

"It's all about quality of life and finding a happy balance between work and friends and family." -Philip Green

The Mable Rose Messenger

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

Vote Hillcrest in annual Omaha's Choice Awards contest

The Omaha World-Herald's 2019 Omaha's Choice Awards have kicked off! We would love your support through giving us your vote. **Voting is open 24/7 online through April 21 at omaha.com/choice.**



Vote for Hillcrest in the following categories:

Beauty & Wellness

- Massage Therapy

Health & Medicine

- Hospice Care
- In-home Health Care
- Physical Therapy
- Short-term Rehabilitation Facility
- Skilled Nursing Facility

Services

- Adult Day Center
- Assisted Living Facility
- Independent Living Community
- Memory Care Facility

Feel free to vote up to once per day. Winners will be announced in a special publication on June 30. Thanks for your help in promoting Hillcrest as a top Omaha-area organization!

APRIL BIRTHDAYS

April 1: Deanna P.	April 14: Pat B.
April 3: Mel D.	April 19: Ralph S.
April 8 Dana A.	April 20: Frank E.
April 11: Marvin S.	April 28: Peg M.
April 13: Susie J.	

WEDDING ANNIVERSARIES

April 2: Clyde and Betty Maddux
 April 18: Leonard and Betty Petty

WELCOME TO MABLE ROSE!

Ramon Fusaro, Jim & Marilyn Schneider, Nancy Laudick, Debra Shank, Lloyd Batchelder, Wayne Schafer

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

VP OF FACILITY OPERATIONS:

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!



APRIL HIGHLIGHTS

- April 1: Music with Lev Shekyman
- April 3: Outing to Golden Hills School
- April 4: Antique Road Show at Mable Rose
- April 5: Red Hat Ladies Meeting
- April 10: Music Bingo with Elliot
- April 15: Hymn Sing in the Chapel with Pastor Jerry
- April 16: Rosary in the Chapel
- April 17: Happy Hour with Darin
- April 23: Craft with Florence
- April 24: All Town Meeting, Family Feud & April Birthdays

FEATURED EVENT

Around the World

April 26, Hillcrest Mable Rose

Residents - get ready for a cultural experience as each department represents a country from around the world for the day.

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



Ah! April is finally here, and not only does it bring us spring, new blooms and beautiful weather, it also brings us Stress Awareness Month. Stress affects your body and your mind. Under stress, your heart rate, blood pressure and glucose levels increase, and your immune system is weakened. Long-term stress can cause or worsen a wide

range of illnesses including headaches, stomach issues and depression. Stress also increases the risk of serious conditions like stroke and heart disease. There can be many different causes of stress. The key is understanding why you get stressed and how to reduce it to improve your health and quality of life. Breaking the connection requires both learning to deal with stress and managing unhealthy habits.

1. **Stay positive.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries and increase "good" HDL cholesterol.
2. **Meditate.** This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation, yoga and prayer can also relax the mind and body.
3. **Exercise.** Every time you are physically active your body releases moodboosting chemicals called endorphins. Exercising melts away stress and also protects against heart disease by lowering your blood pressure, strengthening your heart and helping you maintain a healthy weight.
4. **Unplug.** It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV. Take time each day to escape from the world.
5. **Find ways to take the edge off your stress.** Simple things like a warm bath, listening to music or spending time on a hobby can give you a much-needed break from the stressors in your life. Being aware that stress exists, isolating where your stress is coming from and actively working to reduce it is what April and Stress Awareness is all about.

-Darin Nelson, Administrator

SUGAR & SPIRITS PARTY

On February 22, Hillcrest Mable Rose held a Sugar and Spirits Party in Marv's Place to celebrate Valentine's Day. Residents and Club members enjoyed snacking on chocolate goodies and cookies. Everyone enjoyed the music played during the event. At the end of the party, everyone's name was entered into a drawing to win stuffed animals, flower bouquets and Russell Stover's candy boxes. The overnight team members decorated the residents' doors each day with a love note about how special each of them are. Love was definitely in the air, and all had a good time!

