



## OUR ELDERS' HOME, NOT "THE" HOME

Nestled within a beautiful, 44-acre continuing care retirement community (CCRC), the Cottages at Hillcrest

Country Estates invite you to abandon every negative perception you may have about long term care.

We approach skilled nursing uniquely, within the innovative cottage model of skilled nursing, offering unmatched compassion, dignity and a sense of home.

Each of our eight Cottages accommodates 13 Elders with private, comfortable rooms and an open, family-style floor plan customized to offer a higher level of care without taking the focus away from enjoying everyday life.



## NATIONAL LEADERS IN THE CARE OF AGING ADULTS

Hillcrest Health Services is recognized nationally for our leadership and innovation. Our identity as a local, privately-owned organization enables us to respond swiftly to the changing needs of those entrusted to our care.

Hillcrest offers more services for aging adults than any other provider in Omaha. Since 1988, we've grown into a seamless health system with unparalleled expertise in caring for aging adults throughout every stage of life.

We value independence, wellness and choice as we strive to enhance the lives of aging adults.

*Schedule your visit to The Cottages today!*



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(corner of Hwy 370 and 60th St.)

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[hillcresthealth.com](http://hillcresthealth.com)

Innovative Skilled Nursing Cottages



*A Unique and  
Caring Place to Call Home*

# The Uniqueness of Cottage Life

Elders are encouraged to enjoy the schedule they've always known, in a beautifully-designed home that feels warm and inviting. Each Cottage includes amenities such as private rooms with a bathroom and shower, sunroom, hair salon, family library and an open kitchen where Elders can interact with the homemaker during meal preparation. We stock the kitchen with the Elders' favorite foods while our Registered Dietitian ensures everyone gets the nutrition they need.

We've tailored the atmosphere and amenities at The Cottages to the individual needs and desires of the Elders entrusted to our care.

*Daily life in our community includes:*

- Flexible daily schedule that accommodates sleeping in, reading, baking, day trips and outings, visiting entertainers and volunteers, enjoying the outdoors and snacking anytime
- Home-cooked meals and made-to-order breakfasts that meet all special diet requirements
- Scrumptious baked goods prepared right in the Cottage
- Family-style lunches and dinners in the Great Room – a spacious common area full of natural light, games, comfortable furniture, a large flat-screen TV and a grand piano
- Relaxing on a patio perfect for grilling and socializing in warmer weather
- Intergenerational programs with local schoolchildren



- Personalized 24-hour care delivery, including bathing, dressing, grooming, assistance with mobility and transferring, medication administration and other help as needed
- Team members who form enduring relationships with Elders and deliver high-quality care with compassion

## FRIENDLY AND COMPASSIONATE TEAM MEMBERS

The Cottages are the first and only freestanding nursing households in Nebraska, representing a radical improvement in the care of aging adults requiring 24 hour care. Our care team understands and respects that the Cottage is the Elders' home as they deliver "resident-directed" care.

Another unique feature of The Cottages is our team's "universal worker" philosophy, which means that the same team members complete a wide variety of the daily tasks in their assigned Cottage – including cooking, laundry, cleaning, activities and personal care – giving them more time to build family-like relationships with the Elders entrusted to our care.

Schedule your visit to our beautiful Cottages today.



## INDEPENDENT LIVING APARTMENTS

Two independent living apartments above six of our eight Cottages provide a convenient and affordable option for spouses or family members who desire to live nearby. These 12 comfortable one- and two-bedroom apartments range up to 1,200 square feet, and the low monthly rent includes all utilities plus local phone service, cable and wireless internet access. Call **(402) 885-7007** about availability.

