

*"You only live once, but if you do it right,
once is enough." -Mae West*

April 2020

The Mable Rose Messenger

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

The History of Arbor Day

When you think of Nebraska you probably don't think of trees. In fact, according to thestacker.com, Nebraska is rated as the second least woodsy state right after North Dakota! So it might surprise you to find out that Arbor Day was first started in Nebraska.

According to arborday.org, it was the lack of trees that inspired J. Sterling Morton to become an advocate for tree planting. As the editor for a large Nebraska newspaper in the late 1800s, Morton wrote columns and editorials about the importance of trees. He also encouraged civic organizations and community groups to do their part to plant trees. Many of the people who lived in the area were pioneers who had come from states that had more forests and they missed the shade and the agricultural benefits of from them.

Eventually, Morton became the secretary of the Nebraska Territory, and it was through that role that he was able to propose Arbor Day to the State Board of Agriculture. The first Arbor Day took place on April 10th, 1872. It is estimated that more than 1 million trees were planted that day. When Arbor Day became a federal holiday the date was changed to the last Friday of April, which means this year it's on the 24th.

Arbor Day is a great excuse to go outside and appreciate the outdoors and the trees that bring so much beauty to the world around us. So make sure to celebrate this original Nebraska holiday!



APRIL BIRTHDAYS

| | |
|---------------------|---------------------|
| April 3: Mel D. | April 19: Marcia P. |
| April 5: Lou B. | April 20: Frank E. |
| April 8: Dana A. | April 22: Dotti W. |
| April 11: Marvyn S. | April 23: Sandra K. |
| April 14: Pat B. | April 28: Peg M. |
| April 16: Ron R. | |

WEDDING ANNIVERSARIES

Bill and Linda R.
Leonard and Betty P.

WELCOME TO MABLE ROSE!

Marilyn Baker
Carol Flavell

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

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



APRIL ACTIVITIES

- Virtual bingo
- Personal hair appointments
- Window painting
- Walker decorating
- Individual exercises
- Making tie blankets
- Skype calls
- Art projects
- Crafts
- Writing to pen pals
- Puzzles

Though we've had to modify our regular group activities, we will be filling the month with a lot of entertaining one-on-one activities. The recreation team has been brainstorming and we've come up with a lot of different ways to fill the time. We're going to have fun, despite the necessary safety precautions!

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!

Darin's Dish



Ahhhh April. Spring has sprung! The weather is perfect, and we have many new, fun activities planned to excite you.

I would like to thank everyone for being so understanding as we change activities and modify services while we focus on protecting

our residents from the COVID-19 pandemic. We are committed to keeping everyone safe, although it has caused some inconveniences. We will continually communicate any updates or modifications that may come. Please feel free to contact me with any questions as we work through this.

Hopefully everything will go back to normal soon and we will be able to enjoy the great spring weather!

-Darin Nelson, Administrator

Pen Pal Program

Keep in touch with your loved one by emailing letters, photos and more to letters@hillcresthealth.com. Be sure to email to the attention of your loved one at Mable Rose.



MONTH OF LOVE

Residents and Club members celebrated Valentine's Day by playing Valentine's bingo. Instead of bingo chips, they placed cut out hearts on their numbers. The winners received some awesome Valentine-themed gifts! Throughout the month, team

members, Club members and residents wore pink and red in the name of love. Some of the residents even participated in making Valentine crafts for the doors of their apartments. February was a fun month for all!



Ron shows off his Valentine's Day decorations.



Sandy and Ashlee are excited to play bingo.



Toni and Janet wear Valentine-themed outfits.



Barb celebrates Valentine's Day.



Dee enjoys playing Valentine bingo.



Beppie shows off her bingo prize.

ENTERTAINING OUTINGS

Residents and Club members like going on outings at Hillcrest Mable Rose. In March, Club members went to Krispy Kreme to enjoy coffee and fresh donuts. There were so many donuts it was hard to

choose which ones to get! Everyone had a great time. Residents visited the students at Golden Hills Elementary. The students and residents love learning from each other!



Rita sweetens her coffee.



Dan and Marvyn eat a few donuts.



Toni enjoys a cup of coffee.



Pat explores geography with Golden Hills students.



Mary tries to decide which donut she wants.