

"One kind word can warm three winter months."

- Japanese Proverb

December 2022

The Mable Rose Messenger

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



Get into the holiday spirit!

The holiday season is here, and the Hillcrest team is ready to celebrate with all of our residents, elders and guests. Here are some ways to share your holiday spirit with those around you.

Put up decorations

One fun way to show you're festive is by decorating. Put up lights, garland or a small tree. To make your decorations unique, you can even have fun making your own. Get together with your peers or a family member and make a wreath or paint holiday pictures and hang them up.

Share holiday recipes

Each family has their own traditions when it comes to baking or cooking for the holidays. Gather with those you're close to and reminisce about your favorite holiday baking or cooking memories, or share a special recipe with someone.

Have a holiday movie night

Whether you like action, comedy or romance movies, the holiday season has them all. Grab a group of friends and some popcorn and watch your holiday favorites!

Listen to holiday music

In December, holiday music seems to be the most popular choice. Whether you just like to listen to it or sing along, holiday music has tunes for everyone. If you like to sing along, go caroling around your community and brighten the spirits of those around you.

DECEMBER BIRTHDAYS

- | | |
|-----------------------|--------------------|
| Dec. 3: Arthuree A. | Dec. 18: Barb J. |
| Dec. 5: Clarabelle F. | Dec. 24: Carol B. |
| Dec. 5: Elsie A. | Dec. 28: Lila C. |
| Dec. 8: John F. | Dec. 29: Len W. |
| Dec. 15: Shirley M. | Dec. 30: Dwight D. |
| Dec. 16: Steve G. | |

WEDDING ANNIVERSARIES

- | |
|------------------------------|
| Dec. 21: Marilyn and Bill L. |
| Dec. 21: Terri and Dave C. |

WELCOME TO MABLE ROSE!

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|----------|----------|
| Terry D. | Donna F. |
| Kay B. | Tom K. |

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
- 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
- DIRECTOR OF HEALTH SERVICES:**
Catie Schram, (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!



DECEMBER HIGHLIGHTS

- Dec. 3: Cantare Opera Omaha
- Dec. 5: Outing to Santa's Woods
- Dec. 6: Violin & Piano Music w/the Mulhearns
- Dec. 7: Bunco w/Friends
- Dec. 8: Current Events w/Bruce
- Dec. 9: Merrymakers Presents Tim Javorsky
- Dec. 10: Common Thread Singers
- Dec. 10: St. Columbkille Singers
- Dec. 12: Gingerbread House Decorating
- Dec. 14: Senior Spiritual Concert
- Dec. 16: Ugly Christmas Sweater Day
- Dec. 17: Music w/Sarpy Seranaders
- Dec. 19: Outing to Durham Museum
- Dec. 20: Bundt Cake of the Month
- Dec. 21: Craft w/Pat and Nikki
- Dec. 24: Christmas Carols on the Piano w/Matt
- Dec. 28: All Town Meeting/Family Feud
- Dec. 30: Manicures w/Tracey

FEATURED EVENT

Holiday Party

Friday, Dec. 23, 2:15 p.m.

Residents will receive gifts and enjoy food and wine.



Nicole's News



Happy holiday season!
We had a wonderful November filled with a lot of reasons and reminders to be thankful. We honored our veterans with a special program that highlighted their bravery and service. We also focused a lot of our activities around what we are thankful for.

We are greeting December with excitement that we will be able to spend it with family and friends. December brings with it many volunteers, greetings from schools and lots of friends. We will also fill the month with drives to see Christmas lights so we can enjoy all of the decorations our neighbors display.

This time of year, people often ask if they can provide any gifts for our amazing team members. Team members are not able to receive individual gifts. However, they can accept items that could be equally distributed and shared among all team members.

Another way you can bring joy to Hillcrest Mable Rose is by filling out a Star Award nomination form. These can be found on our website or at the front desk. Star Awards are given to team members that go above and beyond in their service. There are levels of achievement within our program that grant more recognition to that team member.

May you all have a blessed and wonderful holiday season!

-Nicole Ellermeier, Administrator

A MONTH IN REVIEW

On Nov. 11, our entire community honored the men and women who bravely served our country. Veterans Day was filled with patriotic songs and activities such as military trivia. Our veterans each took turns sharing what branch of the military they served in and how long they served during our Veterans Day program. Our amazing volunteer Tracy is retired Air Force, and she helped make the program

extra special. Each veteran was pinned with a beautiful American flag and presented with a patriotic photo of themselves.

For each of you who so graciously served our country, thank you for being brave, standing on the front lines and doing what you were called to do. We truly appreciate your sacrifice.

-Angie Cappellano, Director of Adult Day Services



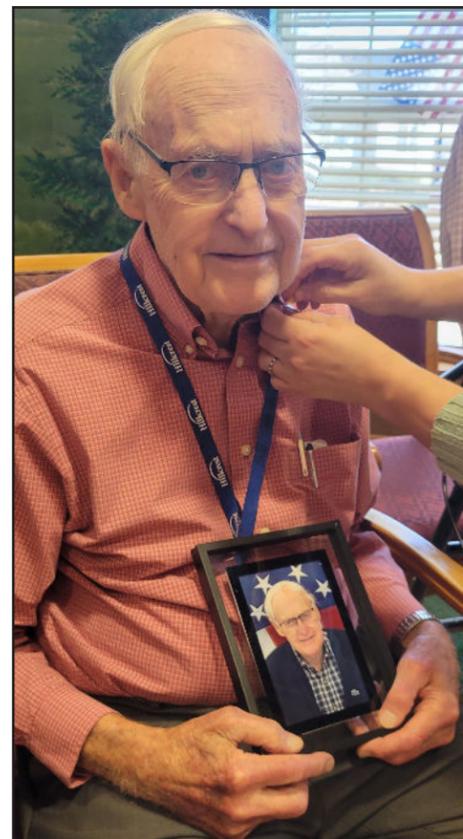
Annie poses for a photo with Carol after receiving her photo.



On Veterans Day, veterans at Hillcrest Mable Rose receive pins and photos in honor of their service.



Carl is pinned in honor of his military service.



John is happy to be honored for his service.



Jim smiles after receiving his pin and photo.

Resident Spotlight: Carol B.



Carol grew up on a farm in Johnson. After high school, she attended Omaha School of Commerce and received training in bookkeeping and shorthand. She worked for an industrial

firm in Auburn upon graduation. After marrying her husband Bob, she raised her four children. When her youngest was in school, she began doing bookkeeping for the family automotive parts and machine shop in Plattsmouth. She still did the daily deposits until she moved into Hillcrest Mable Rose. She has seven grandchildren and five great-grandchildren. She loves to do puzzles, and you will likely find her in the common areas working on one. A fun fact about her is that her grandmother wanted to name her Wilhelmina, but to the family's delight she was named Carol because she was born on Christmas Eve. She was a Christmas Carol! Thank you, Carol, for sharing your story!



Maria wears red, white and blue for Veterans Day.



Veterans enjoy lunch together on Veterans Day.



Laura wears a patriotic hat for Veterans Day.



Len shows off his Air Force shirt.



Woody is a proud veteran.