

"Today is your opportunity to build the tomorrow you want."
- Ken Poirot

August 2022

The Mable Rose Messenger

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

The History of National Senior Citizens Day

"Throughout our history, older people have achieved much for our families, our communities and our country," President Ronald Reagan proclaimed in 1988, as he marked August 21 National Senior Citizens Day.

President Reagan declared this day with the purpose of increasing awareness of the issues that aging adults face every day and to recognize all they have accomplished.

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute," President Reagan said during his proclamation.

According to the U.S. Census Bureau, there will be 78 million people over the age of 65 living in the U.S. by 2035. This population of elders will surpass the number of those under the age of 18 for the first time in the nation's history. With such a high population of seniors, it is more important than ever to celebrate our aging adults.

One of the best ways to honor seniors on August 21 is to spend time with the aging adults in our lives and learn from them. Whether a friend, family member or neighbor, gathering together and sharing memories is a great way to recognize the many accomplishments of our aging community.

At our communities, every day is an opportunity to celebrate our aging adults. Our team spends a lot of time with residents, elders and guests getting to know them so we can craft unique and special activities. We enjoy working together to create a fun schedule of events that everyone will love.

AUGUST BIRTHDAYS

August 11: Lenore C. August 28: Arliss H.
August 18: Sharon P. August 29: Barb R.
August 20: Marcella E. August 30: Marlee S.

WEDDING ANNIVERSARIES

August 1: Dale & Roxie J.
August 17: Larry & Clarine P.
August 24: Dan & India H.

WELCOME TO MABLE ROSE!

Shirley S. Darrell M.
Len W. Sue S.
Bill L. David N.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF RESIDENT SERVICES:

Lisa Summers, (402) 682-6802

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Angie Cappellano, (402) 682-6804

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Cristina Cawthorn, (402) 682-6860

DIRECTOR OF ENVIRONMENTAL SERVICES:

Eric Schmader, (402) 682-6809

DIRECTOR OF HEALTH SERVICES:

Sharon "Shay" Friel, (402) 682-6811

REGIONAL AREA DIRECTOR:

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 2: National Night Out
August 3: Celebrating National Watermelon Day
August 5: Playing All Six Game
August 9: Making Aromatherapy Bracelets
August 16: Outing to Sarpy County Quilt Show
August 17: Playing Bunco with Friends
August 19: Celebrating National Ice Cream Day
August 22 – 26: Mable Rose Appreciation Week
August 22: Summer Fun Games
August 23: Take Me Out to the Baseball Game
August 24: Hawaiian Luau Day
August 25: Wear A Hat Day
August 26: Mable Rose Team Olympics
August 29: Lemonade on the Patio

FEATURED EVENT

Mable Rose Appreciation Week

August 22 – August 26

Teamwork makes the dream work! To celebrate our wonderful team, we have planned a week filled with fun activities for both team members and residents.

Nicole's News



Summer is coming to a close, which means kids are returning to school and warm, sunny days are limited.

We had an amazing time in July! We enjoyed our second-annual Hillcrest Mable Rose County Fair Week. We had a blast with activities

such as livestock visits, a pie baking contest, a quilt show, funnel cakes and fair music. We also went swimming, had a patriotic pet parade, enjoyed cookouts, took a trip to the wildlife safari, ate an abundance of watermelon and ice cream and so much more!

We hope August will be even more fun-filled and memorable than July! This month, we are hosting National Night Out. We will get to know the neighbors and enjoy meeting the local law enforcement who help keep us safe. We will also be hosting Hillcrest Mable Rose Appreciation Week to celebrate and honor our team members as we create moments of joy for them and with them. We will be playing yard games with residents, dressing in themes on different days and enjoying treats!

Hillcrest has also created an opportunity for our team members to give to charity while also having a casual dress day. We have coined this as 'Casual for a Cause.' You may see team members wearing a special sticker along with jeans on the last Friday of each month.

Thank you for being a part of the Hillcrest Mable Rose family. We are honored and privileged to serve you!

-Nicole Ellermeier, Administrator

A MONTH IN REVIEW

July was a fun-filled month! The Fourth of July gave all of us an excuse to bring out our patriotic decor and red, white and blue hats for the special occasion. We celebrated our country's birthday, sang patriotic songs, created patriotic crafts, enjoyed a BBQ and learned fun facts about Fourth of July. Did you know that Americans spend more than \$1 billion on fireworks, resulting in igniting 200 million pounds of fireworks? That is so mind blowing! We also watched patriotic movies, such as "1776" and "Glory," in our state-of-the-art movie theatre. Every summer day has been good for red, white and blue Bomb Pops®,

watermelon and root beer floats on the patio. This month was especially good for Hillcrest Mable Rose's 50s Sock Hop. It was a huge success! The weather was just right, the food did not disappoint, the music was rocking and the antique car show was the cherry on top. Residents, team members and family members all had a great time. Thank you to everyone who joined in our celebration. We appreciate the Melcher, Bell and Dixon families for showing off your prized possessions.

-Angie Cappellano, Director of Adult Day Services



50s Sock Hop

Top Left: Barb and Bruce enjoy the car show together.

Top Center: Lecretta and daughters Bonnie and Jeanie spend time outdoors during the Sock Hop.

Above: Marci and her daughter Suzanne eat hamburgers and chips during the 50s Sock Hop.

Center: Judy and Len check out one of the cars at the show.

Left: Marian and Laura pose for a photo with a car.

Far Left: Marilyn enjoys herself at the car show.



Perfectly Patriotic

Top Left: Sandy shows off her patriotic spirit.

Left: Rita enjoys her Bomb Pop®.

Bottom Left: Lee is proud of her patriotic tree.

Above Left: Mary shares her patriotic spirit by wearing red, white and blue.

Above Right: Paul poses for a photo with his Bomb Pop®.

Resident Spotlight: Dee C.



Dee was born in Omaha on Nov. 6. She was happily married to Howard for 58 years. She has five children, 14 grandchildren, and 17 great-grandchildren. Dee retired from K-Mart. She enjoys ceramics, gardening, playing bingo, crocheting and cooking. She is a huge Husker football fan. She is also very proud of her Irish heritage. She loves to bake cookies for her grandchildren. Dee wants the younger generation to "be good and kind." Her biggest success is raising her kids and grandchildren. Thank you, Dee, for sharing your story!