

The informer

A newsletter for team members of Hillcrest Health Services

August 2018

Join us for the Sarpy County Walk to End Alzheimer's!



Hillcrest Health Services serves around 1,200 aging adults in the community every day. Many of these individuals are experiencing the effects of Alzheimer's or other dementia disorders. Join Hillcrest in the fight against Alzheimer's by participating in the Sarpy County Annual Walk to End Alzheimer's.

- The walk is **TOMORROW, August 25 at Prairie Queen Recreation Area** (132nd St. & Hwy 370 - parking lot "B" off of Lincoln Rd). Parking is available on the gravel lot on the northwest side of Werner Park. Shuttles will be available to transport you to lot "B".
- Registration begins at 8:30 a.m., the opening ceremony is at 9:30, and the walk will immediately follow.
- Team members who have signed up to participate are asked to arrive in their blue Enhancing Lives t-shirts by 9 a.m. Look for the other blue shirts, and get ready to smile for a group photo around 9:15 a.m.
- If you have not yet registered and want to participate, [register online here](#). Registration can also be done at the walk. If you do not have an Enhancing Lives shirt, reach out to Liz Stratman (lstratman@hillcresthealth.com) today.
- There are two walk route options. The shorter route is 1.4 miles, and the longer route is 2.9 miles.
- As a thank-you to all walk participants, Hillcrest, as the presenting sponsor, will be serving hot dogs and chips to the Hillcrest team and the public after the walk. We'll also be drawing for the 50/50 raffle winner, so buy those last-minute tickets! Tickets can be purchased from the front desk at your service line for \$1 each or \$5 for six. There will also be some available for purchase through Walk Committee team members right before the walk on Saturday.
- If you cannot attend the walk but would like to donate to our team, [follow the link](#) and click on "Donate to the Team." All proceeds go to the Alzheimer's Association.

Last year, Hillcrest was the state's top fundraising group, raising nearly \$14,000! Let's come together and support this great organization again this year. Thank you to all of those who are participating in this, the Walk to Defeat ALS and Millard Days Parade (both also on August 25th).

Vote for Hillcrest in the Sarpy County People's Choice Awards!

Hillcrest Connection

Our Leadership Team
Latest Hillcrest News

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From the Desk of Sharyl Ronan

Dear Team Members,



As we come to the end of summer, this has been a fun month at Hillcrest! The Hillcrest Team Member Family Event was a huge success! With more than 800 participants, it was a great time for our families to join in for a little 'unwind' time! It was a nice opportunity to have our personal families come and have a good time with our 'Hillcrest family.' The super large hamster ball races in the outfield were a big hit! Matt Oestmann, VP of Rehab and Post-Acute Services, and his team won as the champion team in the Tug of War Challenge. The food buffet was open for all, and I think everyone got their fill. I saw many of our families with little ones enjoying the merry-go-round and the Kid's Zone with inflatable slides and multiple things to play on and enjoy...all while running around in a minor league baseball park. How cool! I want to especially give my appreciation to the planning committee members who worked so hard to make it happen!

We have also had the opportunity to support our community in various parades. Thanks to all our team members who walked in the Bellevue Arrows to Aerospace Parade. Tomorrow we will also have many more walking in the Millard Days Parade. Our team members and some of our residents/elders definitely have a blast walking and riding to show our Hillcrest pride!

We are giving back with several fundraisers for the Alzheimer's Association and ALS Association. Reggie Ripple, VP of Home and Community Services, has agreed to take the 'ice

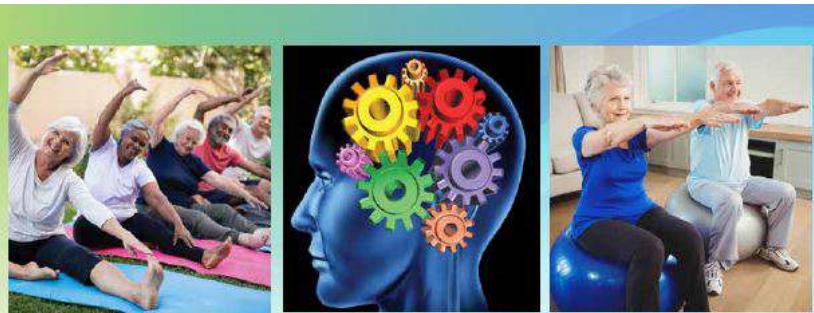


5th Annual SARPY COUNTY PEOPLE'S CHOICE Awards

Show your support, and vote for Hillcrest in *Suburban Newspapers' Sarpy County People's Choice Awards*. Voting is available 24/7 online at omaha.com/sarpyawards and closes on September 12.

Vote for us in the following categories:

- Senior Care Services - Hillcrest Health Services
- Employer Over 50 Employees - Hillcrest Health Services
- Assisted Living Community - Hillcrest Mable Rose
- Retirement Community - Hillcrest Country Estates
- Skilled Nursing Facility - Hillcrest Health Services
- Long-term Care Facility - Hillcrest Country Estates
- Nursing Home - Hillcrest Health Services
- Home Health Provider - Hillcrest Home Care
- Hospice Care - Hillcrest Hospice Care
- Physical Therapy - Hillcrest Physical Therapy
- Massage Therapy - Hillcrest Physical Therapy



Join us for an educational breakfast series presented by Hillcrest Physical Therapy:

EXERCISING YOUR BODY, MIND AND SOLE

As individuals age, many encounter a pattern of decline that reduces their ability to have fun and complete everyday activities. This series is designed to educate participants on how to take steps to improve their quality of life and to counter effects normally associated with aging.

Exercising Your Body

Presented by Paul Gardner, PT, GCS, Director of Home and Community Rehab Services, Hillcrest Rehab Services

Declining muscle strength is a condition that affects many older Americans. This decline results in reduced ability to participate in sporting activities like golfing or running, to more everyday activities like yard work and playing with grandchildren. This session will educate participants on strengthening principles, including the type of strengthening activities one should incorporate to deter weakness normally associated with the aging process. Continental breakfast provided.



Paul has been a certified geriatric clinical specialist for nearly 10 years. A graduate of UNMC, he has lectured at Creighton University, in the broader community advocating for active aging and frequently educates team members within the Hillcrest organization.

- **Tuesday, Aug. 7,** 9 a.m.
Papillion Hy-Vee, 11650 S 73rd St., Papillion, NE 68046 - **RSVP by Friday, Aug. 3**
- **Thursday, Sept. 13,** 9 a.m.
Bellevue Lied Center, 2700 Arboretum Dr., Bellevue, NE 68005 - **RSVP by Monday, Sept. 10**

'bucket challenge' to raise money for the Walk to Defeat ALS, which is tomorrow! And don't forget the Walk to End Alzheimer's tomorrow! Thank you to the hardworking walk committee for all of their efforts.

As an organization we are happy to report we are developing and expanding referral programs to reward you for referring clinical team members, and you can actually take home some extra cash if you refer someone who is hired! Perhaps you have seen Dan Conaway, Director of Team Member Development, in his 'money suit' out and about in the various service lines talking about this. Make sure anyone you refer puts your name on the application when they apply. See Team Member Development for more information.

Without our team members we would be very limited in the services we provide. I am so appreciative of our service lines for driving the Hillcrest mission to 'Enhance the Lives of Aging Adults!' Right now, our leadership is working hard to develop goals and strategy for 2019 to continue to move our organization forward to the future. Each and every one of you in every service line are an integral part of our strategy. We simply couldn't do it without you. Thanks for all you do!

Make a difference every day!

Sharyl Ronan, CEO

Upcoming Events

Sarpy County Walk to End Alzheimer's

Saturday, August 25, 9:30 a.m.
Prairie Queen Recreation Area
132nd St. & Highway 370, Papillion

Support the Hillcrest Team in the annual walk for the Alzheimer's Association. Join the team here: <https://tinyurl.com/y7ucf5r3>. See the first article in this newsletter for full details.

Millard Days Parade

Saturday, August 25, 11 a.m.
Route along Millard Ave from 132nd St. to P St.

Hillcrest Millard team members are encouraged to represent Hillcrest in the Millard Days Parade tomorrow. Team members should line up by 10:30 a.m. in their blue Enhancing Lives shirts at Hillcrest Millard's spot - #100 in the parade lineup (look for the HML van). Staging will be on the east side of Old "L" St. Enter from 120th and Anne St. or from Q St. and Oaks Ln. (NOT 132nd St.). Contact Juli Grimm with questions.

Walk to Defeat ALS

Saturday, August 25, 10:30 a.m.
Werner Park
12356 Ballpark Way, Papillion

Team members will be participating in this weekend's Walk to Defeat ALS with the ALS Association. Participants should wear their blue Enhancing Lives shirts and arrive at

Exercising Your Mind

Presented by Grace Knott, PT, Administrator of Post-acute Rehab Services, Hillcrest Rehab Services

Over 16 million people in the US are living with cognitive impairments. Having a positive perception of aging, remaining socially active and pursuing lifelong physical fitness are all strategies that have been associated with reduced cognitive impairment. This presentation will educate participants on how to prevent cognitive impairments and how to manage impairments that may exist.



Grace is the president of the Nebraska Physical Therapy Association and has extensive experience in acute, skilled nursing and outpatient setting as both a clinician and a manager. A graduate of Kansas University in physical therapy, her passion is working with the older adult, especially in the areas of fall risk reduction, dementia care and optimal aging.

- **Tuesday, Sept. 18,** 9 a.m.
Papillion Hy-Vee, 11650 S 73rd St., Papillion, NE 68046 - **RSVP by Friday, Sept. 14**
- **Thursday, Oct. 18,** 9 a.m.
Bellevue Lied Center, 2700 Arboretum Dr., Bellevue, NE 68005 - **RSVP by Monday, Oct. 15**

Exercising Your Sole

Presented by Sarah Biemerkamp, PT, GCS, CEEAA, Outpatient Physical Therapist, Hillcrest Rehab Services

Each year, one in three Americans falls, often resulting in injury or hospitalization. There are several evidence-based programs that have demonstrated reduced fall risk for those participating. This presentation will educate participants about the common reasons individuals fall and provide several simple strategies to reduce fall risk.



Sarah is a graduate of the physical therapy program at UNMC. In addition to being recognized as a geriatric clinical specialist, Sarah also achieved recognition as a certified exercise expert for the aging adult. She specializes in treating individuals with balance dysfunction, Parkinson's and chronic pain conditions.

- **Tuesday, Oct. 23,** 9 a.m.
Papillion Hy-Vee
11650 S 73rd St., Papillion, NE 68046
RSVP by Friday, Oct. 19
- **Thursday, Nov. 8,** 9 a.m.
Bellevue Lied Center
2700 Arboretum Dr., Bellevue, NE 68005
RSVP by Monday, Nov. 5

RSVP to Kelli at (402) 462-4210 or online at hillcresthealth.com/events/edseries.



RSVP here: hillcresthealth.com/events/edseries

Team members participate in Bellevue's Arrows to Aerospace Parade



Team members and their family members get ready to begin the Arrows to Aerospace Parade on Saturday, August 18.

Werner Park by 10 a.m. Contact Cassy Lawrence with questions.

Falls Prevention Awareness Day

Tuesday, September 18, 1-2 p.m.
Hillcrest Physical Therapy

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Join us as we raise awareness about preventing fall-related injuries among aging adults!

In an effort to collaborate with Hillcrest partners, Hillcrest Rehab Services is also observing Falls Prevention Awareness Day at the following communities/locations:

- New Cassel Retirement Center - Monday, Sept. 10, 1:30-3 p.m.
- Oxbow Living Center - Tuesday, Sept. 18, 10 a.m.-noon
- Hillcrest Country Estates Grand Lodge - Wednesday, Sept. 19, 1-3 p.m.
- Primrose Retirement Communities - Wednesday, Sept. 19, 10-11 a.m.
- Granville Villa - Thursday, Sept. 20, 9:30-11 a.m.
- Omaha Public Library Millard Branch - Thursday, Sept. 20, 10-11 a.m.

Technology Updates

To make your service line's policies easier to access, we have implemented a **Policies page** on the Intranet. Here, you can find links to each service line's policies. As a reminder, you will only be able to access your own service line's policies. This Intranet page can be found on the blue navigation bar between Forms and Family of Services.

Did you know that **Hillcrest now has a 4-digit internal dialing system** for quicker, easier dialing? To reach a team member at one of our Hillcrest locations, simply pick up your work phone (not mobile) and dial the team member's 4-digit extension. A team member's extension is the last four digits of their office work phone number. This 4-digit extension is now also indicated in team members' email signatures next to their work phone number.

Does your timeclock button look different on the Intranet? We've recently merged timeclocks for HCE, HHR, HHS, HMR, HSL, HRS, HFT and HML. Don't worry - this new, combined button leads you to your proper clock-in/out location. HCS team members will continue to use their individual timeclock buttons until further notice.

Hillcrest University Makes it Easy to Continue Your Education

As you know we have a new vendor providing our online learning system.

More than 40 team members and family members spent their Saturday morning at Bellevue's Arrows to Aerospace Parade. This year, we specifically highlighted Hillcrest Health Services, Hillcrest Health & Rehab, Hillcrest Physical Therapy, Hillcrest Rehab Services and Hillcrest Mable Rose.

Team members smiled, waved and passed out candy to parade watchers while listening to tunes on our speaker, including "We Are Family" and "Can't Stop the Feeling." Two Hillcrest buses followed behind with residents. After the parade, team members and their families enjoyed a taco bar and drinks at La Mesa.

Thank you to all who participated!

Keep up with our new therapy blog/newsletter!



Hillcrest Physical Therapy has recently partnered with BuildPT, a digital marketing company, to produce a monthly e-newsletter to provide current and former clients, as well as anyone with an interest in the latest on therapy for aging adults, with relevant therapy-related content. BuildPT works with Hillcrest marketing and therapy team members to produce unique material each month for Hillcrest Physical Therapy's aging adults. An article is emailed out to local media outlets, posted on the HPT webpage, emailed out as a newsletter and posted on Hillcrest's social media pages. Read the first month's article below or [on our website](#).

Physical therapy a safer, effective option for chronic pain

In the context of the current national conversation about pain and the use (and overuse) of opioids, studies continue to show that the use of physical therapy instead of prescription medication is an effective and safe pain-relieving option for the aging adult, according to **Paul Gardner, PT, GCS**, of [Hillcrest Physical Therapy](#).

In fact, in 2016 the Centers for Disease Control & Prevention (CDC) issued a prominent report that lists physical therapy and exercise as options for managing chronic pain that "may actually work better" than oft-abused opiate painkillers like Vicodin and OxyContin - and with fewer risks and side effects. Older adults are at an increased risk of the side effects associated with these opioids due to polypharmacy and other changes of normal aging.

"Pain is perceived as harmful, so we want a diagnosis to explain the cause of the pain and then an immediate way to alleviate it," said Gardner. "This is why opioids are often a first choice. But if we reframe the discussion about pain and educate patients that pain, at times, is normal and necessary, we can help influence pain in a positive direction with less need for medication."

Chronic pain is generally defined as pain that lasts longer than three months and may be caused by injury, an ongoing illness like cancer, or in some cases, there may not be any clear cause. As pain persists, various factors come into play that need to be dealt with to have a successful outcome.

Physical therapists are experts in pain, movement and exercise. They provide a comprehensive evaluation to identify causes of pain and rule out harmful red flags to ensure safe progression of activity. They not only evaluate strength and flexibility, but

Since the link to access Hillcrest University has changed and is now longer than before, we created a simpler URL for all team members to access it.

Now you can simply enter www.hillcrestuniversity.com into your browser at work or at home to open the site. Then log in with your Hillcrest University credentials.

If you have any questions or issues, please contact the Help Desk at (402) 682-6580.

Are You Receiving Your Direct Deposit Advice?

Pay stubs are distributed electronically for those with direct deposit.

If you are not receiving yours via your personal email address, please make sure to update your email address with Team Member Development. If you need a change of address form, contact them at (402) 682-4189.

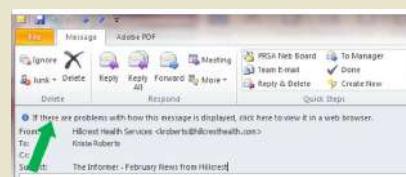
The emails are password protected and only accessible with the last 4 digits of the team member's social security number.

Are You On the List?

The Informer is now only being distributed via email. Do you know of a team member who isn't receiving the newsletter? Or, has your email address changed? If so, please send the name, service line and email address to estratman@hillcresthealth.com to be added to the list or make sure your email is updated with Team Member Development. Thank you!

Hillcrest Health Services
1902 Harlan Drive
Bellevue, Nebraska 68005
info@hillcresthealth.com

Trouble Viewing Photos in This Newsletter?



If you are unable to view the photos in this newsletter, there is a message at the top of your email--look for the "i" in a blue circle with the message stating "If there are problems with how this message is displayed, click here to view it in a web browser." Click on that message, and it will open the newsletter in your web browser, displaying the photos.

also fear and avoidance of activity to help get people back to doing the things they love.

To move forward, the physical therapist and patient will discuss goals, design a treatment plan and begin activities to address movement, flexibility and functionality. Education is provided to empower patients to take control of their pain. Current research overwhelmingly shows that having increased knowledge about chronic pain as well as incorporating exercise/physical activity into treatment helps to decrease pain and improve overall function.

"With chronic pain we are trying to change patients' mindsets so they understand that despite having pain they can move forward," Gardner said. "The more they understand their pain, the less afraid they will become and they can start moving and build hope."

A physical therapist is an optimal professional to help instill this knowledge and provide sound activity recommendations to start them on their way to reclaiming their life in a safe and healthy manner.

A study undertaken by researchers from the University of Washington in Seattle and George Washington University in Washington D.C. found that patients who saw a physical therapist before trying other treatments had an 89 percent lower probability of eventually needing an opioid prescription, a 28 percent lower probability of having any advanced imaging services and a 15 percent lower probability of making one or more visits to the emergency room.

Despite the mounting evidence that physical therapy can reduce or eliminate dependence on opioids, Gardner expects it to be an ongoing conversation.

"Although pain is normal, living with persistent pain should not be," he said. "Dealing with this issue can be very complex in nature and is not always easy. It will take a lot of hard work from the patient as well as the medical community to tackle the opioid epidemic; however, physical therapy may be a good place to start."

[Click the subscribe button on the Hillcrest Physical Therapy webpage to start receiving our e-newsletter.](#)



Hillcrest Briefs

Hillcrest Health Services Annual Team Member Family Event

This year's Team Member Family Event was a huge success, with more than 800 in attendance at Werner Park! We hope everyone had an enjoyable time with their families and fellow team members.



"The Ripple Effect" tug of war team celebrates being the first runner-up.

Like us on Facebook

Like us on Facebook to keep up with service line news & to learn more about enhancing the lives of aging adults!

Follow us on Twitter

Follow us on Twitter for health care information you can use!

View our videos on YouTube

Watch our videos on YouTube to learn more about our complete continuum of care and continue your education!



Tug of war brought many team members and their family members down to the outfield to participate and watch.



Hillcrest Millard Administrator Brandi Petrik smiles with her family.



Cottage Guide Lisa Safi-Wilson takes a fun photo with Vortex, a Storm Chasers mascot.

Welcome to Hillcrest!

Corrienne Gray has recently joined the Hillcrest Accounting Team as Senior Accountant. Corrienne comes to Hillcrest with years of experience in accounting and financial reporting with her last 12 years at Kiewit. Her primary duties include accounting, budgeting and financial reporting for Hillcrest Health & Rehab, Hillcrest Firethorn and Hillcrest Millard, along with several other projects.

Corrienne has always had an interest in senior care, working as a certified nursing assistant during school. She also completed a Masters in Public Administration and Graduate Certificate in Gerontology as part of her education path.

Please welcome Corrienne Gray to the Hillcrest team!

Hillcrest Country Estates Cottages Plumbing Demo

The Hillcrest team recently came together to assist for a plumbing demonstration to be put on by an elder. After discovering the elder, Ed, has a passion for plumbing (his former profession), the Hillcrest team worked together to get the materials for him to share his knowledge. From talking with the elder to understand his interests, to finding a sink and other items to assemble and disassemble a sink, to creating printed educational materials for Ed to share with his audience, the team really came together from a number of different departments.

Thank you to all of those involved in making this happen for Ed! He was happy to share his passion with a small crowd and reminisce on his plumbing contracting days. Shout-out to Chaplain Colleen O'Neill, Dr. Anna Fisher, Angie Knudsen, Kathy Lucas, Bruce (the gracious seller who donated the sink after hearing about Ed), Cindy Klein, Jura Michael, Jason Hagerty, Rick McHenry, Craig Busboom and Liz Stratman.



Dr. Anna Fisher helps Ed kick off his plumbing demonstration.



Ed reaches for the appropriate part to reassemble the sink.



Ed smiles as people from the audience ask questions.

Hillcrest Country Estates Grand Lodge

"Conquer the Gauntlet"

Michael Pollock, Director of Lifestyle & Wellness, recently competed in the "Conquer the Gauntlet" obstacle race national series outside of Des Moines, Iowa. It is an off-road running series with around 25 different obstacles mixed into a 5-mile trail run. It's a national series with races in about 25 different areas around the country, and each race draws around 800 to 1000 runners. Obstacles include carrying heavy logs, climbing 10-foot walls, crossing balance beams over water, wading through mud pits, climbing a 25-foot rope, traversing a variety of hanging obstacles, like monkey bars and ropes, and rings over water and more. Pollock finished 13th in his age division out of 120 competitors. Since he placed in the top 15 he qualified for the 2019 North American obstacle course championships! Way to go, Michael!



Michael Pollock, Director of Lifestyle & Wellness, competes in an obstacle race.

Elvis is in the Building!

On August 16th, the Grand Lodge lifestyle team commemorated the 41st anniversary of rock 'n' roll legend Elvis Presley's death by presenting residents with a day of "Elvis." And they did it in the best way they knew how - with 50s garb and music (thanks to a local Elvis impersonator)! Residents and team members had a blast!



The Grand Lodge team looks awesome for a Day of Elvis!



Resident Sarah Detweiler enjoys time with "Elvis."

**Hillcrest Home Care
We Have Fun!**

We have fun! The Hillcrest Home Care leadership cooked breakfast for our team in appreciation of a record-breaking admission month. Even our Vice President manned the grill. Way to go, Home Care!







Hillcrest Firethorn Windsong Equitherapy Visit

On July 26th Windsong Equitherapy visited guests at Hillcrest Firethorn! Guests and team members got the chance to pet, groom and walk the horses on a beautiful afternoon. Guests got to learn more about horses and equitherapy and its benefits.

"Equitherapy can help reduce depression and anxiety among patients and gives them the opportunity to reminisce about their family pets," **Jeannie Schleip**, Director of Therapeutic Recreation, said. "Seeing the horses can also increase our guests' motivation toward participating in various activities and therapy during their stay."

Michelle Rohman, a nurse tech and volunteer at HFT, has been a PATH-certified instructor at Windsong for six years and enjoys combining her love for horses and helping others.

"It is always a great feeling to make someone's day and watch them reach their goals," she said. "Sometimes you get individuals that do not want to be involved in anything and then they see the horses and they are a totally different person with a smile on their face. It's a great feeling to see a lot of smiles."

Windsong Equitherapy provides high-quality equine assisted activities to individuals of all ages and abilities in a variety of safe and supportive settings. Windsong primarily offers mounted therapeutic riding lessons, but also utilizes horses as a therapy tool offsite, using ground work and horsemanship to improve patients' balance, flexibility, motor coordination, cognitive processing and self-esteem. Hillcrest Firethorn has developed a partnership with Windsong Equitherapy, offering pet therapy using horses once a month for their guests. Having Windsong come creates an opportunity for all departments to get involved. It takes everyone to make their visits a success.

Equitherapy, as well as pet therapy, is used to help individuals heal or cope with a health problem or mental health issues. Pet therapy has been proven to help improve motor skills, joint movement, self-esteem and social skills. It's also motivating for those who participate.

"Aging adults are facing different transitions in their life, such as a decline in health status, coping with their overall health, transitioning to a different living environment and their social life changes as well," Schleip said. "Sometimes you need to think outside the box to get people involved. If they can't get to their favorite activity or place, then you find a safe way to bring it to them. Not only does it make our guests' days, but it also makes a great break for our team members."

Guests and team members at Hillcrest Firethorn are looking forward to future visits with their new equine friends Bandit, Darlie and Tonto!



Guest Lana Svoboda walks Bandit with Nurse Tech Michelle Rohman and Recreation Director Jeannie Schleip.



Hillcrest Firethorn team members Jessica Gotschall, Brooke Chenoweth, Alexis Menard and Kelly Orosco enjoy spending time with Bandit.



Hillcrest Firethorn volunteers Kylee Kirby and Olivia Kallhoff pose with team members and Windsong members after helping with the event.

Welcome to the Hillcrest Firethorn Team!

Rebecca Smith has been hired as Administrator for Hillcrest Firethorn. During her career, she has held administrator and executive director positions at several facilities in the area and has experience in the leadership of multi-service care facilities in addition to being a clinic manager and behavioral health consultant. Rebecca graduated from Wayne State College with a Bachelor of Arts Degree in Business Administration/Human Resources. Rebecca lives in Gretna. Her 13 years of experience in the long-term care industry will be a great asset to the Hillcrest Firethorn team.

Hillcrest Health & Rehab Hillcrest Heroes

Hillcrest Heroes is still going strong! Each month we are seeing our team members recognize each other for their outstanding team work and customer care! We recognize our team members during our monthly All Team meetings.

Community Involvement

HHR recently took part in the Arrows to Aerospace Parade on Saturday, August 18, in Olde Towne Bellevue. It was great to see everyone walking together as one and having a great time dancing, waving and passing out candy! Seeing the smiles on everyone's faces as Hillcrest walked by was a great feeling.

Hillcrest Mable Rose Blood Drive

Thank you to everyone who donated blood at the Hillcrest Mable Rose Blood Drive! Thirty-two donors stopped by to give on Wednesday, August 15, and 24 good units were collected for the American Red Cross! Because of your donations, 72 patients will be helped in the coming weeks! Way to go, Hillcrest team!



Dementia Care Specialist Laura Mayer participates in the blood drive.



HMR Administrative Assistant Amber Derickson gives blood.

Hillcrest Millard Alzheimer's Fundraiser

HML put on a basket raffle fundraiser for the Walk to End Alzheimer's. We had a great response and took in \$480 to donate to the cause. We appreciated everybody that donated baskets and purchased tickets to help support this worthy cause.

Summer Fun with Seminarians



Summer volunteers Drew and Brooke show off the cookies they baked with the help of seminarians Patrick and Adam and Hillcrest Millard guests.

Each year we are lucky to have seminarians from the Institute for Priestly Formation join us for a month in the summer. We were fortunate again this year to have two seminarians join us. They were excited to learn some new interests that they had never done before. They baked cookies, made slime, made art projects and played King's Corner.

"My mom will never believe me that I learned to bake cookies this summer," Adam said. "I can't wait to bake her some."

They also were so thankful to meet some many wonderful people and spend time with our guests.

Patrick said: "What you guys do every day for your guests is a blessing. I am honored to be a part of it this summer."

They ended their time at HML with hugs from the guests and a bag of cookies to go. We look forward to next summer when we will meet two new seminarians.

Hillcrest Shadow Lake "We Learn and Grow"

Congratulations to **Ryan Anders**, who recently passed his RN boards! Ryan started as an elder assistant at Hillcrest Country Estates in around 2011. Though not his direct supervisor, **Harmony Widman**, Director of Clinical Services, did work beside him frequently. Even then, Harmony said he was a very attentive and caring young man. When she encountered him about a year and a half ago and he wanted to join the team at HSL as an LPN, she said she jumped at the opportunity because of his caring and compassionate ways. And now he has passed his RN boards!

"I am so pleased to have been a part of his journey in his nursing career," Widman said. "Please share his news and excitement as we live and breathe our company values here at HSL - 'We learn and grow.'"

Gone off the Deep End!

Kevin Sauberzweig and **Corrie Chaddha** have gone off the deep end fishing for ideas to get team members hired in nursing by this unusual meeting.



Enhancing Lives Through Exceptional Customer Care

Each month, we spotlight team members who exemplify our mission of enhancing the lives of aging adults.

Tamara Sneed, Nurse Tech Hillcrest Shadow Lake

Tamara came to work at HSL just one year ago. Since she has arrived, I have received countless compliments about her demeanor, smiling face, attention to the care of her residents and outgoing and friendly personality. Tamara shows great flexibility each and every day she is at work. Her southern hospitality is warm, friendly and inviting. Tamara brightens the day of her residents by using vibrantly colored hair accessories, not only for herself, but also for our residents. In the past year, we have learned that Tamara can be counted on to have a GREAT day EVERY single day she is at work.



-Kevin Sauberzweig, Administrator

**Jennifer Wilkinson, Culinary Server
Hillcrest Country Estates Grand Lodge**

Jennifer exceeds expectations each day. The feedback from our customers is that Jennifer is friendly, professional and always smiles. She is flexible as a team member and makes it her job to know the likes and dislikes of our residents in all three serving venues at the Grand Lodge. Jennifer was chosen by her peers to be the Team Member of the Month in July. She is truly enhancing lives with her outgoing personality and her ability to anticipate the needs of our residents. We are proud to work with Jennifer at the Grand Lodge.



-Cindy Klein, Administrator

**La Tisha Craine, Clinical Support Assistant
Hillcrest Health & Rehab**

La Tisha is our Team Member of the Month! She recently took on the position as Clinical Support Assistant, but before that, she was an exceptional Nurse Technician/Med Technician! Over her time here at HHR, she has consistently been recognized by numerous customers and their families for providing exceptional care! La Tisha is a great asset to our community, and she always goes above and beyond for our customers and team members. We are so blessed to have her as a part of our team!



-Tammy Weston, Administrator

**Alexis Menard, Nurse
Hillcrest Firethorn**

Alexis Menard started at Hillcrest Firethorn as a nurse in February 2018. Alexis has assisted in onboarding new nurses and is always working with a positive attitude. Alexis is willing to take on any challenge. She often comes in on her days off to help with admissions, paperwork or wherever extra help may be needed. Alexis goes above and beyond for her guests and her fellow team members! Alexis serves as a role model and important part of our team. Great job, Alexis!



-Rebecca Smith, Administrator

**Jessica Williams, ES Tech
Hillcrest Firethorn**

Jessica Williams started at Hillcrest Firethorn as an Environmental Services Tech in 2018, and she plays an important role in our team. Jessica is a major contributor and helps other team members without hesitation. She is always looking for something to do. Jessica has a great work attitude and is willing to take on any challenge. Jessica goes above and beyond for her guests and her fellow team members. Jessica is always willing to provide tech support to her fellow team members and is a great multi-tasker. Jessica loves getting to see our guests and getting to know about them. Great job, Jessica!



-Rebecca Smith, Administrator

**Arlene Rouch, Bistro Hostess
Hillcrest Firethorn**

Arlene Rouch started at Hillcrest Firethorn as a Bistro Hostess in March 2018. Arlene is a major contributor to the culinary department and is a team player. Arlene has a great work attitude and is always willing to jump in and help others as needed. Often times you can find Arlene in the Bistro assisting team members and our guests in a timely manner. She enjoys brightening others' days and getting to know them! Great job, Arlene!

-Rebecca Smith, Administrator



Hillcrest Health Services | 1902 Harlan Drive | Bellevue | NE | 68005