



February 2010

Helpful Websites

www.caregiver.com
—complements *Today’s Caregiver* magazine by offering an online subscription to the magazine and newsletter.

www.alz.org— supported by the National Association for Alzheimer’s Disease. Site provides information on latest Alzheimer’s care.

www.eldercare.gov— A first step for finding local agencies that help older persons and their families home and community based services.

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A Word From the Administrator



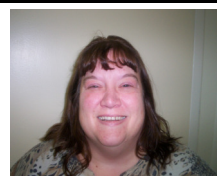
Donna Coad, BS, LHNA
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Moment to Reflect

I would like to take this opportunity to reflect on a recent loss at Hilltop. Even though losses at Hilltop is a reality of life, we are never ready to let go, and we miss the person whom we have cared for and have shared our time with. The passing

of each person routinely leaves a special memory with each of us. But today, I would like to express our sadness over our recent loss of one of our employees, Tracy Livvix. Little did we know that Tracy would not return to work, and that she would leave us so suddenly. It seems to be human nature to relate end of life issues with someone who is older. But since that is not always true, everyone should remember to live each day to the fullest and appreciate all of our special blessings and

relationships. In that respect, the employees at Hilltop wish to offer our sympathies and condolences to Tracy’s family and also wish to let them know that Tracy is missed at Hilltop. May your memories of Tracy help you through this most difficult time.



Mamie Henderson, RN, BS
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Nutrition

Being overweight may have an effect on the health of an individual. It may lead to diseases such as diabetes, high blood pressure, respiratory problems, osteoarthritis and many more. On regular visits, your doctor may moni-

tor your blood pressure, weight and make recommendations for healthy lifestyle changes. Eating right and getting the proper nutrients is important at all ages. With age, adults need more calcium, Vitamin D, and Vitamin B12. With the use of medications for high blood pressure your doctor might also order

supplements of potassium. Eating a variety of foods can help you get the nutrients that your body needs. Exercise is also an important habit to add to your daily activity.



Employee

Spotlight

Sandy Bowles, LPN

Sandy has worked for Hilltop for a little over a year. She has previously worked for Hilltop and was here for ten years. She has a husband, two daughters and five grandsons.

Sandy enjoys watching her grandsons while their families are away at work. She also enjoys reading, gardening, and cross-stitching.

Quote of the Month

Life is either a daring adventure or nothing.

-Helen Keller

For More Information:

Carrie Hooten

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Please Welcome New Employees to Hilltop

Heather Krueger, CNA

Jessica Shull, CNA

Dolly Bednarz, CNA

Laurin Ruddell, LPN



Rocky

Welcome Rocky, Hilltop's visitor. Rocky visits residents throughout the week. If you see Rocky close to the doors, please watch out as he may try to dart outside.



Dane Logsdon, cook for Hilltop Convalescent Center, endured the cold weather and snow to grill steaks for the residents. Each month residents choose two meals for "resident's choice" to be served during the month. Both residents and family members were able to enjoy ribeyes, grilled to perfection. One family member even stated it was as good as eating a steak from a restaurant.

MARK YOUR CALENDAR!

Wednesday, March 17th at 3:00pm—St. Patrick's Day Green Beer Garden

Tuesday, March 30th at 6:00pm—family night, baseball theme

For more information on activities for Hilltop, contact Irene Carter.

March is Nutrition Month

March is National Nutrition Month. It is sponsored by the American Dietetic Association. The goal of National Nutrition Month is to raise awareness about the importance of good nutrition and promote good eating habits.

The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.