

"Autumn is a second spring when every leaf is a flower."
-Albert Camus

September 2022

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods



Fall is Just Around the Corner

As summer fades and weather cools, reds, oranges and yellows begin to cover the trees. Sept. 22 marks the first day of fall, and there are many ways to prepare for the new season.

Football Tailgate Party

Gather your friends and some tasty game-time snacks and watch your favorite team score its way to victory! Football is the sport of the season, so it's the perfect way to get into the fall spirit.

Autumn Crafting

Whether you're an avid crafter or learning a new skill, a fun way to welcome autumn is to create a fall door sign or wall decorations. Use fall colors like reds, oranges and yellows to craft an autumn masterpiece.

Delicious Goodies

Another staple of the fall season is its food. Apples, pumpkins, squash and many other fruits and vegetables are used in fall cooking. Try something new or grab a slice of your favorite pie.

Spend Time Outdoors

The cool weather is refreshing after a long, hot summer. Put on a cozy sweater and enjoy some fresh air. Take in the natural beauty fall has to offer.

Whether you decide to watch your favorite team, make fall decorations, eat tasty treats or get some fresh air, we hope fall is a great season.

SEPTEMBER BIRTHDAYS

Sept. 2: Ruth Y.	Sept. 17: Charlie D.
Sept. 9: Vera C.	Sept. 25: Betty K.
Sept. 12: Dorothy K.	Sept. 26: Joan B.
Sept. 16: Shirley C.	Sept. 30: Lola P.

WELCOME NEW RESIDENTS!

Mary C.	Rita J.
Glen W.	Rose F.

WEDDING ANNIVERSARIES

Sept. 21: Pat and J.J.

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!



SEPTEMBER HIGHLIGHTS

Sept. 8: Entertainment – Livin' Easy
Sept. 21: Merrymakers Presents Mark Irvin
Sept. 23: Entertainment – Wayne Miller
Sept. 28: Birthday Snack Social
Sept. 30: Oktoberfest Social

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.

FEATURED EVENT

Applejack Festival

Friday, Sept. 23 in the Chapel

We're bringing the autumn tradition of Nebraska City into the building with our own Applejack Festival. There will be food, beverages and activities for residents to enjoy.



Amber's Angle



I am so pleased to announce our Team Member of the Month is Cheryl Miller. Cheryl works in Environmental Services and has been with Hillcrest for eight years. Cheryl is married and has two children. She does not have any grandchildren yet, but boy is she

ready for them! Cheryl grew up in South Omaha and is living in the home she grew up in.

Cheryl's favorite part of her job is her fellow team members and residents. Cheryl describes herself as a jokester, and she loves to encourage others to have a good day. Cheryl says, "Putting a smile on other people's faces, especially the residents, is what makes me happy. I am here to please them and make their day better." When asked if she had any advice for her fellow team members, Cheryl said, "Get along and work together. Remember, we are all a team."

Thanks for all you do, Cheryl!

-Amber Kendall, Assistant Administrator



RESIDENTS IN ACTION

September will not only bring changes in the colors of the trees, but it will also bring the smells associated with the changing of seasons. Hillcrest Health & Rehab will have its own Applejack Festival. Residents will enjoy the tastes and smells of fall. We will also have an

Oktoberfest celebration later in the month. As for the arts and crafts, many residents have requested Husker and fall-themed projects. We look forward to all that September has to offer.

-Mary Johnson, Director of Recreation



Cassie sets up the ice cream sundae bar.



Dorothy adds fish, a jellyfish and starfish to her fish tank.



Filomena shows off her masterpiece.



Elaine is proud of her rainbow craft.

A MONTH IN REVIEW

August was a quiet month for residents. Team members brightened their spirits by making homemade ice cream. It was a big hit! We turned our homemade ice cream into an ice cream sundae bar.

A lot of residents were in the crafting mood

this month. Everyone enjoyed making art projects including ice cream cones, fish, rainbows and trolls. All of these crafts brought a brightness to the halls of Hillcrest Health & Rehab.

-Mary Johnson, Director of Recreation



Helen is excited to show off her fish tank artwork.



Ruth brightens the room with her sunshine craft.



Jean makes an ice cream cone craft.



Marie adds two scoops to her ice cream cone.