

*"Even the strongest blizzards start with a single snowflake."
- Sara Raasch*

December 2023

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

Families often have 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. 8: John F.	Dec. 18: Barbara J.
Dec. 11: Sun B.	Dec. 24: Carol B.
Dec. 15: Clarabelle F.	Dec. 28: Lila C.
Dec. 15: Shirley M.	Dec. 30: Dwight D.

WELCOME TO MABLE ROSE!

Nora W. Sandy K. Steve M. Maggie C.

MEET THE LEADERSHIP TEAM

REGIONAL AREA DIRECTOR:

Dave Creal, (402) 682-6579

DIRECTOR OF LIFESTYLE:

Carol Lowe, (402) 682-6875

DIRECTOR OF ADULT DAY SERVICES:

Angie Cappellano, (402) 682-6804

DIRECTOR OF ASSISTED LIVING:

Tanya Hernandez, (402) 682-6811

DIRECTOR OF MARKETING:

Natalie Junk, (402) 682-6802

DIRECTOR OF CULINARY:

Heather DeBlanche, (402) 682-6860

DIRECTOR OF ENVIRONMENTAL SERVICES:

Eric Schmader, (402) 682-6809

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. 2: Music w/the Sarpy Serenaders
Dec. 4: Merrymakers – The Modern Kowboy
Dec. 9: Cantare! Sing We Now of Christmas!
Dec. 11: Bellevue West Christmas Concert
Dec. 12: Making a Gingerbread House
Dec. 14: Bingo at Bellevue Senior Center
Dec. 16: Four the Master Gospel Quartet
Dec. 20: New Year's Craft – Pat & Nikki
Dec. 21: Senior Spiritual Concert

CAREGIVER SUPPORT GROUPS

Parkinson's Caregiver Support Group

Please join us on the second Monday of every month at 4:15 p.m. Contact Natalie at (402) 682-6802.

Dementia Caregiver Support Group

Please join us on Dec. 18 at 4:15 p.m.
RSVP to Angie at (402) 682-6804.

FEATURED EVENT



Santa Paws Parade

Friday, Dec. 22 – 10 a.m.

Dress up your dog or cat in their favorite holiday attire and parade through Hillcrest Mable Rose. To join us, please call (402) 291-9777 with the name of your pet.

Dave's Column



Happy holidays, Hillcrest Mable Rose family! It seems like we were just experiencing the transition from summer to fall, and now we are transitioning to winter. With cold weather arriving, please remember to be safe when outside and avoid ice and snow as much as possible. Please also be aware that

flu season is upon us and COVID-19 is still impacting many. We ask that if you are considering a visit, please ensure you are mindful of any symptoms you may have.

This holiday season we hope you are able to spend time with those you love. We encourage you to participate in all of the holiday festivities such as seeing holiday lights, decorating trees and giving gifts.

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 the Hillcrest Mable Rose team is by filling out a Star Award nomination form. These can be found on our website at hillcresthealth.com/star or at the front desk. Star Awards are given to team members who go above and beyond in their service, with levels of achievement that grant additional recognition.

May you all have a wonderful holiday season!

-Dave Creal, Regional Area Director

A MONTH IN REVIEW

In November, Hillcrest Mable Rose held its annual Veterans Day celebration to honor veterans who have fought for the freedoms of all Americans. Both residents and team members alike were honored for their service.

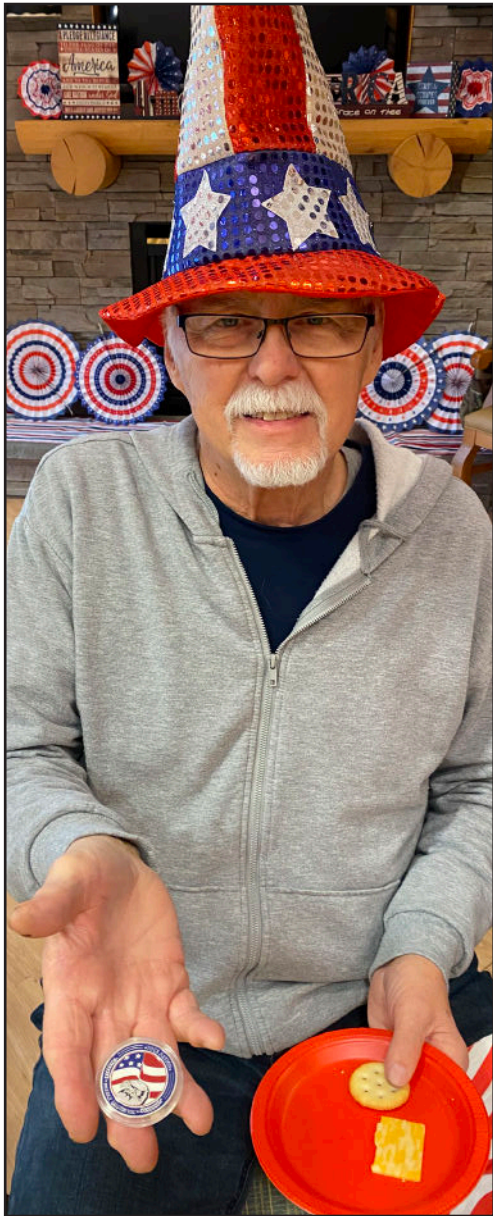
Our community was decorated in red, white and blue. We even hung flags representing each of the branches of service.

Each veteran was presented with a beautiful coin and thanked personally for their service by retired Senior Master Sargent Matthew Becker, U.S. Air Force, our guest speaker. Several retired veterans and active

duty U.S. Air Force airmen also joined us for the celebration.

Honor, courage, duty and service above self are common values shared by all service members. It was so evident as veterans gathered and reminisced with each other. Each veteran had their photo taken in front of the American flag. The photos were displayed in Marv's Place for the special event. A nice lunch was served to end our beautiful ceremony. Thank you to all veterans for your dedication and service to our country.

–Carol Lowe, Director of Lifestyle



Dwight and Max show of the coins they received in honor of their military service.




Annie poses for a photo with U.S. Air Force airmen.



Chris and Scott shake hands at the Veterans Day celebration.

Resident Spotlight: Evelyn T.



Evelyn was born and raised in Topeka, Kansas, on May 11. She married her high school sweetheart in 1951, and they moved to Ralston in 1957. They have four children, three boys and one girl. After her husband's untimely death in 1989, she met her second husband at a bible study class at her church. The two married in December 1993. He passed away in 1995. She feels her stepfamily has been a huge blessing in her life, and stepdaughter Sherry is a regular visitor at Hillcrest Mable Rose. Her younger sister Leann is also a regular visitor.

She attributes her long life to her faith, family and friends. Evelyn's advice to others is to stay connected and cherish your relationships. Evelyn enjoys spending time with her extended family including many grandchildren, great-grandchildren and great-great-grandchildren.

Evelyn enjoys bingo, crafts, walking club, exercising, music and coffee & conversation with the good friends that she has made at Hillcrest Mable Rose.

Thank you, Evelyn, for sharing your story!



Gill enjoys the company of U.S. Air Force airmen.



Willis is thanked for his service in the military.



Veterans receive coins as part of the Veterans Day ceremony.



Jim, Max, Bob, Gary and Eric share stories of their service.



Daryl and Carl get ready for the Veterans Day celebration.