

Stay Cozy and Healthy This Winter

Winter is the season for cozy blankets, hot drinks and spending time with loved ones. However, the colder months can also bring unique challenges to staying healthy and comfortable. Here are some easy tips to help you make the most of winter while feeling your best.

Dress for the Weather

Even indoors, layering is the key to staying warm. A cozy sweater, thick socks and a lap blanket can make all the difference. If you're heading outside, don't forget a hat, scarf and gloves—most of your body heat escapes through your head and hands.

Stay Hydrated

It's easy to forget about drinking water in the winter, but staying hydrated is just as important now as in the summer. Warm drinks like tea or decaf coffee are a great way to stay hydrated and toasty at the same time. Soup is another delicious option for keeping warm while sneaking in extra fluids.

Prioritize Rest and Relaxation

The shorter days and longer nights are a natural reminder to slow down and recharge. Listen to your body and make time for rest. Whether it's reading a favorite book, watching a movie or taking a nap, winter is perfect for embracing a slower pace.

Stay Connected

Winter can sometimes feel isolating, especially if the weather keeps us indoors. Make an effort to stay connected with family, friends and your community. Attend group activities, write letters or schedule video chats with loved ones. Staying social helps keep your spirits high!

Winter is a season of rest and renewal, and with a few simple steps, you can stay cozy and healthy all season long. Remember, your caregivers and loved ones are here to help, so don't hesitate to ask for extra blankets, hot drinks or anything else that will keep you comfortable. Stay warm and enjoy the magic of winter!

HAPPY BIRTHDAY!



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SEASONAL OUTINGS



From holiday lights to poinsettia displays, residents enjoyed outings to see holiday decorations all season long.

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

- Jan. 10: Snowball Fight
- Feb. 14: Valentine's Day Tea
- March 4: Mardi Gras Fun
- March 14: St. Patrick's Day Party

Check our monthly calendars for musicians, outings, socials, pet therapy and more!

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



With the start of a brand-new year, our community is buzzing with energy and excitement! As we leave the holiday season behind and look ahead to all the opportunities 2025 will bring, it's the perfect time to reflect on what makes Hillcrest Health & Rehab so special: the people who make it feel like home.

This year, we're excited to focus on creating even more meaningful moments together. Whether it's

through events, engaging activities or simply sharing daily conversations, 2025 is all about building stronger connections and making memories that last a lifetime.

Of course, our community wouldn't be the same without the hardworking team members who go above and beyond. One such person is Fe Thomas, a wonderful new addition to our Hillcrest Health & Rehab team! Fe has quickly become a cornerstone of our community, bringing dedication, care and positivity to everything she does. From keeping our spaces immaculate and safe to always sharing a friendly smile, Fe's hard work ensures our environment is welcoming and comfortable for everyone.

As we kick off the year with fresh energy and optimism, we also want to invite everyone to join us in setting goals for a brighter, healthier future. Let's support each other, celebrate our achievements and continue to grow as a community.

And as we look ahead, let's not forget to show our appreciation for those who make a difference in our lives. Thank you to all of the team members, residents and families who make Hillcrest Health & Rehab such a special place. Here's to an incredible 2025 together!

—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
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A DECEMBER TO REMEMBER



Residents visit Lauritzen Gardens to view the holiday decorations.

December was packed with joy and festive cheer for residents. A sunny morning set the stage for a delightful trip to Lauritzen Gardens, where everyone admired the stunning poinsettia tree and its many varieties. Residents also enjoyed three evening outings to view dazzling neighborhood holiday lights. We also hosted a heartwarming family dinner for Azalea and Ivy residents. Residents and their families shared stories and made new memories at this cherished celebration. Our dinner and show activity was popular and featured fried chicken and a screening of "A Christmas Carol." The month ended with a lively New Year's Eve celebration in Magnolia, filled with fun and smiles all around!

–Mary Johnson, Director of Recreation



Residents and team members prepare for the annual Trunk-or-Treat.

A SPOOKTACULAR HALLOWEEN

Residents enjoyed a festive Halloween season. At our Trunk-or-Treat event, they delighted in handing out candy to about 85 eager trick-or-treaters. The weather cooperated nicely, so it turned out to be a great event! The fun continued at our Halloween party. Team members showcased their decorated pumpkins, which were judged by residents. Winners were crowned amid delicious food and lively conversations. These events brought smiles, laughter and cherished connections, making this Halloween truly memorable for all.

–Mary Johnson, Director of Recreation

CARDS AND CAMARADERIE

Residents had a fantastic time during an evening of friendly competition and fun. With play money from our team, they placed their bets at either the blackjack table or the Texas hold'em table. The lively atmosphere was filled with laughter and excitement as everyone enjoyed the thrill of the games. Beyond the cards, it was a perfect chance for residents to relax, socialize and spend quality time with their peers. Everyone is already looking forward to our next game night.

–Mary Johnson, Director of Recreation



Ruth, Mary and Jean play cards on casino night.



Mary admires all of the creative costumes.



Mary is visited by Pixie the Llama.



Elaine plays a game of snowball toss.



Residents come together to honor veterans on Veterans Day.



Dorothy and her family spend quality time together at the holiday family dinner.



Rosemary, Lou and Dorothy enjoy casino night.



Toni gives candy to a trick-or-treater.



Residents are amazed by the poinsettia tree at Lauritzen Gardens.