

"Believe you can and you're halfway there."
- Theodore Roosevelt

May 2023

NEIGHBORHOOD News

A monthly newsletter for the Cottages
at Hillcrest Country Estates

May is Full of Life and Celebrations

The month of May likes to enter with a bang. May Day happens on the first of the month, with Cinco de Mayo close behind and Mother's Day on the 14th.

May is a rather patriotic month. It's known as Military Appreciation Month and culminates in Memorial Day weekend. But did you know May is also known as Older Americans Month?

This title was bestowed on our fifth month in 1963 by President John F. Kennedy and members of the National Council of Senior Citizens. The month was initially termed Senior Citizens Month and was observed as an appreciation of past and present older Americans for their contributions to their country.

The theme this year is "Aging Unbound," which will focus on exploring an array of aging experiences and discussing the positive aspects of growing older.

We also celebrate National Nurses Week, which takes place every year from May 6 to May 12, so be sure to thank our hardworking nurses.

For entertainment buffs, May means getting to honor "Star Wars," one of the largest film franchises out there, by saying the phrase, "May the fourth be with you," all of May 4. Or if international music sounds more appealing, the Eurovision international song contest also takes place in May. For those who don't know, that's how ABBA got its start!

May is National Hamburger Month. Why? Because May is the perfect month to start firing up the grill and indulging in one of the most American meals around.

Perhaps the best aspect of May is simply that it brings the hope and warmth of life blooming all around.

MAY BIRTHDAYS

May 1: Fred S.	May 13: Katherine M.
May 5: Beverly W.	May 16: Jolyn F.
May 11: Jeanette B.	May 18: Eileen K.
May 12: Janet S.	May 21: Rita T.

WELCOME TO COTTAGE LIFE!

Daniel K.	Verdell G.
Alicia L.	Arlyne S.
Charles F.	Jeanette B.
Harold M.	Connie W.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kaleb Hight, (402) 885-7280

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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!



Hillcrest
Country Estates
COTTAGES

MAY HIGHLIGHTS

May 1: May Day
May 5: Cinco de Mayo
May 14: Mother's Day
May 20: Armed Forces Day
May 29: Memorial Day

FEATURED EVENT

Mother's Day Tea Party

Wednesday, May 10
2:30-4 p.m.

Join us in celebrating mothers and grandmothers
with tea and biscuits.

RSVP by May 5: (402) 885-7000



Kaleb's Corner



Hello, elders and families.

I want to say thank you to Michael for the introduction in his last column regarding my background in senior living. I would like to add some context as to why I have such a passion for working with elders.

My mother was a nurse in a nursing home, and I spent many hours there as a young boy. I also had a deep connection with my grandparents while growing up. My imagination was captured by the stories they shared of a time when horses were used in farming and basic tractors eventually began improving their capabilities. How the transition from an outhouse to modern plumbing made such a huge difference in their daily routine was incredible.

Nowadays, we anxiously wait for the next version of a phone that will do the exact same thing (but faster) as the one we have in our pocket. To me, the daily struggles of that generation and how they overcame them to create a foundation for our current society gives me a deep appreciation for them.

Each of our elders has an intrinsic value that should be honored and celebrated. I joined Hillcrest Country Estates Cottages in part because my passion matched Hillcrest's mission of "Enhancing the Lives of Aging Adults." I look forward to meeting many of you and hope that you will let me know how I can continue to enhance your life and the lives of those you love.

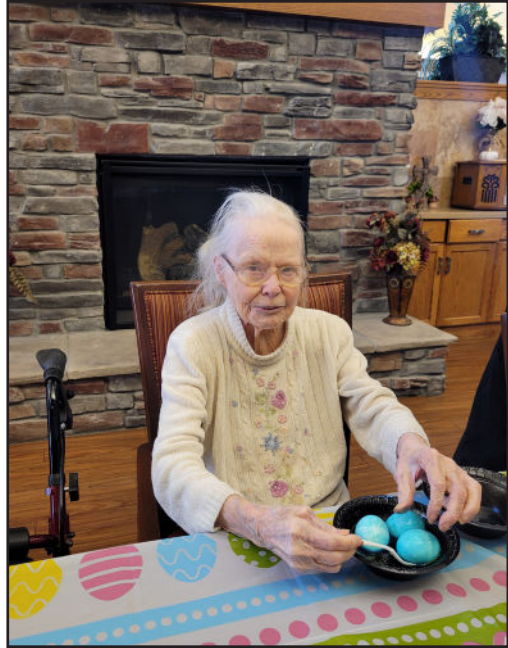
-Kaleb Hight, Administrator

ELDERS IN ACTION

We are excited to get outside and enjoy some beautiful weather! Spending time outside means we can tend to our gardens, do some bird-watching and soak up some sunshine, all while enjoying the sounds of nature. We have a lot of baking activities planned for our elders this month, so we're looking forward to making some tasty spring treats.

Speaking of tasty treats, please join us on May 11 as we celebrate our amazing mothers and grandmothers by enjoying tea and biscuits while socializing with family and peers. We're hoping for a lovely spring and look forward to spending time together in this warmer weather!

-Michelle Adams, Cottage Guide



Maryann thinks blue is the best color for these eggs.



Russ prefers this crafty egg made by friends and family.



It's a good day for coloring eggs!



This crafty table really enjoys using their creativity to help celebrate Easter.



Karen and Rose have a great time cracking each other up.

A MONTH IN REVIEW

As we enter into the month of May, I hope everyone was able to spend Easter with their loved ones. Last month, our elders enjoyed coloring Easter eggs with family and peers. Each cottage enjoyed a variety of different activities such as game nights, Easter craft making and doing memory exercises using "Remember When" cards.

Of course there was also bingo, coffee hours, movie nights and much more. You can see some of the highlights from our Easter crafting activities in the photos below. We are looking forward to creating more memories together throughout the rest of the year!

-Kelsey Williams, Administrative Office Coordinator



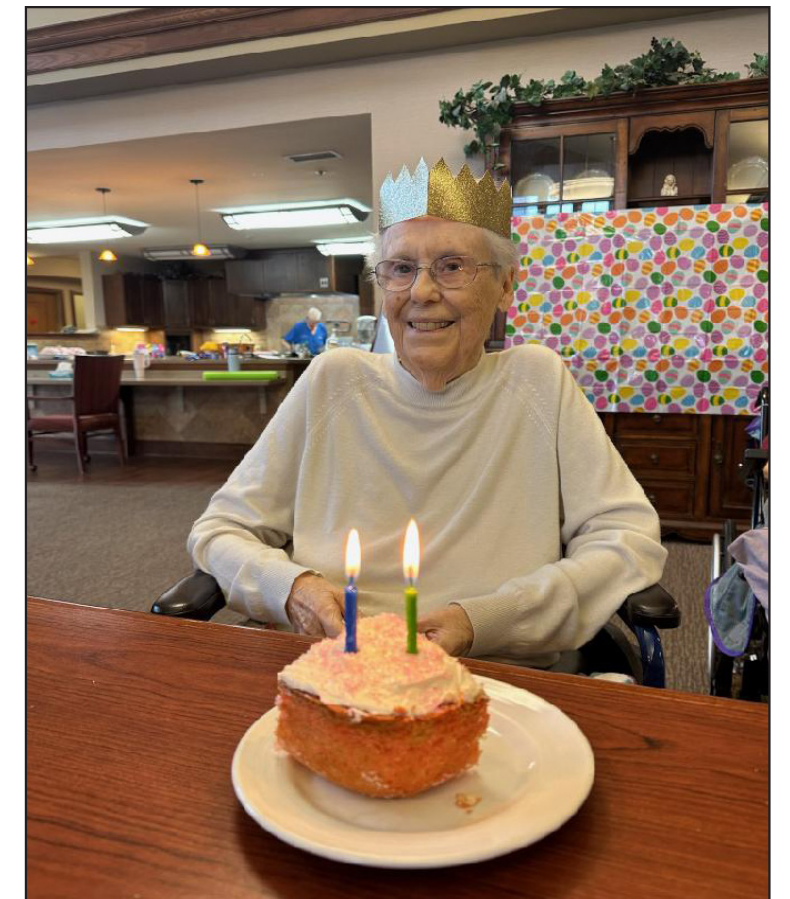
Leone is determined to get the egg out to dry.



Dave says he needs his glasses for this.



Leone enjoys coloring some eggs with Marian and her family.



Margaret L. is excited to celebrate her 94th birthday with the team.



A performance by Merrymakers' Billy Troy is always a special occasion.