

Joyful Activities for the Summer

As the warmth of the summer continues, it's the perfect time to engage in activities that bring happiness and fulfillment to each day. Whether you prefer relaxing indoors or soaking up the sun on the patio, here are some suggestions to make the most of this warm season:

Indoor Escape

For those who enjoy the comfort of indoors and the cold air conditioning, explore new books or revisit old favorites. Settle into a cozy corner with a captivating novel or collection of poetry. Also, embrace the cool indoors with musical performances, bingo, coffee hours, puzzles and more.

Outdoor Adventures

Enjoy lemonade in the courtyard while listening to the melodies of the chirping birds. Breathe in the fresh air and feel the sun on your skin as you soak in its rays, or join us for one of our community outings to the casino or shopping. There are many ways to enjoy the outdoors this summer.

Summer Treats

Indulge in the flavors of summer with cool treats like freezer pops, ice cream or refreshing fruit. Whether enjoyed solo or shared with friends, these culinary delights bring a burst of sweetness and joy to hot summer afternoons.

Summer-Themed Activities

Participate in themed activities that celebrate the essence of summer. From summer barbecues and firework displays to themed movies or crafts, there are plenty of ways to enjoy the season within the comfort of our community.

As we embrace the warmth and light of the summer, let's fill our days with meaningful activities, joyful connections and moments in the sun. Each day is an opportunity to create memories and find happiness in the simple pleasures that surround us.

HAPPY BIRTHDAY!

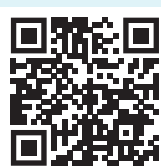


Aug. 7: Andrée (100)

Aug. 15: Yvonne (80)

Sept. 29: Dayna (70)

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Scan the QR code to follow us on Facebook for more photos, news and updates!

facebook.com/hillcresthealth

SEASONAL TIP

Aging adults have a higher risk of dehydration. Drink cold water regularly. Don't wait until you're thirsty to drink something. Dehydration can cause faintness, nausea and dizziness.

ARE YOU ON THE LIST?



We distribute the newsletter via email. If you'd like to be included on the distribution list, send us your email address, and we'll keep you posted! Email us at

info@hillcresthealth.com to get started!



SAVE THE DATES

July 12-19: Christmas in July

July 26-Aug. 2: Olympics

Aug. 23: Football Kickoff Party

Sept. 8: Grandparents' Day



WORSHIP SERVICES

Catholic Mass

First Wednesday,
10 a.m., Chapel

Catholic Communion

Second, Third, Fourth &
Fifth Wednesday,
6:15 p.m., Magnolia
6:30 p.m., Chapel

Non-Denominational Services

with Pastor Jerry

Every Other Tuesday,
9:30 a.m., Magnolia
Every Other Thursday,
10 a.m., Chapel

What's Growing On...

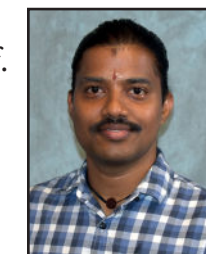
Tammy's Take



Happy summer, friends, families and residents! It's been a very busy past few months at Hillcrest Health & Rehab.

Thank you so much for your patience as we rolled out our new culinary software and menus. This significant undertaking hasn't gone without a few hiccups, but we have received great feedback about many of the new menu items.

We're excited to introduce Ram Galla as our new culinary director. He has a master's degree and has taught many great chefs over the years. Ram also is a master baker himself. Our culinary team takes immense pride in the food we serve, and we're committed to continually enhancing our service and offerings. Throughout the year, we will be rotating menus, and we're open to your suggestions. If there are any food items or special recipes that you would like to share, we would certainly be interested in giving your favorite recipes a whirl now and then!



Ram Galla

We anticipate resuming dining room services again in Azalea no later than mid-August. We strongly encourage all Hillcrest Health & Rehab residents to revisit the dining room once it's open. It's a wonderful opportunity to connect, socialize and have a delicious meal together.

Stay tuned – more exciting updates to come!

–Tammy Weston, Administrator

MEET THE LEADERSHIP TEAM

Administrator:
Tammy Weston

Assistant Administrator:
Jeffrey Tickel

Director of Recreation:
Mary Johnson

**Vice President of Facility
Based Operations:**
Debbie Menzenberg

RESIDENTS EMBRACE CAMARADERIE



Residents play a lively game of noodleball with friends from other neighborhoods.

Residents from the Magnolia, Azalea and Ivy neighborhoods enjoyed coming together regularly for group activities several years ago. Due to the pandemic, we had to stop those large gatherings but continued separate activities in each neighborhood. Recently, we were able to reconnect the residents in these neighborhoods.

In June, residents from Magnolia, Azalea and Ivy came together for a friendly game of noodleball. It was great seeing smiles and hearing laughter as they played. Residents are thrilled about the new friendships they've formed and are eagerly looking forward to more shared activities in the near future. There's a sense of camaraderie that comes with these gatherings, which are especially enriching for our residents.

–Mary Johnson, Director of Recreation



Mary pets Jinx from Scatter Joy Acres.

APRIL'S ANIMAL FUN

April was an exhilarating month packed with animal adventures! Residents in Magnolia celebrated National Pet Day with a puppy adoption event. They eagerly selected stuffed puppies, gave them names and personalized collars. Each adoption was sealed with a special certificate.

Then, residents received a visit from a 9-week-old goat named Jinx from Scatter Joy Acres. Jinx charmed everyone with his playful antics, sparking joy and creating unforgettable moments here at Hillcrest Health & Rehab.

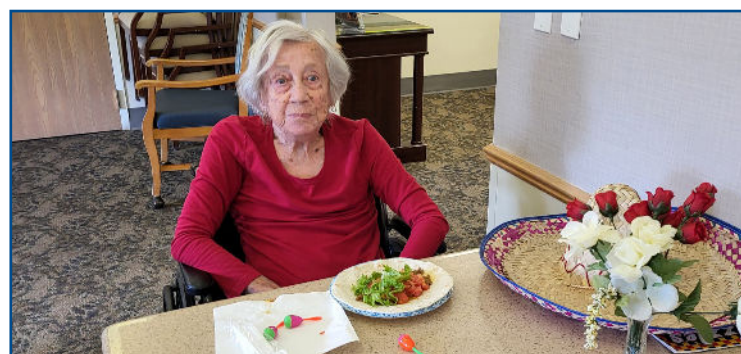
–Mary Johnson, Director of Recreation

MAY CELEBRATIONS

May was a month of vibrant celebrations at Hillcrest Health & Rehab, highlighted by Cinco de Mayo and Mother's Day gatherings. Cinco de Mayo brought colorful decorations, music and themed activities. Residents also enjoyed tacos for lunch. The celebration was filled with joy and laughter.

For Mother's Day, Azalea and Ivy residents enjoyed a special breakfast-for-lunch treat, prepared by our recreation team. Magnolia residents relished refreshments on the patio on Mother's Day. The warm weather inspired everyone to share ideas for upcoming garden projects.

–Mary Johnson, Director of Recreation



Andrée enjoys a taco at the Cinco de Mayo celebration.

RESIDENT SNAPSHOTS



Elaine loves her newly adopted puppy.



Sharon makes watermelon art.



Bernie snuggles with Chungis, a bunny from Scatter Joy Acres.



Residents plant seedlings into pots, which will later be transferred to our gardens.



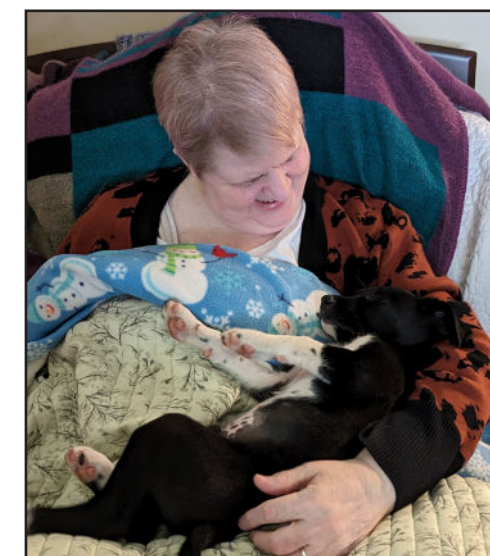
Helen eats Cinco de Mayo snacks while wearing a sombrero.



Jan is proud of her robin art project.



Toni savors a cup of tea during the tea party.



Diane smiles at Bandit.