

*"We know what we are, but know not what we may be."
- William Shakespeare*

May 2023

The Mable Rose Messenger

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

MAY BIRTHDAYS

May 6: Vernita K.	May 16: Marilyn B.
May 8: Gloria C.	May 18: Toni S.
May 11: Evelyn T.	May 24: Sue S.
May 11: Patty W.	May 31: James C.
May 14: Ignacio T.	

WELCOME TO MABLE ROSE!

Herb W.	Isabella N.
Patty W.	Gloria C.
Eddith B.	Miyoko C.
Elizabeth S.	

WEDDING ANNIVERSARIES

April 4: Connie & Gary M.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

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 AREA DIRECTOR:

Dave Creal, (402) 933-4690

CAREGIVER SUPPORT GROUP

Please join us for our monthly Caregiver Support Group on the last Monday of every month at 4:15 p.m. at Hillcrest Mable Rose.



MAY HIGHLIGHTS

May 1: Making/Delivering May Day Baskets
May 2: Making Tie Throw Blankets
May 5: Cinco de Mayo Celebration
May 6: Making Bird Feeders
May 8: National Cupcake Day Celebration
May 10: Playing Bunco w/ Friends
May 12: Men's Lunch in Marv's Place
May 16: Ballroom Chair Dancing
May 19: Just the Guys Billiards
May 23: Crochet Club
May 24: Wine for the Soul w/ Nicole
May 26: Memorial Day BBQ
May 31: All Town Meeting/Family Feud

FEATURED EVENT

Bikers, Booze & Tattoos

Friday, May 26, 1 p.m.

Residents are encouraged to wear their leather and bandanas! We will have a tattoo booth where they can choose their favorite temporary tattoos as well as some drinks to share with friends! We look forward to our friends bringing their Harleys over.

Nicole's News



Happy May! Flowers are blooming, and this month we are celebrating the women and mothers in our lives. We will show our appreciation for them with special events and gifts. On Memorial Day, we will be honoring the military personnel

who has passed while serving in the United States Armed Forces.

We had a wonderful time in April with a lot of live entertainment and outings, including a couple of Easter egg hunts for a local elementary school, as well as our family and friends at Mable Rose. We even had the opportunity to attend a high school musical production in which one of our own culinary team members was part of the cast. We also went on many bus trips and appreciated the scenery and wildlife.

With COVID numbers in the general public at a low, we will have the opportunity to be going without masks at times. If we have a case of COVID in the building, we will return to wearing masks. There will be postings at the front entrance when you arrive to help provide direction, and we will do our best to send an email to the primary contact of the resident with any acute changes in status. Thank you for being a part of the Mable Rose family. We are honored and privileged to serve you!

-Nicole Ellermeier, Administrator

May is Full of Life and Celebrations

The month of May likes to enter with a bang. May Day happens on the first of the month, with Cinco de Mayo close behind and Mother's Day on the 14th.

May is a rather patriotic month. It's known as Military Appreciation Month and culminates in Memorial Day weekend. But did you know May is also known as Older Americans Month?

This title was bestowed on our fifth month in 1963 by President John F. Kennedy and members of the National Council of Senior Citizens. The month was initially termed Senior Citizens Month and was observed as an appreciation of past and present older Americans for their contributions to their country. The theme this year is "Aging Unbound," which will focus on exploring an array of aging experiences and discussing the positive aspects of growing older.

We also celebrate National Nurses Week, which takes place every year from May 6 to May 12, so be sure to thank our hardworking nurses.

For entertainment buffs, May means getting to honor "Star Wars," one of the largest film franchises out there, by saying the phrase, "May the fourth be with you," all of May 4. Or if international music sounds more appealing, the Eurovision international song contest also takes place in May. For those who don't know, that's how ABBA got its start!

May is National Hamburger Month. Why? Because May is the perfect month to start firing up the grill and indulging in one of the most American meals around.

Perhaps the best aspect of May is simply that it brings the hope and warmth of life blooming all around.

A MONTH IN REVIEW

April was a fun-filled month and the weather was beautiful! Residents made their very own Easter bonnets and paraded through the community, showcasing their hats for others to admire. Some residents also made Easter centerpieces for the dining tables. Club members helped fill eggs with candy for the Easter egg hunt, and we had 180 students from St. Mary's Catholic School visit the community.

In addition to the hunt, they participated in a coloring event, took a photo with the Easter Bunny and danced the bunny hop. We'd all like to give a huge thank you to everyone who came out to try to find the golden egg! Overall, it was a very enjoyable April, and we look forward to having more fun in May.

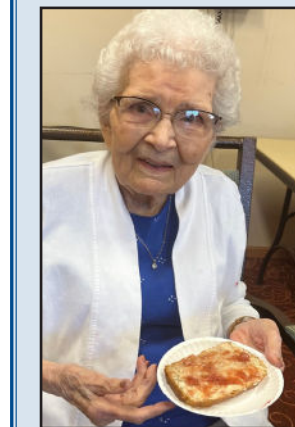
–Angie Cappellano, Director of Adult Day Services



Joann does a splendid job color coordinating her hat with her outfit.



Lila prefers making an Easter centerpiece for her project.



Resident Spotlight: Vernita K.

Vernita was born in Montgomery County, Iowa. She married the love of her life Norman K. on New Year's Eve in 1943. They were happily married for 74 years. One of the things they loved to do was dance the waltz and polka. Together they had four children, Judd, Gary, Gregg and Todd. She has 18 grandchildren, 24 great grandchildren and five great-great grandchildren. She received news recently that a set of twins is on the way! Vernita worked as a farmer's wife, and she

is famous for making amazing ham balls. Her favorite hobby was sewing quilts, which she did for 40 years. Her greatest accomplishment is raising her four boys and the success of their farm.

The best piece of advice she would give to the younger generation is: "Do not hesitate to tell someone you are sorry. Keep your faith and be a child of God." Thank you, Vernita, for sharing your life story.



Evelyn likes her new outdoorsy hat.



Dwight and Marlee know how to dress for the occasion.



Marcella relaxes after creating this masterpiece Easter hat.



Linda and Miyoko stuff eggs for the Easter egg hunt.



Marilyn's hat is looking good!



Rita enjoys choosing flowers for her creations.



Vernita is all about the baking.