

“Age is a question of mind over matter. If you don’t mind, it doesn’t matter.” -Satchel Paige

The Mable Rose Messenger

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

Health benefits of gardening

Before there were fast food restaurants, TV dinners and even grocery stores, many of our aging adults maintained a close relationship with the earth if they wanted to eat. They tilled, planted, watered, weeded, picked, washed, peeled and canned. Gardening wasn’t a hobby or a lazy day pastime. It was a necessity for survival.

While there are some who would crinkle their noses today at the thought of putting their hands back in the dirt, many find solace in welcoming nature back into their lives. Nature is a constant. Trees continue to bud, flowers continue to bloom and dirt continues to be, well...dirty. The unvarying properties of nature can be grounding as seniors deal with the weight of aging.

For a person’s psyche, gardening is a no-brainer. Aging adults feel control when they’re manipulating the dirt. Nurturing plants provides purpose. Seeing the fruits of their labor with great yields of vegetables or thriving plants and flowers offers satisfaction and a sense of accomplishment.

Digging, reaching, pulling, holding, stretching, leaning. Gardening requires so many of the movements that constitute exercise. However, when gardening, some of our aging adults may not even notice they’re getting a beneficial workout.

Most importantly, gardening provides an opportunity for every one of the senses to be stimulated. Feeling the gritty dirt and stringy plant roots, listening to the splashing of water being poured on seedlings, test-tasting herbs and vegetables, seeing and appreciating the vibrant color pallet of nature and enjoying the bold and unique fragrance of each and every flower, herb and bush. As the senses of our aging adults begin to wane, gardening allows for many of those senses to be “awakened” if even for a brief time.

And...sensing our surroundings is what constitutes being alive.

-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab

APRIL BIRTHDAYS

April 3: Melvin Doerr	April 18: Frank Citta
April 8: Dana Alwine	April 20: Frank Evans
April 11: Marvyn Schultz	April 23: Irma Ann Sayles
April 13: Susie Johnson	April 28: Peg McCoy
April 14: Ralph Spurgeon	April 29: Emily Houfek
April 14: Pat Breard	

WEDDING ANNIVERSARIES

April 7: Lois & Eldon Stille
April 18: Betty & Leonard Petty

WELCOME TO MABLE ROSE!

Marvyn Schlutz, Teresa Stiegemeyer,
Duane Eckhoff and Peg 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

VP OF FACILITY BASED 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 3: Ballroom Chair Exercising
April 4: Happy Hour with Darin
April 6: Outing to Anderson Grove School
April 8: Sophie Playing the Piano
April 10: Voter Registration Knowledge
April 11: Outing to Golden Hills School
April 12: Bingo at Papillion Senior Center
April 20: Men’s Lunch Outing with Matt
April 21: Bingo with Lisa & Teriah
April 24: Craft with Florence
April 25: All Town Meeting & Family Feud
April 27: Casino Day
April 28: The Collectors Showcase

SAVE THE DATES!

The Collectors Showcase

Saturday, April 28, 1-2:30 p.m.

Enjoy a stroll through Hillcrest Mable Rose and view the unique collections displayed in our community. Light refreshments will be provided. If you have a collection you would like to share, contact Lisa Summers at (402) 682-6802 or lsummers@hillcresthealth.com.

Caregiver Support Meeting

2nd Tuesday Each Month, 3:30 p.m.

Hobby Shop

Join Dr. Anna Fisher for a monthly support meeting. It’s a great support system for our family members who are caregivers. If you are interested in attending, please let Angie Cappellano know at (402) 682-6804 or acappellano@hillcresthealth.com.

Darin’s Dish



Ahhhh... it’s April! Have you ever been the recipient (or the perpetrator) of a prank? I love a good-natured practical joke. April Fools’ Day is celebrated every April 1st. While it is not officially recognized as a holiday, many celebrate by pranking, or pulling practical jokes on, their friends, children and colleagues. As April Fools’ is celebrated in different ways throughout the world, it is unknown exactly how the tradition originated. Some cultures saw it as the first day of spring, and certain calendars may consider it the first day of the year.

I remember my own April Fools’ Day last year. I started the day by frantically waking up the kids, shoving them through a rushed breakfast and shooing them out to the car...on Saturday morning! Let me say, I thought it was a hoot, but I was in for a surprise. It seems the kids knew what I was up to. When I walked back to the house laughing to get coffee and donuts, I about passed out after tasting pickle-filled donuts and lime flavored coffee. The kids, of course, had returned to see all of this and the gagging I was doing. They had the last laugh on me. Sooo...this year, I will have to be even sneakier than my children are. You have to love life!

Whether you pull a few fast ones or not on April 1st, it is true that laughter and friendship are beneficial for social and mental well-being. Through daily interaction and a variety of activities, the residents and team members at Mable Rose encourage us all to keep smiling.

-Darin Nelson, Administrator

SUGAR & SPIRITS PARTY



On Friday, February 23, Hillcrest Mable Rose hosted a Sugar and Spirits Party for residents and Club members. The cider was poured in wine glasses, and the sweet treats included a chocolate covered theme. The attendees at the party enjoyed chocolate covered cherries, pretzels, strawberries, wafers, nuts and little chocolate candy bars. Arlis, the harpist, played throughout the entire event, which created a

magical atmosphere of great ambiance. Each table included multiple stemmed roses and colorful flower arrangements for all to enjoy. Everyone was able to take home an extra treat of a heart shaped box of chocolates. It was such an amazing party for everyone to enjoy, and we look forward to making this an annual event. Thank you to everyone who assisted with the set-up and to those who attended.