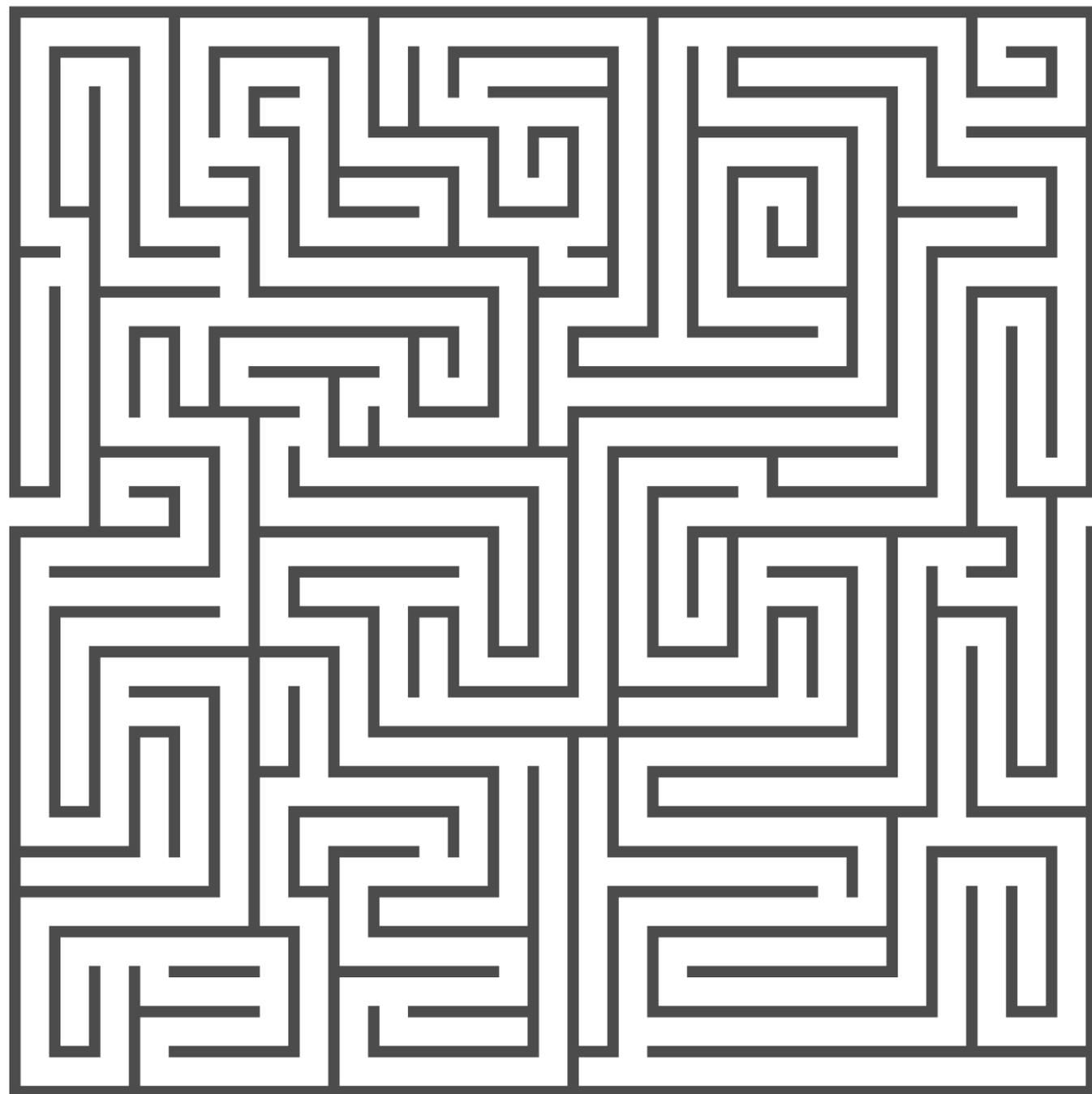


"The best way to predict your future is to create it."
— Abraham Lincoln

September 2020

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods



SEPTEMBER BIRTHDAYS

Sept. 12: Charles C.
Sept. 18: Waldyne M.
Sept. 19: Chuck W.
Sept. 26: Pete B.

WELCOME TO HHR!

Jill E., Leona P., Joann 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 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:

Dave Creal, (402) 933-4690

Tammy's Take



Our Team Member Spotlight for this month is Courtney Goodman! Courtney has been with Hillcrest Health & Rehab since 2016. She began in the culinary department before obtaining her CNA license. Courtney has been passionate about working in healthcare for a long time. At one point she aspired to be

a trauma surgeon and was inspired to get into nursing by watching television shows like "Grey's Anatomy." She comes from a big family and has five brothers and sisters. Courtney and her fiancé have three children. She loves to hang out with her kids, go to the Platte River with her family and friends and get her nails done. She is an avid baker. Courtney's favorite item to make is Reese's Peanut Butter pie. One day, Courtney would like to go skydiving because it is something out of the ordinary. When asked what inspires her each day to come to work, Courtney shared that she loves her residents in Magnolia very much.



The Sarpy Walk to End Alzheimer's is on Saturday, September 12th. To register for this virtual event, visit hillcresthealth.com/EndAlz. We hope you can join us in supporting this great cause!

— Tammy Weston, Administrator

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!

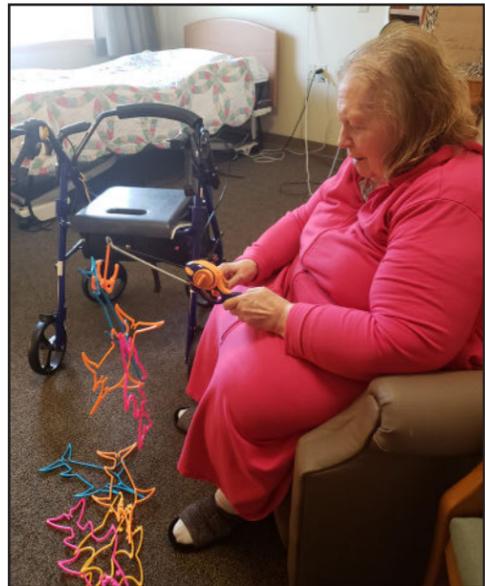
RESIDENTS IN ACTION

As the pandemic goes on, we continue to try to maintain some kind of consistency in our lives. The recreation team provides many independent activities for our residents and, as the safety guidelines allow us, we have been slowly adding distanced group social activities to the calendar. We are thankful for Chaplain Jerry, who continues to provide spiritual services for all of our residents. We are also grateful to Kara, our beautician, who has returned to Hillcrest Health & Rehab to lift our

spirits, one haircut at a time.

The recreation team is looking forward to bringing back some events for our residents to enjoy. Our first “big” event, adapted to current safety precautions, was bringing a carnival to Hillcrest Health & Rehab. It turned out to be a fun-filled time. Pictures from this event will be featured in the next newsletter.

-Mary Johnson, Director of Recreation



Nancy plays a fishing game.



Birtie enjoys playing a fishing game.



Mary catches a fish.



Hank tries to fish in the atrium.



Eldon reels in his catch.



Delores shows off her catch.



Corinne spends time outside.



Nancy works on her tan in the courtyard.



Eldon enjoys the sunshine.



Jackie sits in the sunshine

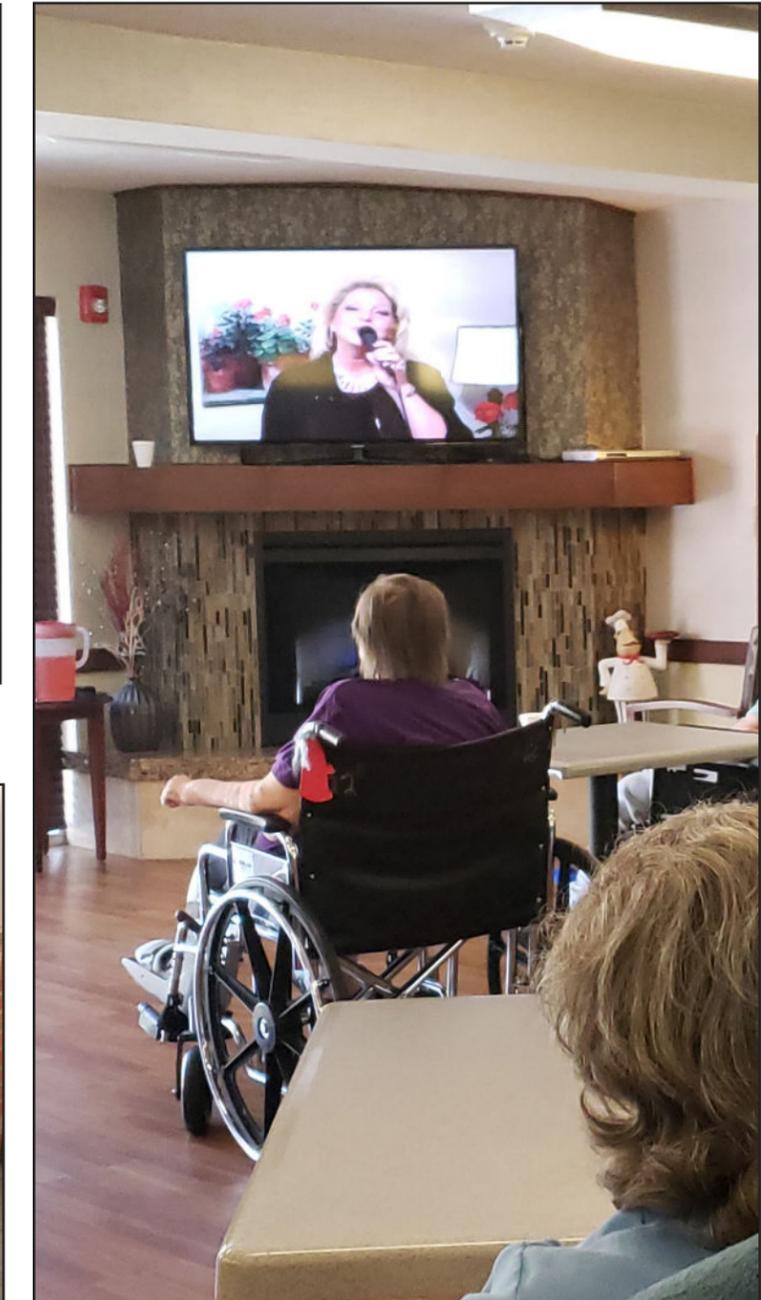
A MONTH IN REVIEW

Residents have been enjoying outside time and socially distanced group activities as we move toward some normalcy. We have been playing fishing games, either individually in our rooms or in small groups in the Magnolia Atrium.

We've also been having some entertainment in the Bistro, which is a big hit. Thank you to the Merrymakers Association for making performance

videos available via YouTube. These socially distanced group activities allow residents to be in a social setting and enjoy music. Team members also commented on how nice it was to see the Bistro being utilized again for group activities, even socially distanced ones.

-Mary Johnson, Director of Recreation



Residents enjoy entertainment in the Bistro.