

"Government of the people, by the people, for the people, shall not perish from the earth." - Abraham Lincoln

July 2019

The Mable Rose Messenger

A monthly newsletter for Hillcrest Mable Rose's residents and Club members

Summer Fun in the Summer Sun

Summer is a great time to enjoy outdoor activities. Seniors can engage in activities that encourage their interests and fitness goals, while also spending time with family and friends. Here are some fun outdoor activities to enjoy during the summer months.

Picnics: Pack a nutritious lunch and find a shady spot outdoors to stay cool. Sandwiches, fruits and vegetables can be a quick-and-easy meal for your picnic. Picnics are a great time to socialize and enjoy the weather.

Fishing: What an easy way to relax and have fun on the water! The activity doesn't take a lot of extraneous effort and can be rewarding after you catch a fish. It's also a great way for families to connect and spend quality time with each other.

Swimming: This is a great way to exercise and have fun in the water. Exercises done in a swimming pool can be another alternative to exercising outside in the warm summer heat. Plus, the pool is a great spot to hangout.

Farmers Markets: These provide a way to support your local community. Fruits, vegetables, crafts and games make for a fun morning in the summer sun. Enjoy the market with friends and loved ones, and find some freshly grown food too.

Finding activities that are enjoyable outside in the summer is fun. They can provide great exercise and a way to spend time with family and friends. Have fun, and be safe outside this summer.

JULY BIRTHDAYS

July 3: Mary Lou R.	July 22: Lucille B.
July 11: Dot F.	July 24: Sandra N.
July 11: Ruby M.	July 27: Millie T.
July 12: Ray M.	July 31: Darlynn M.
July 15: Jim S.	

WEDDING ANNIVERSARIES

July 5: Romme and Glena Burch
July 6: Scott and Shelly Mathews
July 11: Joseph and Margaret Koley
July 14: Ken and Debra Welk

WELCOME TO MABLE ROSE!

Millie and Mildred Ertz

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Darin Nelson, (402) 682-6810

DIRECTOR OF HEALTH SERVICES:

Jessi Dezelske, (402) 682-6811

DIRECTOR OF RESIDENT SERVICES:

Lisa Summers, (402) 682-6802

DIRECTOR OF RECREATION:

Tina Hern, (402) 682-6850

ASSISTED LIVING RECREATION LEADER:

Carol Lowe, (402) 682-6875

DIRECTOR OF ADULT DAY SERVICES:

Angie Cappellano, (402) 682-6804

DIRECTOR OF CULINARY:

Cristina Cawthorn, (402) 682-6860

DIRECTOR OF ENVIRONMENTAL SERVICES:

Eric Schmader, (402) 682-6809

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the distribution list, get us your email address, and we'll keep you posted!



JULY HIGHLIGHTS

July 1: Fontenelle Forest Visit
July 2: Outing to the Durham Museum
July 3: Happy Hour with Darin
July 4: Music with Pam Kragt
July 9: Outing to the Holy Family Shrine
July 10: Men's Dining with Darin
July 11: Outing to Arbor Day Farm
July 13: St. Columbkille Singers
July 18: Outing at Joslyn Art Museum
July 19: Men's Lunch Outing
July 23: Outing at Cloisters on the Platte
July 25: Jean Playing the Piano
July 26: HMR Olympic Games

FEATURED EVENT

HMR Olympics

July 26, 10 a.m.

Memory Support Courtyard

Volunteers, team members and residents will participate in different games and activities.

CAREGIVER SUPPORT MEETING

Last Tuesday of Each Month

Hobby Shop, 3:30 p.m.

Join Dr. Anna Fisher for a monthly support meeting. It's a great support system for family members who are caregivers. RSVP to Angie Cappellano: (402) 682-6804 or acappellano@hillcresthealth.com.

Darin's Dish



July starts off with a bang and summer is in full swing! In Nebraska, that typically means beautiful foliage blooming. As the new season brings so much beauty to landscaping, we continue to move forward with beautification of our community- fresh paint

for our outdoor lamp posts and garden fixtures, the remodel of our large fountain out front and various other projects. We wish you nothing but a fun-filled, enjoyable July and look forward to seeing you at many of our events.

Look over the calendar and start choosing which activities you're interested in because there's so many great things happening this month!

We also have expanded our Star Team Member Recognition Program to allow residents, families, guests and vendors to make nominations. In the main entrance, entering through the portico, there is a walnut colored "ballot" box on the counter of the reception desk with Star Nomination Forms. When you have an "unexpected awesome customer service experience," please take a moment to write it down and place it in the box. Each month we recognize team members who go above and beyond their job descriptions.

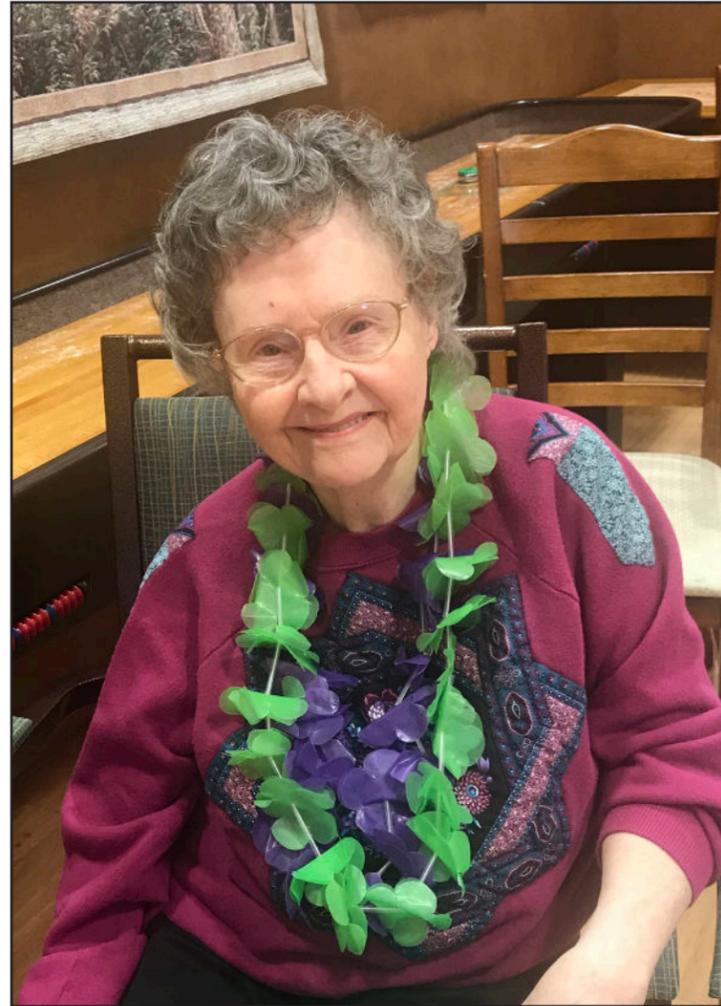
-Darin Nelson, Administrator

RESIDENTS IN ACTION

On May 31, Mable Rose celebrated the Hawaiian culture with a luau. The day consisted of a Hawaiian musician for entertainment while residents and members were served shakes and snacks. The residents, team members and Club members dressed up in coconut bras, leis, hats and Hawaiian shirts. Everyone had a fun time. We're excited to do this fun event again next year! Happy July!



Courtney and Frank enjoy the Hawaiian festivities.



Ellie enjoys the music at the Hawaiian Luau.



Mary Lou and Toni join in on the Hawaiian theme.



Glenn shows off his new hat.



Barb and Katie celebrate the Hawaiian Luau.



Ila participates in the fun.



Kathy and Lisa smile for the camera.



Everyone enjoys the Hawaiian leis.



Phylis shows off her lei.



Marvyn enjoys the celebration.



Stephanie, Bonnie and Nora smile for the camera.



Tina and Alice show off their hula skirts.



Towanda and Virginia show off their outfits.