

"A grandparent is a little bit parent, a little bit teacher and a little bit best friend." —Unknown

September 2021



Simple Stress Relief

Stress is a natural occurrence in our day-to-day lives. As we combat small annoyances, bigger challenges or even just the daily mental wear of living through a global pandemic, stress is unavoidable. What's important is to pay attention to the stress in your life and counteract it efficiently. To that effect, here are some simple stress relief tricks that can help you deal with stress every day.

- **Box breathing:** This is an effective technique for stress relief, according to Medical News Today. Start by sitting in an upright, relaxed position and breathe in through your nose for four seconds. Try to completely fill your lungs. Then hold that breath for another four seconds before slowly exhaling through your mouth. Repeat as needed. If four seconds is too long, start with two or three seconds and work your way up.
- **Stretching:** Doing simple stretches and moving around a little each day is very beneficial for stress reduction.
- **Positive self-talk:** Pay attention to the way that you think and talk about yourself. The way you think about yourself can directly impact your stress levels, self-esteem and motivation. Practice speaking and thinking kindly about yourself. Replace strong, negative words in your thinking with milder, calmer words and generally focus on the positive.

With these simple techniques, you can begin to better deal with the stress in your life. Just remember to take a deep breath and take each new adventure one day at a time.



SEPTEMBER BIRTHDAYS

Sept. 2: Ruthie Y.
Sept. 6: Vera C.
Sept. 12: Dorothy K.
Sept. 26: Joan B.
Sept. 28: Barbara S.
Sept. 30: Lola P.

WEDDING ANNIVERSARIES

Pat & JJ G.

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!

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Tammy's Take



Our Team Member Spotlight for September is actually the August Team Member of the Month! Congratulations to Diane Hakencamp, RN. Diane has been with us for nearly two years and has 25 years of expertise as a registered nurse. Diane primarily works with post-acute rehabilitation guests. She enjoys reading and spending time with her husband. They have a lake cabin where they enjoy spending time in nature and with good friends.

Diane says she is a nurse because she enjoys helping others and being there to assist them with their successes throughout the healing process. Diane finds great reward in being a positive part of people's lives! Thank you, Diane, for the care that you provide, your dedication and willingness to help others. We are glad you are part of the team.

As we continue to work our way through the pandemic, I want to take a moment to say how much I appreciate the family members for our residents and guests. Your patience and understanding as we try to keep our team members and residents safe every day means the world to us and makes all the difference.

If you have any questions about our current safety guidelines and visitation policies, please don't hesitate to call us directly. Thank you!

— Tammy Weston, Administrator



Hillcrest Health & Rehab

SEPTEMBER HIGHLIGHTS

Sept. 3: Football Friday Food Cart
Sept. 12: Fall Family Event
Sept. 15: The Links from Merrymakers
Sept. 22: Fall Carnival

FEATURED EVENT

Grandparents Day

Sunday, September 12
10 a.m. - 12 p.m. or 1 p.m. - 3 p.m.
East Parking Lot

We'll be celebrating Grandparents Day with an outdoor gathering. Two time slots are available to cater to everyone.

RSVP to Mary at (402) 682-4220.

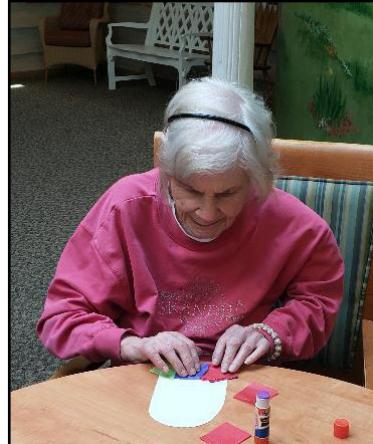
2021 Sarpy County Walk to End Alzheimer's

Sunday, October 17
8:30 a.m. - Registration
9:30 a.m. - Ceremony
10:00 a.m. - Walk Begins

Join us in supporting the Alzheimer's Association by walking in the 2021 Sarpy County Walk to End Alzheimer's! Visit tinyurl.com/TeamHillcrest to join our team.

RESIDENTS IN ACTION

As we move into the fall season, residents are looking forward to fall crafts, football and gatherings. They're already talking about fall foods and giving us ideas for treats to bake and snacks to include on the Friday food cart.



Jackie works on some art.

Ruthie shows off her art.



Dolores and Nancy B. shoot some hoops.



Residents kick a soccer ball.



Dolores creates artwork.



Helen and Jan play bocce ball.



Pat rolls a bocce ball.



Team captains get ready for our Olympics.

A MONTH IN REVIEW

Residents are also looking forward to the leaves turning colors and falling from the trees. We will go on a bus outing to enjoy the fall scenery when the time comes.

-Mary Johnson, Director of Recreation

In August we held our Olympic games. Though safety guidelines needed to be maintained, we made the best of it, awarding a lot of medals and really getting into the Olympic spirit. Residents decorated the building with Olympic-themed

drawings and competed in a variety of events alongside team members. It really was a lot of fun for everyone, and we're already starting to think up ideas for next year!

-Mary Johnson, Director of Recreation



Residents throw pool noodle javelins.



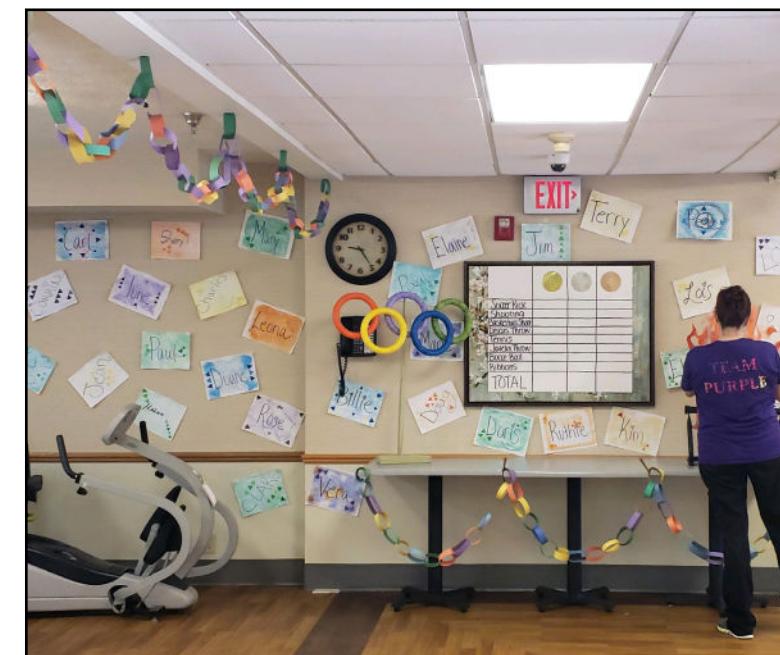
Mary plays some basketball.



The Olympic rings showcase the medals up for grabs.



Helen and Jan compete in flower tossing.



Our gym is ready for our Olympics to begin.