

*"You learn more from failure than from success. Don't let it stop you. Failure builds character." - Unknown*

August 2019

# The Mable Rose Messenger

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

## 5 Tips to Improving Your Sleep

A good night's sleep can make for the perfect start to the next day. Sleeping can help the physical and mental well-being of aging adults, enabling them to live a happier and healthier life. According to familydoctor.org, aging adults need at least 7 to 8 hours of sleep per night. Here are some ways to improve your sleep habits.

**Develop a routine:** Make sure you go to bed at the same time each night, including weekends. This helps your body develop a pattern, which will make it easier to go to sleep at night.

**Sleep in a quiet and dark place:** It can be difficult to sleep in a noisy or bright room. Make sure all of the lights and the TV are off before your bedtime so your mind can turn off easier and faster.

**Eat a healthy snack before going to sleep:** Eating healthy is always important. But eating healthy before bed can help you sleep better, especially if you're hungry. Avoid sugary foods because they can keep you awake for long periods of time. Opt for a fruit or vegetable instead.

**Avoid caffeine before you sleep:** Caffeine is often used as a way to stay alert throughout the day. Drinking it before bed can make it very hard to sleep. Choose water instead if you're thirsty before bed.

**Avoid napping in the evenings:** Napping can make for a great way to get through the day if you're tired. But napping in the evening can make it very hard to sleep at night. Take naps in the late mornings or early afternoons to make it easier to fall asleep at night.

Say goodbye to restless nights! With the help of these tips, you can improve your sleeping pattern and be a happier, healthier you.

## AUGUST BIRTHDAYS

August 4: Mary N.      August 19: Rich P.  
August 9: Ted F.      August 20: Ken C.  
August 14: Elly K.      August 20: Marcella E.  
August 15: Anne W.      August 29: Barb M.  
August 18: Sharon P.

## WEDDING ANNIVERSARIES

August 17: Ted and Iva Franklin  
August 20: Wayne and Jo Schafer

## WELCOME TO MABLE ROSE!

Catherine Schutz and Sandy Kinsella

## 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!



## AUGUST HIGHLIGHTS

Aug. 1: Merrymakers Presents Kim Eames  
Aug. 2: Red Hat Ladies Meeting  
Aug. 5: Fontenelle Forest Visit  
Aug. 6: Hillcrest Mable Rose National Night Out  
Aug. 7: Bellevue Senior Center Bingo  
Aug. 8: Papillion Senior Center Bingo  
Aug. 9: Music with Wayne Miller  
Aug. 14: Music Bingo with Elliot  
Aug. 16: Music with Johnny Ray Gomez  
Aug. 21: Paper Crafting with Pat  
Aug. 27: Ballroom Chair Dancing  
Aug. 30: Hillcrest Mable Rose Senior Prom

## FEATURED EVENT

### Mable Rose Senior Prom

August 30, 2 p.m.

### Hillcrest Mable Rose

Please RSVP by August 1 to Amber at (402) 682-6201 or aderickson@hillcresthealth.com. Limit to one guest per resident, please.

## 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



And just like that we're in the summer heat. We have celebrated a lot this year so far, as we pass the halfway mark through the year. I have to say thank you to volunteer Bruce Downing (our gardening expert), who has faithfully planted and tended our vegetable garden in Memory

Support. Above that, he planted trees and tended the enclosed courtyard. Mable Rose has the most incredible volunteers. Great work, and my gratitude to all who invest their time doing the little things that make a huge impact.

We had such an awesome July at Mable Rose. We had a pool party, multiple entertainers and numerous outings for residents. In August, we will have multiple events occurring. On August 6, we will host National Night Out. There will be games, food and fun for all ages throughout the evening. We also have our Senior Prom on August 30. This is a great opportunity to dress up and enjoy each other. We would love to see residents and their loved ones all dressed up! Please limit to one guest per resident. Be watching for flyers with times and locations.

Save the date! Hillcrest is the presenting sponsor of the Sarpy County Walk to End Alzheimer's. This year it is scheduled for Sunday, August 25 at Prairie Queen Recreation Area, which is located on 132nd Street and Highway 370 in Papillion. Registration begins at 8 a.m., the ceremony is at 9 a.m. and the walk begins at 9:30 a.m. Register to walk with Hillcrest or make a donation at [tinyurl.com/teamhillcrest](http://tinyurl.com/teamhillcrest). Thank you, and happy August!

**-Darin Nelson, Administrator**



Club members rate their scores for a contestant in the Dog Show.



Jean, Bill and Woolfie smile for the camera.



Lisa shows off her puppy.



Ethan shows off Tucker's award for Biggest Drooler.



Mary and Gino smile for the camera.

**RESIDENTS IN ACTION**

On Friday, June 28, an annual dog show took place in Mable Rose's courtyard. Twelve dogs entered the contest. Residents and Club members rated each dog in different categories. Some of them included Best Costume, Biggest Drooler, Best Trick and many more. There were various breeds and sizes of dogs that were entered into the contest. The winners all received

a dog toy, and every dog that was entered received homemade dog treats. Members and residents sure had a fun time. A huge thank you for shaking a leg with us and sharing your furry friends with us! We look forward to next year!

**-Angie Cappellano, Club Director**



Whitey snuggles with the dog.



Rudy, Gordito and Pudge rest after the dog show.



Club members celebrated Father's Day with ties and smiles.



Violet and Matt enjoy the dog show.