

# The informer

A newsletter for team members of Hillcrest Health Services

September 2020

## Hillcrest Team Raises More Than \$5,000 for the Alzheimer's Association



This photo collage, submitted by Aili Filippi-Johns, HRS Director of Rehab Services at HML, shows therapy team members who walked virtually with their families and furry friends.

In addition to being this year's Promise Garden sponsor at the Annual Sarpy Walk to End Alzheimer's on Saturday, September 12, the Hillcrest team raised more than \$5,000 for the Alzheimer's Association. Thank you to all who contributed to fundraisers, shared on social media and helped make this happen.

Hillcrest Mable Rose was the service line winner of breakfast pizza. They raised \$1,001 for the Alzheimer's Association this year. Way to go, HMR team!

Though we couldn't all walk together, we appreciate all of the team members who walked in their own neighborhoods, trails or parks.

Shout-out to HGL, who put on a "Purple Walk," with the help of Hillcrest Volunteer Services. The event brought together 22 volunteers and three team members, who walked through the campus in purple attire (and PPE, of course). What an awesome way to support the cause!



Volunteers and team members take a photo at the Purple Walk on Saturday, September 12.

### Hillcrest Connection

Our Leadership Team  
Latest Hillcrest News

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### From the Desk of Sharyl Ronan

Dear Team Members,



September is here with the hope of cooler temperatures just around the corner. September represents the fall, harvest and pumpkin spice lattes! Pumpkin donuts, pumpkin bread and pumpkin ice cream! On Sunday, I made pumpkin/banana muffins! Yes, I really do eat pumpkin with almost anything! Winter is right around the corner as well as the holidays, including Christmas, which is only 63 days away! Yikes!

I have had a couple of our seniors tell me lately that they love this weather...without the COVID-19! It definitely has been a challenging year for our team members, and I understand that many of our customers have had to adapt so much in light of this pandemic. Restrictions, quarantines, changes to routines and programming all look different now.

One of the things I really love about the Midwest is the strong work ethic and the determination of Nebraskans not to give up when things get hard. We certainly have been thrown a curve ball by COVID-19, but we will not let it win! My new mantra is, "**Not today, COVID!**" I have faith in our teams to wear a mask at work and in public, follow our infection control guidelines, while making a difference every day for our aging adults! At Hillcrest we work with passion despite our challenges!

Speaking of work, did you know that Hillcrest has five options to increase the professional development of our team members?

#1. Service Line Funded Education Program - This program is designed to support the ongoing growth, education and development of current team members -- whether to expand knowledge and capabilities in a current role or preparation from future opportunities.

#2. Leadership Credential Program - This program is designed for team members who desire to obtain a professional credential for the purpose of advancing their leadership skills within Hillcrest Health Services.

#3. Geriatric Health Sciences Career Program - This program is designed for team members obtaining a specific health care degree, license



Gail, HML Concierge, walks with her grandkids for the Walk to End Alzheimer's.

If you haven't already posted with #HillcrestWalks (keep in mind, we can't see photos from private profiles) or shared with us through email, send your photos to Liz Stratman, HHS Director of Communications, at [estratman@hillcresthealth.com](mailto:estratman@hillcresthealth.com).

or credential that supports clinical advancement within Hillcrest. We will assist with two years of tuition -- up to \$3,500 per year!

#4. Continuing Education Program - This program supports team members who desire to obtain certifications as a nursing technician, medication technician or certified dietary manager after completion of 120 hours of employment.

#5. Administrator in Training or Director of Nursing Training Programs - These programs prepare an individual to complete the necessary basic skills to fulfill the role of an Administrator or Director of Nursing for a community within Hillcrest Health Services.

In addition to the Professional Development Program, Hillcrest also has a Nursing Loan Repayment Program. This program offers nurses who work in designated nursing positions to have Hillcrest fund their nursing school student loans.

Know someone who wants to work for a great company or needs a job? Refer a friend! Right now you can earn up to \$2,000.00 per referral with no limits on the number you refer! Contact a recruiter to find out if you or a friend you refer to Hillcrest is eligible for this program! See Team Member Development (TMD) team for more information!

Living our mission to "Enhance the Lives of Aging Adults" is an honor. I can assure you although it may be tough at times, it will be a job in which you will feel the rewards of service! You will make an impact helping others!

Hillcrest is only able to deliver on our mission and goals because of our team members! You are the ones who make a difference and impact lives every day. Thanks for all you do!

Sharyl Ronan, CEO



## Health Care Heroes: Fit for Duty

**NOW CASTING: Your Service Line's Winning Team**  
Four participants (+ two alternates) to compete in a series of fitness challenges

**THURSDAY, OCTOBER 8, 4-6 P.M.**

HGL "Grand Lawn" - 6021 Grand Lodge Ave., Papillion\*

\*Team members who are not participating (or residents, family & friends) can watch online

**DO YOU HAVE WHAT IT TAKES?**

Register online by Sept. 25th at [hillcresthealth.com/fitforduty](http://hillcresthealth.com/fitforduty)

### Upcoming Events

#### Health Care Heroes - Fit for Duty

October 8, 4-6 p.m.

Hillcrest Country Estates Grand Lodge - Grand Lawn

6021 Grand Lodge Ave., Papillion

All Hillcrest service lines are invited to put together a team of four individuals to compete against the other service lines in socially distanced fitness challenges. Sign up at [hillcresthealth.com/fitforduty](http://hillcresthealth.com/fitforduty).

For those who do not participate (and for the residents/guests at your buildings), this event will be live-streamed. More details to come.

#### Blood Drive

October 14, 9 a.m. - 2 p.m.

NP Dodge Real Estate

4912 Shannon Dr., Papillion

Due to COVID, the blood drive has been moved to NP Dodge, across the street from HMR. Schedule your appointment here: [NP Dodge Blood Drive](http://NP Dodge Blood Drive).

### Nominate a Team Member for a Star Award!



As part of The Hillcrest Way, team



## Take Control of Your Financial Future

After working hard your whole life, you deserve a comfortable retirement. The sooner you start saving the easier it may be to reach your financial goals.

The Olson Group is pleased to work with the team at Hillcrest Health Services to offer a Telephone Review Meeting of your account for team members. The meetings are designed to help team members at all levels of income to understand options available as part of the Retirement Plan.

Tuesday, October 6th  
Wednesday, October 7th  
Thursday, October 8th  
**ONE-ON-ONE TELEPHONE REVIEW MEETINGS**  
9:00 a.m. – 4:00 p.m.

Appointments are required. Call Sherry Sneed at 402-933-4604 to reserve your time.

Register your 401k account at [www.oneamerica.com/login](http://www.oneamerica.com/login) or call 1-800-249-6269 to speak with a representative. Please have the following information available at your scheduled call:

- 1) Group Plan Number: G92364
- 2) Date of Hire: Month and Year
- 3) Estimated Account Value on most recent statement
- 4) Social Security Number

Discuss with a Financial Advisor: Advice Planning, Asset Allocation, Diversification and Investment options



\*Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Advisory Services offered through Investment Advisor Representatives of Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.

The Olson Group and Cambridge are not affiliated.

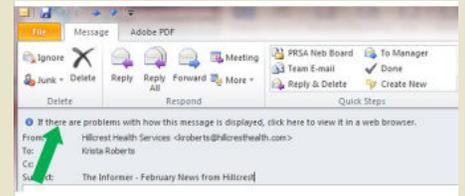
members and customers can now nominate team members for Star Awards when they go above and beyond to serve our customers. All nominations are reviewed and approved by the team member's service line administrator. To nominate someone for a Star Award, visit [hillcresthealth.com/star](http://hillcresthealth.com/star) or access the form on the right sidebar of the Intranet under the Team Member Handbook.

## 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](mailto:estratman@hillcresthealth.com) to be added to the list or make sure your email is updated with Team Member Development. Thank you!**

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## 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.

## Are You Engaging with Us on Social Media?

Be sure to "like" us on our Facebook pages and "follow" us on our Twitter pages.

[Hillcrest Health Services Facebook](#)

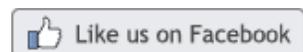
[Hillcrest Health Services Twitter](#)

[Hillcrest Careers Facebook](#)

[Innovate Physical Therapy Facebook](#)

[Hillcrest Firethorn Facebook](#)

[Hillcrest Silver Ridge 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 for health care information you can use!



## Hillcrest Briefs

**Hillcrest Health Services**  
**Fitness Your Way®**



Here's a great way you can stay/get fit during the winter months! Team members who are participants of a BlueCross BlueShield health plan (doesn't have to be a Hillcrest plan) can take advantage of the Fitness Your Way® gym discount program, which gives you access to multiple gyms for \$29 per month. Through the end of September, save \$29 when you pay no enrollment fee.

Thousands of gyms. One membership. Enjoy access to:

- Gyms where you live, work and travel nationwide
- Discounts on healthy living products and services from thousands of well-being specialists

Here's how you can enroll:

- Go to [Blue365Deals.com/FYW](http://Blue365Deals.com/FYW). Enter the promo code STARTINSEP at checkout and BCBS will cover your enrollment fee.
- OR enroll and redeem this offer by phone: 877-614-6313, Monday - Friday, 8 a.m. - 5 p.m.

## Hillcrest Country Estates Grand Lodge Fun Committee Theme Days

The HGL Fun Committee has had weekly theme days to boost the spirit of the team and the residents. Themes range from Christmas in July, to Disney Day, to Sports Day. Residents are encouraged to participate with the team. It has been wonderful to see the creativity!

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



Sarah Russell, HGL Director of Marketing, and Sophia Marasco, HGL Marketing Counselor, pose in their Sports Day attire.



The HGL Culinary Team gets into the spirit of Disney Day.

### Hillcrest Rehab Services Falls Prevention Awareness Day

Every year, one in four adults over the age of 65 experiences a fall. September is Falls Prevention Awareness Month! In recent years, Hillcrest Rehab Services has been active in the community, providing education about the prevalence of falls and fall prevention strategies. While COVID has changed many things, falls continue to be a significant concern in our community. As such, while our efforts are significantly scaled back in 2020, therapy team members did prepare word find and crossword activities to be completed while social distancing. In a few of our strongest assisted living and independent living facility partners, we provided group education on fall prevention topics and will screen individuals to address fall risk.

Test your skills in the word find below.

Can you find all the words hidden in this puzzle?

F	A	L	L	S	S	E	N	K	A	E	W	Q	E	F
E	R	U	S	S	E	R	P	D	O	O	L	B	U	E
P	C	T	D	B	A	L	A	N	C	E	L	Z	R	A
Y	A	A	D	O	C	T	O	R	E	G	P	Z	G	R
D	A	I	U	R	C	P	I	X	W	A	L	K	E	R
I	T	C	N	A	S	L	E	E	P	R	N	R	N	N
S	W	H	K	S	T	R	E	N	G	T	H	T	C	O
E	A	I	N	L	C	L	U	T	T	E	R	H	Y	I
A	T	N	D	I	Z	Z	I	N	E	S	S	E	R	T
S	E	E	S	U	L	C	M	G	E	T	H	R	B	A
E	R	E	A	C	H	E	R	R	H	P	O	A	R	C
L	O	W	V	I	S	I	O	N	L	T	E	P	A	I
B	C	A	L	L	B	U	T	T	O	N	S	Y	K	D
N	U	T	R	I	T	I	O	N	N	S	A	H	E	E
H	I	L	L	C	R	E	S	T	C	A	R	E	S	M

- |                 |            |           |                |
|-----------------|------------|-----------|----------------|
| Lights          | Low Vision | Clutter   | Walker         |
| Fear            | Exercise   | Dizziness | Brakes         |
| Pain            | Balance    | Shoes     | Reacher        |
| Medication      | Weakness   | Sleep     | Blood Pressure |
| Doctor          | Nutrition  | Tai Chi   | Call Button    |
| Falls           | Therapy    | Strength  | Disease        |
| Hillcrest Cares |            |           |                |



**Innovate Physical Therapy**  
Grand Opening

# Innovate

## Physical Therapy

Last month, we announced a big change in our outpatient therapy practice. In the past, our practice has functioned under the name "Hillcrest Physical Therapy." Going forward, while we will continue to have the same awesome therapists in the same location, we are introducing the community to a new brand, "Innovate Physical Therapy." To introduce this new brand, the clinic is experiencing a bit of a face-lift with new signage and minor clinic modifications. If you get a chance, swing by and check it out.

For the broader community, we will be hosting an open house and Bellevue Chamber Ribbon Cutting the afternoon of October 15th. We are looking forward to area physicians and key members of the Bellevue/Sarpy community taking a fresh, new look at our awesome therapy services!