

"Be yourself; everyone else is already taken."

-Oscar Wilde

## Benefits of Laughter

**Q: What did one raindrop say to the other?**

**A: Two's company. Three's a cloud!**

Did that make you laugh? Maybe giggle just a little? Did you know that the simple act of laughing or giggling can have a profound impact on a person's wellbeing?

Every time you laugh, there are a number of beneficial things that are occurring in your body.

1. Exercising muscles: Have you ever laughed so hard that your belly was sore afterward? The abdominal muscles receive a good workout as do your facial and back muscles and your diaphragm. It's like exercise without calling it exercise!
2. Relief from stress and anxiety: Cortisol and adrenalin are considered stress hormones and, in abundance, can be damaging to the body. Laughter counters those hormones, stimulates antibodies and boosts the immune system, allowing the body to fight off infection more easily.
3. Increase blood flow: When you laugh, your heart rate increases, which increases the flow of oxygen-rich blood throughout your body. The result? More cells are being produced. You have healthier organs and skin. The brain is stimulated, making it sharper and more creative.
4. Mood booster: Who can stay grumpy when they're laughing? Psychologically, a lot is occurring in the body during a good laugh that lifts a person's mood. A better mood induces feelings of wellbeing. People are more likely to enjoy life and make better choices for themselves.
5. Social benefits: A good laugh shared is an opportunity to connect with others on a positive, emotional level. Those who laugh together are more likely to share pleasant feelings about one another and are less likely to squabble.

Need ideas for a good belly laugh? Tell a joke or read from a joke book, watch a tv comedy or funny movie, listen to a comedian, share a funny story, do a silly dance, find humor in the little things of life, and most importantly...don't forget to laugh at yourself!

**-Laurie Simmons, Recreation Leader,  
Hillcrest Health & Rehab**

# The Mable Rose Messenger

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

## Darin's Dish



Though our residents may not be going back to school in the traditional sense, they are definitely enrolled in the classroom of life. In the classroom of life, giving back is even better than recess. In August, the children return to school, and that allows for interested residents to get back to volunteering with Sarpy County Head Start and visiting local schools to read to the children. Hillcrest Mable Rose supports giving back to the children of our community. What these children don't know is that our residents get something out of it, too! With so much excitement and learning, who better to lead the charge than people who earned a PhD in life experience? As a community, we enjoy reaching out to the leaders of the future. As continued students in the classroom of life, we're thrilled to see our young ones flourish. Happy Back-to-School Days from Hillcrest Mable Rose!

**-Darin Nelson, Administrator**



## AUGUST HIGHLIGHTS

- Aug. 1: Happy Hour with Darin
- Aug. 6: Hymn Sing with Pastor Jerry
- Aug. 7: Rosary with the Seminarians
- Aug. 8: Bingo at Bellevue Senior Center
- Aug. 9: Music with Jim Butler
- Aug. 15: Paper Crafting with Pat
- Aug. 17: Scatter Joy Acres Animals
- Aug. 21: When Swing Was King
- Aug. 24: Music with Billy Troy
- Aug. 27: Cards & Games with Judy
- Aug. 29: All Town Meeting & Family Feud
- Aug. 31: Clowning Around All Day!

## FEATURED EVENT

### Foolish Fashion Show

**August 23, 2:30 p.m., Marv's Place**

Come see team members strut their stuff on the Hillcrest Mable Rose runway wearing "literal" attire.

## 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 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.



Ken and Hobbes smile with Anderson Grove students.

## AUGUST BIRTHDAYS

- |                     |                    |
|---------------------|--------------------|
| Aug. 4: Mary N.     | Aug. 18: Phyllis M |
| Aug. 11: Gene L.    | Aug. 20: Ken C.    |
| Aug. 14: Eleanor K. | Aug. 20: Gene A.   |
| Aug. 15: Anne W.    |                    |

## WELCOME TO MABLE ROSE!

Gary Stott, Frank Kern, Mary Ruff, Mary LaBuda, Bill Rinck, Henry Ford

## 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 OPERATIONS:**  
Dave Creal, (402) 933-4690

## WALK TO END ALZHEIMER'S

Support the Hillcrest team in the Sarpy Walk to End Alzheimer's on August 25 at Prairie Queen Recreation Area. Registration begins at 8:30 a.m. with a ceremony at 9:30 a.m. and walk at 10 a.m. Sign up to walk or donate to the cause: [tinyurl.com/y7ucf5r3](http://tinyurl.com/y7ucf5r3).

## 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!

## RESIDENTS IN ACTION

July flew by, and here we are in August! It is back-to-school for many of our amazing volunteers who donated their time with us over the summer. We want to thank you and wish you an amazing school year!

In July, we went on outings to the Durham, the Joslyn, St. Cecilia's Cathedral and the Holy Family Shrine. Our end of the month Mable Rose Olympics was a huge success with our residents!

In August we will be having our annual National Night Out on the 7th at 6 p.m. Bring the kids for a fun, safe night! Scatter Joy Acres will be here on the 17th bringing in some animals for our residents to enjoy, and we will be Clowning Around All Day on the 31st. We would love to have you join us!

**-Carol Lowe, Assisted Living Recreation Leader**



Bernice enjoys wearing her Chick-fil-A cow costume.



Elaine M. poses with the service men.



Ken poses with the service man.



Pat, Bernice and Matt enjoy the Durham.



AL residents smile with James, a Seminarian from Creighton, while visiting the Durham.



Susie smiles with the South Ridge Youth Group.



Glenn, James, Elaine, Deanna and Ken pose with mail stagecoach.



Glenn, James, Elaine, Deanna and Ken pose with mail stagecoach.



Mary Lou smiles at Chick-fil-A Bingo.



AL residents smile with James, a Seminarian from Creighton, while visiting the Durham.



Susie smiles with the South Ridge Youth Group.

## THE CLUB CORNER



I hope everyone had a safe and Happy 4th of July! The Club showed off their holiday spirit by wearing red, white and blue attire the first week of July.

Each month, the Club attends a fun outing where the members get to venture off the bus and do some sightseeing. After much research and planning, our Chauffer Matt Swanson found a groovy place for our members to go. On Friday, July 6, some of the club members ventured to Lincoln to visit the



Club members enjoy their trip to the National Museum of Roller Skating in Lincoln.

Roller Skate Museum. The majority of us did not even know this type of exhibit existed so close to home. The museum was filled with hall of fame photos, costumes, awards, medals, a variety of wheels, skates and much more. If you ever get the chance to go, you will not be disappointed. It was a fun time reminiscing with the members about their younger years and how they enjoyed roller and ice skating. Thanks, Matt, for a great adventure!

**-Angie Cappellano, Club Director**



Sharon is a fan of all of the costumes.



Marvyn poses in front of a duet costume.



Tom and Matt spin all of the wheels.



Toni admires a skating outfit.