

College View
Assisted Living &
Memory Support
Hastings, Nebraska
402-462-6264

Fox Run
Assisted Living
Council Bluffs,
Iowa
712-256-2741

Heritage Pointe
Assisted Living &
Memory
Support
Omaha, Nebraska
402-614-5222

Heritage Ridge
Assisted Living,
Independent
Living & Memory
Support
Bellevue, Nebraska
402-932-1881

**Meridian
Gardens**
Assisted Living &
Memory Support
Columbus,
Nebraska
402-564-6300

Northern Hills
Assisted Living &
Independent
Living
Sioux City, Iowa
712-239-9402

**Shalimar
Gardens**
Assisted Living &
Memory
Support
Fremont, Nebraska
402-721-1616

Professionally
managed by
Omaha based
Heritage
Management
Services Inc.
11717 Burt Street
Suite 102
Omaha, Nebraska
68154
402-933-2561



The big buzz at **Meridian Gardens** is the arrival of our new piece of exercise equipment, the Nu Step. Several of our residents have been anxiously awaiting its arrival and are now enjoying the additional exercise that it provides. Our Nu Step will provide an easy to use fun workout and our residents will benefit enormously from this safe and enjoyable exercise. Many have used a Nu Step during their time at Physical Therapy. Having this machine at Meridian Gardens will give them the opportunity to continue another part of their Physical Therapy at home.

There are also two instructional exercise classes on Monday, Wednesday and Friday and one on Saturday. Several residents enjoy walking and keep a running track of their walking miles; while others have their own exercise equipment in their apartment. One ninety year old resident continues to regularly ride her adult tricycle out doors when the weather permits. During the warmer months she rides this every day!



WELCOME
2012



Heritage Pointe kicked off the year with a bang! Residents celebrated 2012 with family, friends and staff while enjoying appetizers ranging from BBQ chicken pieces to crackers and sausage... along with cocktails.

Various entertainers for the month of January included Magician Joe Cole, and singer Billy James. The residents loved the River City Hand Bell Choir. Also, the book club is listening to Snow Falling on Cedars each Monday morning. On January 17th, Dick Sladky led a memorial service here honoring Heritage Pointe residents that passed away during 2010 and 2011. We all remember each of them with great respect and love.

A new Friday activity was started called Something Simple with Lorraine at 3:00 where we explore everything from food to crafts to games. The Mystery Chef is always a big hit too as they never know who will be in the kitchen to entertain them. Even with the blast of cold air that winter eventually brought us, we got in all of our dining out meals and shopping trips. As usual, we look back on what we did and look forward to next month and what it has to bring!



Santa & Sundaes at Heritage Ridge

Santa Claus made a surprise appearance for our residents on Christmas day. Over 150 guests joined us for our annual Christmas Prime Rib Luncheon and the kitchen staff made the holiday merry & bright!



Our residents started off the 2012 New Year with a champagne toast. The dining rooms were decorated with streamers, and residents wore fun hats and strings of beads. When the clock struck 12:00 (noon), we all blew our horns in celebration. New Year's Day was on Sunday, so we did some extra celebrating with Sunday Sundaes in our game room.



HMS CORNER

Our corporate offices have had a busy start to 2012. Year-end financial are being completed, payrolls processed, bills paid and W2's are being sent out to all of you. Lisa, Amy, Lori and Rose have their hands full at this time of the year. A few key staff openings in Fox Run and Shalimar have also sent David and Mindy out to those communities to fill in, until quality replacements are found and trained - note that they do this while continuing to complete their regular tasks. Please be sure to let David and Mindy know that they are appreciated when you see them at your communities.

Lori Paulsen has been busy planning a ground breaking in Surprise, Arizona, for an eighty eight unit assisted and memory care community that will be the first Heritage community in Arizona. We are all very excited to see that starting. We are also working on two more communities in the Omaha area and will share details of those in the future.

As I made my way through all your communities last year I am constantly amazed at the high level of dedication all of you have to our residents. Your hard work and strong sense of caring for all those around you is always truly appreciated by all of us. Thank you for all you do!





Northern Hills Propels Student's Career

Kailey Preston, an associate at Northern Hills Independent Living,, seems to be a jack-of-all-trades. You will often find her fluttering around the dining room as a dietary aide, or cheerfully calling bingo. The advent of her senior year, though, brought on an entirely new and unique job.

Complimenting her studies at Sioux City North High School, Kailey spent her first semester as a senior interning in our Independent office. Her key responsibility was organizing and updating the inquiry files for Senior Living Counselor, Sheryl Ford. Kailey muses, "It was tedious work, but I knew that it was incredibly important to Sheryl's success. By taking care of the busy work, Sheryl could focus on planning fun and creative follow-ups!"

For the current semester, Kailey will work for Erica Young, Independent Office Director. Kailey adds, "I will miss working for Sheryl, but I am excited for the challenges and new experiences that a new department will bring!" By end of the year, Kailey will have a grasp on how each department fits into a successful community.

Kailey plans to attend Creighton University in Omaha this fall, majoring either in geriatric psychology or creative writing. "Both are my passions" she says, "so I'm finding it difficult to choose between the two!" She hopes to one day work in a facility like Northern Hills. Smiling, she says, "I think I've found my niche. When I think of my future, a career in senior living is always there!"



Shopping is one of our favorite past times here at **Fox Run**. We generally have a full van load of people going out on our Friday shopping sprees so we recently decided to do something a little special. Many of our ladies enjoy shopping for jewelry, new clothing, and scarves and we knew just the place we could go.



We called "The Dress Barn" to let them know we were coming and they were definitely ready for us when we arrived! First, they opened the store early for us so we could have a little shopping time by ourselves in a nice relaxed atmosphere before other shoppers came in. They had donuts and hot coffee waiting for us as we entered the store on a nice little table that they had set up especially for us. They even had extra staff on duty to assist us with all of our shopping needs. On top of that, they gave everyone an additional 15 % off of anything and everything in the store. They truly catered to us.

One of our newest residents, Gen Brockman, who went along for the shopping trip said, "I got a nice new coat and a sweater. The staff were very accommodating and there were a lot of us to wait on. They really helped us and we appreciated their assistance. I really enjoy getting out and it is nice to see different things".



College View stepping into the New Year in style...and this year was no exception.

Residents enjoyed a fun and lively New Year's Eve Party hosted by Rebecca and Matthew Bruns (Life Enrichment Director & husband). As usual, a variety of appetizers were offered with shrimp cocktail being the highlight and not to forget an assortment of beverages. Residents this year took part in a few games that created some laughs and many won a few prizes. The countdown to the New Year may have been a tad early (8:30), but we had fun as if it were midnight. Bringing in the New Year with our College View family was a great way to start off 2012.



Then as with most people; you can't start off the New Year without having those pesky New Year's resolutions. The staff at College View is no different. With health in mind, many of the staff are watching what they eat and trying to lose a few pounds. So a new walking club has been established to help promote and encourage healthy behaviors.

Staff walks the College View halls for 9 laps which equals one mile. Believe it or not it has also proven to benefit our residents! They enjoy seeing staff in the halls as friendly greetings are shared with all we meet.



One fun activity that we have started in 2012 is to encourage our residents to use technology, and what better way than to dabble in the social networking part of the internet, "Facebook". We have had several classes setting up residents with their own accounts through Facebook and Yahoo Email. Already one of our ladies has over 30 friends! Families are excited and so happy to be able to share photos and daily happenings with their loved ones. Now we all know that "Facebook" will never compare to a face to face visit or a telephone call, but in this crazy busy age it sure helps keep families connected. As our College View family grows, hopefully so will those who will take a leap and learn what technology has to offer them.

Shalimar Gardens enjoying the holiday season and the anticipation of spring—

The Fremont Academy of Dance stopped by to perform for us on December, 19th, 2011. The residents loved their dance and most especially the cute little snowmen.



Our Family Christmas Party on December 16th brought lots of smiles. The food and entertainment were exceptional. We were most grateful to Santa Claus who stopped in on his busy schedule just to say hi and wish us all a very Happy Holiday Season.

With the nice January weather we have been having, Shalimar Residents took a ride over to Wahoo to check out Lake Wannahoo. Everyone says the lake is stocked and ready for fishing this spring. We can't wait to get a better look at the Park when it opens in April of this year.

