

*"Even the darkest night will end and the sun will rise."
- Victor Hugo*

September 2023

What's Growing On...

in Hillcrest Health & Rehab's
Magnolia & Azalea neighborhoods

Season of Reflection & Self-Improvement

September is officially Self-Improvement Month, marking the end of summer and start of fall. As the season changes, it's a good time to pause and reflect on all we've accomplished. Then, we can explore opportunities for growth and identify goals to work toward.

Reflect on the important things in life, including the special relationships and bonds you've formed with others. Embrace and welcome the sense of renewal that comes with the changing season.

Growing our relationships with family or friends is always a great goal. We can do this simply by spending more time with those we love. Consider trying to connect more with others around you to develop new friendships or reach out to those you've lost touch with.

Creativity can be linked to living a more fulfilled life. Discovering your creative talents can be a fun and rewarding experience. Even if you don't think you're a good painter or great at writing stories, oftentimes, the effort put in will make you feel better just knowing you tried something new.

Now is the time to explore learning new skills. Never thought you'd be a knitter? Give it a shot! You may even find a friend who wants to learn with you.

Perhaps the best way for self-improvement is to turn inward and really allow yourself time with your thoughts, beliefs, dreams or imaginations.

be the best version of you

SEPTEMBER BIRTHDAYS

Sept. 6: Vera C. Sept. 16: Shirley C.
Sept. 8: Barbara A. Sept. 17: Charlie D.
Sept. 12: Dorothy K. Sept. 20: Ruthie Y.
Sept. 15: Barbara G.

WELCOME, NEW RESIDENTS

Robert P. Andree S.

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

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. 15: Lunch Outing
Sept. 17: Bingo w/Volunteers (Magnolia)
Sept. 18: Bingo w/Volunteers (Azalea)
Sept. 20: Quintet Choir Outing
Sept. 26: Movie Outing
Sept. 27: Music by Tim Javorski

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

Christian Service with Pastor Rountree

Fourth Sunday, 2 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

Casino Day

Saturday, Sept. 9,
9:30 – 11:30 a.m.

In collaboration with the Omaha Jaycees, Hillcrest Health & Rehab is hosting casino games in the Bistro for residents to enjoy.

Amber's Angle



It gives me great pleasure to announce our Team Member of the Month, Ashley Herlacher.

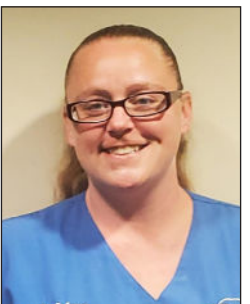
Ashley has been with Hillcrest for six years on our environmental services team, and she is about to embark on a new journey as a clinical support assistant. In

this new role, she will arrange transportation for our guests and residents who have appointments.

Ashley is married and has a blended family with eight kids. Her youngest child is about to turn 13. Ashley enjoys spending quality time with her family, taking walks by the river, going camping and occasionally playing video games when the kids can talk her into it.

Ashley is a true team player. She is always open to helping others and does so with a smile on her face. We are lucky to have her on our team!

-Amber Kendall, Assistant Administrator



September

RESIDENTS IN ACTION

September has rolled in, and we're excited for all it has to offer. We will kick off the month with the Omaha Jaycees assisting the recreation team with a Casino Day. Residents will enjoy games of Blackjack, Texas Hold 'Em, Craps and Roulette in the Bistro. Football season will be in full swing by then, so the TV will be on for those who wish to watch their favorite teams play.

September is the month where summer transitions into fall. The weather begins to cool and the leaves start to change. Residents can look forward to fall-themed crafts, outings and other activities that revolve around this colorful season. There will even be some sweet treats that reflect this harvest season.

-Mary Johnson, Director of Recreation



Helen works hard on her decorated hat.



Ted concentrates during a game of noodleball.



Elaine plays Disk Drop at the carnival.



Lou says hello to Clover the baby goat.



Dorothy assists at the Country Store.



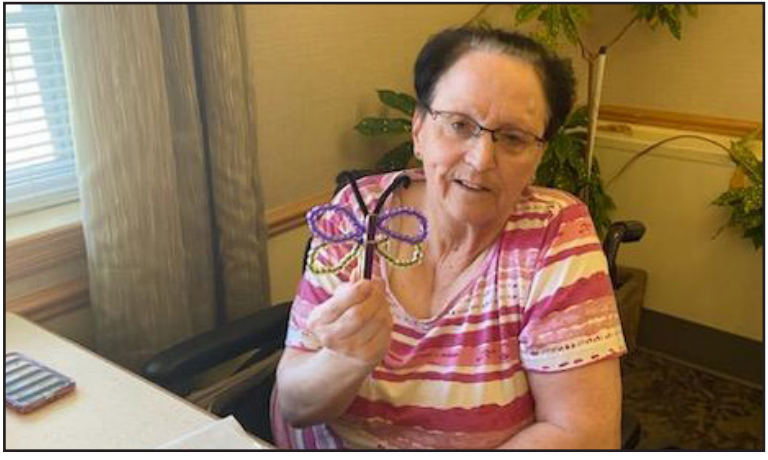
Gloria is proud of her ice cream cone art.



Connie shows off her ice cream cone craft.

August was filled with many hot days and muggy nights. Our team assisted residents in staying cool with ice cream treats, happy hours, music and indoor fun. One of the highlights of August was the return of the Country Store. Residents really enjoy shopping with their provided tickets.

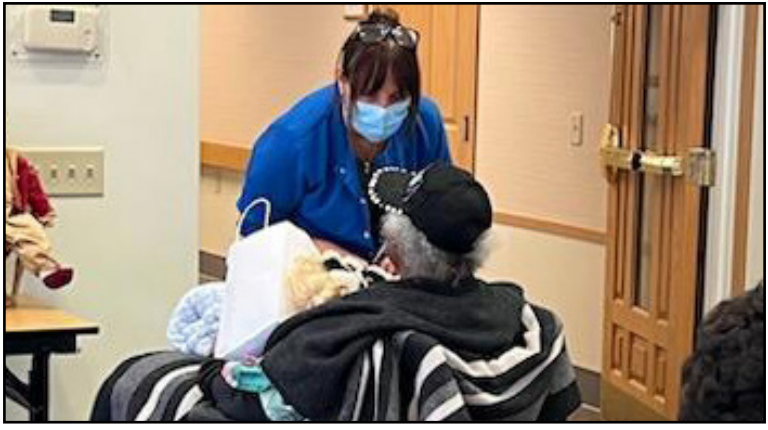
Residents also received a visit from Clover, the



Jan holds up her butterfly craft.



Ruthie picks a rubber duck during the carnival.



Mollie and Edna talk during a visit to the Country Store.

A MONTH IN REVIEW

four-week-old baby goat from Scatter Joy Acres. Baby animals always put a smile on our residents' faces. We ended the month by participating in the Arrows to Aerospace Parade in Bellevue. Some residents rode the bus and waved to parade goers. It was a fun month for all of us at Hillcrest Health & Rehab.

-Mary Johnson, Director of Recreation



Diane pets Clover, a four-week-old baby goat.



Jean completes her ice cream cone art project.