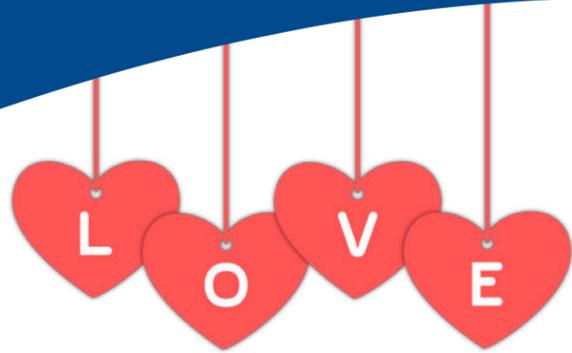


"All you need is love. But a little chocolate now and then doesn't hurt." - Charles M. Schulz

February 2020

# The Mable Rose Messenger

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



## Fun Valentine's Day Ideas

It's finally February, and that means we can finally celebrate Valentine's Day! Even though Valentine's Day is most commonly known as a romantic holiday, it can also be a day to celebrate the non-romantic loved ones in your life. There are a lot of different presents and cards you can buy, but some of the most meaningful gifts are handmade. So to give you some ideas, here are three of our favorite valentines from goodhousekeeping.com.

**Write a Poem:** Poems don't have to be long and complicated. Start small with a few simple rhymes. Then start working them into sentences expressing how much your loved one means to you. You'll be amazed how quickly you can become a poet!

**Leave Notes:** Reminding your loved ones how much they mean to you doesn't have to be extravagant. Try writing a few notes and leaving them where your loved one will find them. This valentine is sure to brighten their day.

**Make a Valentine Card:** Try making a personalized Valentine's Day card. This could mean making a heart-shaped card or even drawing a picture. This is a great opportunity to get out the craft supplies and have some fun.

These are just a few ideas. There are a lot of different ways you can show your loved ones your appreciation. Get creative with your valentines. Whatever you decide to make, remember that the perfect valentines are the ones that show your loved ones how much they mean to you. Happy Valentine's Day!

## FEBRUARY BIRTHDAYS

Feb. 8: Ishmeal V.	Feb. 16: Tillie C.
Feb. 10: Frank M.	Feb. 17: Valla C.
Feb. 11: Max A.	Feb. 23: Bud N.
Feb. 12: Duane E.	Feb. 27: Teresa S.
Feb. 12: Eleanor M.	Feb. 28: Joe K.
Feb. 15: Bob R.	

## WELCOME TO MABLE ROSE!

Marilyn K., Lucy A., Wally P., Murat A.,  
Deloris G., Susan W.

## 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

### REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

## 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 family members who are caregivers. RSVP to Angie Cappellano: (402) 682-6804 or [acappellano@hillcresthealth.com](mailto:acappellano@hillcresthealth.com).



## FEBRUARY HIGHLIGHTS

Feb. 1: Hymn Sing with Pastor Jerry  
Feb. 3: Merrymakers Presents: Music with John Worsham  
Feb. 4: Ballroom Chair Dancing  
Feb. 6: Scatter Joy Acres  
Feb. 7: Red Hat Ladies Meeting  
Feb. 10: Bible Study with Lisa  
Feb. 12: Music Bingo with Elliot  
Feb. 13: Bingo at the Papillion Senior Center  
Feb. 14: Valentine's Day Music with Billy Troy  
Feb. 17: Music with the Chang Duo  
Feb. 18: When Swing was King  
Feb. 20: Inspirations with Anna  
Feb. 27: Discovering the Yum-Yum Box

## FEATURED EVENT



### Valentine Bonanza Bingo



February 28th — 1 p.m.  
Marv's Place

Come play a special game of Valentine themed Bingo!

## 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!

## Darin's Dish



The month of February is well known for valentines, candy and paper hearts. While we all enjoy the heartwarming festivities that surround the celebration of Valentine's Day, it's also a great time to take control of your heart health. I reviewed Mayo Clinic's website, and they have a quick

start program for heart health. It includes three small steps you can start today that can have a dramatic impact on your heart health: Eat 5, Move 10, Sleep 8. Eating five or more servings of fruits and vegetables a day is a big boost to your heart health. Adding at least 10 minutes of moderate physical activity to what you normally do every day will also benefit your heart. The exercises don't have to be elaborate. Try walking or attending our weekday exercise classes. Both are great ways to get moving! Shoot for a heart healthy eight hours of quality sleep each night. The "heart" truth is that taking care of your heart is critical to improving your overall health. Challenge yourself to put your best foot forward this month by taking these three simple steps, and you'll see what a big difference they can make! Before you give your heart away this Valentine's Day, do your best to make sure it is a healthy one!

-Darin Nelson, Administrator



## RESIDENTS IN ACTION

A lot of things have happened at Mable Rose the last few months. First, Mable Rose residents were blessed this Christmas with holiday goodies provided by our wonderful volunteers. Then the residents ventured down to the Durham Museum to look at the large Christmas tree displayed. In person, it was amazing to see! The Club members took a road trip to Greenwood, to visit Bakers Candies, Nebraska's Largest Candy Outlet. There were so many treats, goodies and

chocolate to choose from. We definitely took home a bunch of chocolate! Finally, every month Mable Rose is graced with the presence of a unique group of animals from Scatter Joy Acres for pet therapy. Scatter Joy Acres is a volunteer group that comes to the facility and showcases their pet of the month. We have seen a pig, bunny, kittens, dogs and even a dwarf cow. It is an activity that many individuals look forward to.

—Angie Cappellano, Director of Adult Day Services



The ladies pose for the camera in front of their new year resolutions.



Catherine enjoys the holiday goodies.



Shirley smiles in front of a Bakers chocolate display.



Rita shows off her purchases.



Dan visits the Bakers Candy Factory.



Tom shows off the world's largest gummy worm.



Walt tries to decide his favorite jelly bean flavor.



Residents visit the Durham Museum.



Sharon pets the bunny from Scatter Joy Acres.