

“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.” –Terri Marshall

The Mable Rose Messenger

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

Five ways to get in the holiday spirit

- 1. Cozy up with a hot beverage.** Nothing says it's winter time like a creamy cup of hot chocolate. Add in the traditional options of whipped cream, marshmallows or a candy cane for peppermint hot chocolate! Or have hot apple cider with a cinnamon stick. Put your beverage in a holiday cup, get cozy by grabbing a blanket or sitting by the fire, and grab a book.
 - 2. Go play in the snow.** Bundle up by grabbing your jacket, scarf and hat and head outside. Feel the snow fall on your face, open your mouth to taste it, and make a snowball. It doesn't have to be long, but a quick visit outside can bring back all the childhood memories of building a snowman, sledding and snowball fights. So get outside and play in the snow!
 - 3. Unveil your family's famous cookie recipes.** Blast some holiday tunes and try replicating your family's sweet treats. Don't forget to leave some out for Santa! Have some fun and spend a weekend afternoon with your old cookbooks. If you don't feel like cooking, share recipes with your friends and family. Talking about the memories of making and eating Christmas cookies is sure to take you on a walk down memory lane.
 - 4. Start a new tradition.** At our house, we go to used record stores to find "new-to-us" Christmas music. There is something soothing about the sound of vinyl while we decorate the tree. This has quickly become a new tradition the family looks forward to. Now vinyl automatically reminds me of the holidays, and I kind of love that our family holds this random tradition all to ourselves.
 - 5. Don't get caught up in the stress.** Though it's not as easy as it sounds, do make an effort to sit back, relax and enjoy the holiday season. Enjoy reminiscing, spending time with family and making new memories.
- Amanda Maupin, Recreation Leader, Hillcrest Health & Rehab

DECEMBER BIRTHDAYS

Dec. 5: Toni H.	Dec. 19: Bev S.
Dec. 9: Frelon M.	Dec. 20: Joan K.
Dec. 9: Emma S.	Dec. 28: Lila C.
Dec. 13: Ed W.	Dec. 30: Gerardo C.
Dec. 15: Bud P.	Dec. 30: Thomas R.

WELCOME TO MABLE ROSE!

Nancy Burt, Madge Garst, Rich Pesek

WEDDING ANNIVERSARY

Dec. 30: Peg & Vic Johnson

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

Michelle Yosick, (402) 933-4690

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!



DECEMBER HIGHLIGHTS

- Dec. 3: Hymn Sing with Pastor Jerry
- Dec. 4: Ballroom Chair Exercising
- Dec. 5: Bingo at Bellevue Senior Center
- Dec. 6: Music with the Singing Nightingale
- Dec. 7: Red Hat Ladies Meet
- Dec. 8: St. Columbkille Christmas Singers
- Dec. 10: Merrymakers Music with Jon Worsham
- Dec. 12: Outing to Golden Hills School
- Dec. 13: Puppeteer Show
- Dec. 18: When Swing Was King
- Dec. 19: Paper Crafting with Pat
- Dec. 21: Men's Lunch Outing
- Dec. 27: Music with Paul Siebert
- Dec. 28: Mystery Bus Ride

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.

NOTE: Due to the holidays, there will be no meeting in December. Meetings will start again as scheduled in January 2019.

Darin's Dish



Happy holidays! Let's make a toast to our wonderful Mable Rose friends and family! We are thankful to have each of you as a resident of this wonderful community! It was a pleasure to spend Thanksgiving with you. A special thank you to our Culinary Director

Cristina and her amazing team for the delicious food that was served. I wish you all a safe, happy and healthy holiday season. I look forward to participating in the many jolly events that we have planned this month and am excited to see what 2019 brings to our happy home!

-Darin Nelson, Administrator



21st Annual Holiday Dinner

Thursday, December 6, 5 p.m.

Join us for a buffet dinner and holiday celebration!

RSVP by Friday, Nov. 30 to (402) 682-6801 with your family's name & the number in your party (please no more than four guests per resident).

Park across Highway 370 at NP Dodge.
Shuttle provided until 7 p.m.

HALLOWEEN



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On October 29, Hillcrest Mable Rose hosted its annual Trick-or-Treat night for all the ghosts and goblins. Residents and team members participated in the event by dressing up in costumes. The kids tricked and treated through the building, stopping at each doorway, collecting candy. At the end of the event, everyone was given a goody bag with a hot dog, chips and a drink. Club members spent the day decorating pumpkins. It is safe to say everyone had a spooktacular time!