

"To plant a garden is to believe in tomorrow."  
- Audrey Hepburn

April 2023

# The Mable Rose Messenger

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

## Celebrate National Garden Month

Gather your gardening tools, and don't be afraid to get your hands dirty. April is National Garden Month! April became National Garden Month in 2003 after the National Gardening Association realized one week in April wasn't a long enough celebration. Listed below are some activities for you to enjoy for National Garden Month.

- **Plant seeds**

April is the perfect time to grab your friends and some seeds and have a seed-planting party. You can plant your favorite flower or vegetable seeds in small containers and watch them grow throughout the month. When they get too big for their starter container, move them into a bigger pot or outdoor garden.

- **Sit among the flowers**

If you aren't ready to dive into planting seeds or flowers, you can still enjoy gardens this month. As the weather warms up, find time to sit outside in the courtyard, on your patio or wherever you can enjoy the beauty of a blooming garden. You can also visit many gardens from around the world virtually by searching them online. Taking in a garden's natural beauty can be very relaxing and decrease stress.

- **Share your gardening knowledge**

Many gardeners love to share what they know with their friends, family and the next generation. Organize a plant or seed swap with those you're close to and educate them on how you like to care for that plant. There's always more to learn when it comes to gardening.

There are many more ways to prepare gardens for summer or simply enjoy their natural beauty. How will you celebrate National Garden Month?

## APRIL BIRTHDAYS

April 1: Janet K.	April 22: Dottie W.
April 8: James W.	April 23: Rosa N.
April 10: Kay B.	April 25: Lenny B.
April 10: Jacqueline L.	April 30: Donna F.
April 14: Delores S.	

## WELCOME TO MABLE ROSE!

Richard S.	Michael B.	KJ J.
Ron P.	Marilyn C.	Patty W.
Scott M.	Geraldine R.	Herb W.
Ron W.	Gloria C.	Evelyn T.
Lenny B.	Barbara O.	Isabella N.
Shari M.	Miyoko C.	

## WEDDING ANNIVERSARIES

April 4: John & Linda F.

## 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.



## APRIL HIGHLIGHTS

April 1: Pet Therapy w/Tex  
April 2: "All Shook Up" at Gross High School  
April 3: April Trivia/A-to-Z  
April 4: Tie Throw Making  
April 5: Easter Egg Decorating  
April 7: Deviled Egg Making/Happy Hour!  
April 8: Common Thread Singers  
April 8: Spring Hydrangea Flower Bubble Painting  
April 11: Paper Crafting w/Pat & Nikki  
April 14: National Gardening Day  
April 18: Spring Confetti Bundt Cake Making  
April 19: Craft w/Pat & Nikki  
April 28: National Superhero Day  
April 29: Tulip Egg Carton Flowers

## FEATURED EVENT

### National Superhero Day

Friday, April 28

Residents and team members will be dressed in superhero capes and masks, fighting crime, battling evil and rescuing people in danger in the halls of Hillcrest Mable Rose. We will also be making hero snacks and sharing crime adventures.

## Nicole's News



Spring is in full swing! New flowers are popping up, and the weather is more accommodating to being outdoors. We have new things happening at Hillcrest Mable Rose as well.

Our new Director of Assisted Living Keshia Simmons has joined the Hillcrest Mable Rose team. She has great experience in building and leading a team as well as wonderful customer service and relationship building talents. Her expertise and passion lie in serving our senior population. Keshia will be immersed in training this month and is eager to meet everyone. Please introduce yourself when you are visiting.

We had such a great March watching basketball games during March Madness. We had a leprechaun loose in the building on St. Patrick's Day, but we were able to catch her! She made leprechaun sundaes, participated in live entertainment and even created a little bit of mischief.

We are excited to be hosting an Easter Egg Hunt for our Hillcrest Mable Rose families and friends. Children 10 and under are welcome to join us on Friday, April 7 from 4-5 p.m. for some Easter fun.

Thank you for being a part of the Mable Rose family. We are honored and privileged to serve you and we look forward to a beautiful spring!

-Nicole Ellermeier, Administrator



# A MONTH IN REVIEW

We ended the month of February with a big Mardi Gras celebration. We participated in Fat Tuesday trivia, listened to zydeco music, took photos, enjoyed live entertainment and, best of all, consumed the annual king cake.

As we rolled into March, we were looking forward to bigger and better celebrations. Residents were excited to participate in many St. Patrick's Day festivities. Everyone dressed in green, played

a game of trivia, danced the Irish Jig, enjoyed live entertainment and ate green food. Each Club member received a leprechaun name for the day, and a special leprechaun came in to visit residents and spread some cheer. Residents enjoyed leprechaun sundaes, live entertainment and other St. Patrick's Day activities. Thank you everyone who participated in this day!

-Angie Cappellano, Director of Adult Day Services



Len and Scott dress for Mardi Gras.



Georgia creates a shamrock gnome for St. Patrick's Day.



David wears a mask for Mardi Gras.



Julio poses for a photo with a St. Patrick's Day sign.



Toni and Linda celebrate Mardi Gras together.



Larry and Dwight dress up for St. Patrick's Day.



## Resident Spotlight: Clarabelle F.

Clarabelle F. was born at home on the family farm on Dec. 15.

She married Glen F., the only man she ever loved, on May 7. They had one daughter and two sons. They have six grandchildren.

Clarabelle used to sew all of her kids' clothes. In summer, she raised a big garden and canned almost anything you can think of. She worked cleaning

houses, painting houses and hanging wallpaper until she was hired as the head housekeeper for the P.E.O. Home Assisted Living in Beatrice. She worked there for 11 years and then retired.

Clarabelle says she felt the happiest while raising her three children and being baptized as one of Jehovah's Witnesses. She feels her greatest success was pioneering for 20 years and participating in four international conventions of Jehovah's Witnesses outside the U.S.

Thank you, Clarabelle, for sharing your story!



Carol shows off her abstract St. Patrick's Day painting.



Lee decorates her tree with lucky shamrocks.



Mary rocks green hair for St. Patrick's Day.



Marcella holds up her St. Patrick's Day craft.