

"If I know what love is, it is because of you."
—Hermann Hesse

August 2021

The Mable Rose Messenger

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

An Update on the Delta Variant



I wish I could say that the end of the pandemic is in sight, but sadly I can't. The Midwest is experiencing a surge in the number of new cases and hospitalizations related to the emergence of the Delta variant. Please consider this a completely new virus, as it is considerably more contagious and is causing more

serious infections. Here are some facts about the Delta variant:

- 1,000 times more viral shedding secondary to its ability to quickly replicate
- Much more serious illness secondary to the viral load and overwhelming your immune system, even in the young population
- More than twice as contagious as the original virus
- Estimated 88% protection with vaccine (however, one out of every 10 fully vaccinated individuals exposed could become infected)
 - Symptoms usually very mild with almost no risk of serious illness or hospitalization; remember to protect yourself even if vaccinated
- Spread is now primarily in the unvaccinated

As always, safety is our number one priority. We are constantly reviewing our safety protocols to make sure residents, guests and team members stay safe. As of right now, visitation policies remain the same. Visitation is allowed at all locations as long as the resident does not have COVID-19 and the building is not undergoing testing after an exposure. Please make sure you are healthy prior to visiting a loved one.

Call the building directly for the latest updates on visitation at each location. Thank you for your understanding and support as we make our way through this pandemic.

— Dr. Anthony Hatcher, Chief Medical Officer

AUGUST BIRTHDAYS

August 18: Sharon P.
August 20: Marcella E.
August 29: Barb R.

WELCOME TO MABLE ROSE!

John F.	Arthuree A.
Bert Y.	Tom R.
Elizabeth P.	Tom F.
Everett J.	Margie M.
Max P.	Bert Wayne Y.
Paul Q.	

WEDDING ANNIVERSARIES

Sandy & Mick K., Nicole & Dave M.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF HEALTH SERVICES:

Jessica Weis, (402) 682-6811

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF RESIDENT SERVICES:

Lisa Summers, (402) 682-6802

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

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!



AUGUST HIGHLIGHTS

August 3: National Night Out
August 6: Music with Wayne Miller
August 17: Music Bingo with Elliot
August 21: Music with Sarpy Serenaders
August 23: Livestock Show and Petting Zoo
August 25: Fair Time with Funnel Cakes
August 26: Music with Hillbilly Hal
August 27: Country Kickers America Dancers

CAREGIVER SUPPORT MEETING

Last Tuesday of Each Month

Hobby Shop, 3:30 p.m.

Join Angie Cappellano, Dr. Anna Fisher and Brandy Fisk for a monthly support meeting. RSVP to Angie: (402) 682-6804 or acappellano@hillcresthealth.com.

HILLCREST FOUNDATION



The Hillcrest Foundation for Enhancing Lives, a charitable organization that improves the lives of older adults, is hosting its first-annual Golf Tournament

on Thursday, August 19 at Eagle Hills. There will also be an auction, with prizes including trips to Branson, Missouri, and Breckenridge, Colorado, that can be accessed online starting August 12. Visit hillcrestfoundation.org to register and learn more!

Nicole's News



Summer is in full swing, and we are taking full advantage of the warm sun for our outings and fun! We are excited to announce that we will be participating in National Night Out this month! In conjunction with the Sarpy County Fair, we will be doing our own fair week. Plus, to combat the heat, we'll be doing

as many ice cream socials as we can fit in the schedule! Outings have also been a welcome addition to the calendar. Progress continues as we make our way through the pandemic. Residents who are fully vaccinated do not need to be masked while in the building. If they are not fully vaccinated, they need to remain masked and socially distanced while outside of their apartments. We have increased the visiting hours to be more flexible with the schedules of our family and friends. We need to be diligent in our safety practices as there is an increase in new strains of COVID-19. This is especially true in other states outside of the Midwest. So, if you are traveling, use extra caution.

Thank you for your support and diligence in keeping Hillcrest Mable Rose residents and team members healthy and safe so that we can continue progressing toward fewer restrictions and more connections.

—Nicole Ellermeier, Administrator

Annual Customer Satisfaction Survey

Watch for an email from "Hillcrest Health Services," which is actually from a national survey company, about the Annual Customer Satisfaction Survey. Please take a couple of minutes to complete it so we can know what, if anything, we could be doing better to create an amazing experience for you.

A MONTH IN REVIEW

Last month was full of fun at Hillcrest Mable Rose! One of our new favorite activities is going on bus outings to find the butterfly benches around Papillion. Each bench is unique and beautiful, so it has been enjoyable to find them and see the design on each one. We have also been planting vegetable seeds. We can't wait to try all of the different treats when it comes time

to harvest!

Interactive music therapy has been great for our residents. They enjoy playing their instruments, some of which are homemade, together. They are almost like their own band! It always makes us smile to hear them express themselves through music.



Janelle wears a butterfly sweater to match the butterfly bench.



Theresa poses on a beautiful butterfly bench.



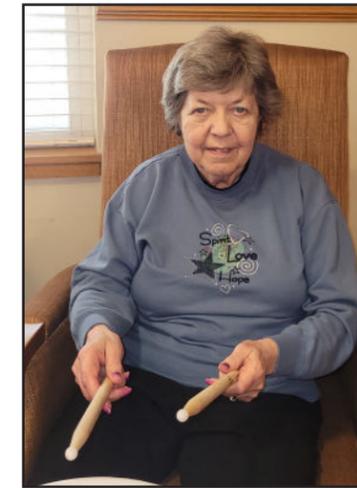
Lucille helps us start our vegetable garden.



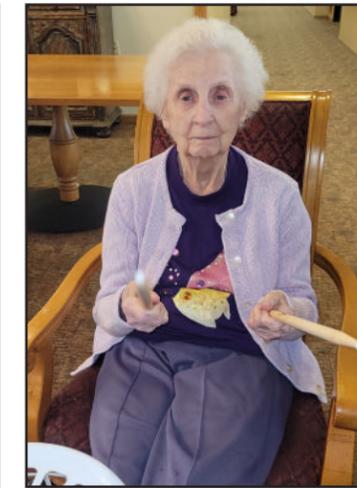
Dan plays his homemade rhythm maker.



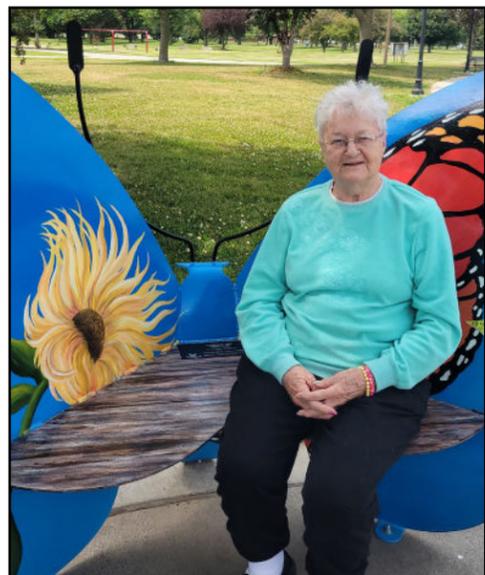
Nancy shakes her maracas during music therapy.



Judy drums a beat during music therapy.



Louise gets ready to practice her instrument.



Pat relaxes on a butterfly bench during one of our bus outings.



Muriel smiles while enjoying the nice weather on a butterfly bench.



Alan plants some carrots in our vegetable garden.



Clarabelle works on our garden.



Dave taps a beat with his tambourine.

VOTE FOR US!
 Now Through August 20
Hillcrest Mable Rose
 - Best Assisted Living Facility
 - Best Memory Care Facility
The Club at Hillcrest Mable Rose
 - Best Adult Day Center
BestofOmaha.com

Resident Spotlight



Our Resident Spotlight for August is Doris! She was born in her home in Petersburg, Nebraska. She and her husband Ralph have three sons, six grandchildren and 13 great-grandchildren. She considers her greatest success in life to be her marriage and having three wonderful children. Her best piece of advice she would like to share is to always talk things over with your spouse and make wise decisions together. Thank you, Doris, for sharing your story!