

"Love is something eternal. The aspect may change, but not the essence." - Vincent Van Gogh

The Mable Rose Messenger

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

Five Tips for Better Heart Health

February is American Heart Month. This month, we encourage you to focus on better heart health. Here are some ways to strengthen your heart this February:

• Know Your Heart Health Numbers

Know your "good" cholesterol, "bad" cholesterol, total cholesterol, triglycerides, blood pressure, weight and body mass index (BMI) numbers. Ask our clinical team or make an appointment with your doctor to know these numbers and see if you are making the grade.

• De-stress Your Heart

Find ways to relax. Individuals who are stressed can experience higher blood pressure, heart rate and levels of the stress hormone cortisol.

• Get Heart Healthy Support

Exercise is a great way to keep your heart in shape. Find an exercise buddy. Working out with a friend can keep you more motivated. It's also a great way to spend time with others.

• Sleep to Your Heart's Content

The magic number is seven-to-eight. Individuals who sleep fewer than seven hours a night have higher blood pressure and higher levels of cortisol, making the arteries more vulnerable to plaque buildup.

• Drink More Water

Staying hydrated keeps all of your organs, including your heart, functioning properly. Substituting sugary or caffeinated drinks with water will reduce calories and allow your heart to stay healthy.

These are just some ways to improve your heart health. A regular check-up is the best way to keep track of your heart health. Talk to our clinical team or your doctor to discover more ways you can stay heart healthy.



FEBRUARY BIRTHDAYS

- Feb. 5: Bob C.
- Feb. 10: Elizabeth P.
- Feb. 11: Barbara D.
- Feb. 11: Neva T.
- Feb. 12: Marilyn M.
- Feb. 15: Bob R.
- Feb. 16: Dave C.
- Feb. 22 Joann H.
- Feb. 23: Georgia P.

WELCOME TO MABLE ROSE!

- Georgia P.
- Fran J.
- Joann H.
- James C.
- Sun B.
- Edgar B.
- Rebecca K.

WEDDING ANNIVERSARIES

- Feb. 14: Susan & Verne D.
- Feb. 16: Sue & Jim S.
- Feb. 19: Jan & Van A.

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

REGIONAL AREA DIRECTOR:

Dave Creal, (402) 933-4690



FEBRUARY HIGHLIGHTS

- Feb. 1: Bunco w/Friends
- Feb. 3: Music with Joel McGrath
- Feb. 7: Pool Noodle Exercising
- Feb. 8: National Iowa Day
- Feb. 10: Scatter Joy Acres Visit
- Feb. 12: Super Bowl Tailgating
- Feb. 14: King & Queen Crowning
- Feb. 17: Harp Music w/Kim Meyer
- Feb. 20: Presidential Facts and Trivia
- Feb. 21: Mardi Gras Celebration
- Feb. 22: All Town Meeting & Family Feud
- Feb. 28: Bundt Cake of the Month – Red Velvet

FEATURED EVENT

Sugar & Spirits Party

Friday, Feb. 24, 2 p.m.

Residents will enjoy Valentine's Day desserts, chocolates and fun spirits while watching a musical performance by Bob Ford.



Nicole's News



We're ready to be fabulous in February! Everyone at Hillcrest Mable Rose is excited to celebrate Groundhog Day, Valentine's Day and Presidents' Day. We always love any reason to gather together and have a great time with our friends, family and neighbors.

We continue to remind ourselves that the winter months increase the risk of spreading more than joy. Influenza and RSV are added risks to the ever-present COVID-19 virus. Please remember to be diligent about your personal protective equipment (PPE) when around others.

We also need to be on alert for scams and fraud. There are different scams that will target generous and kind people. Please know that the government and financial institutions will not contact you and ask you for personal and confidential information over the phone. Never give out any personal and confidential information over the phone or internet. If you believe you have been a victim of fraud, please notify your family, the authorities or administrator to assist.

We will be starting our caregiver support group again in February (monthly). We encourage all caregivers to join us. Life is easier when we are together and can lean on each other.

-Nicole Ellermeier, Administrator

A MONTH IN REVIEW

January was a fun month at Hillcrest Mable Rose! Club members tried their hands at shooting down cups with Nerf guns. The “aim” of the activity was to have fun and, boy, did they ever! Residents also had fun celebrating a variety of days including National Toffee Day, National Popcorn Day and National Hot Chocolate Day.

The men’s groups at Hillcrest Mable Rose have been a huge hit in recent months. Residents from Just

the Guys and Plaid Dads can be found spending a lot of time in our billiards room. Marv’s Place showcases a pool table, shuffleboard and golf area for all residents to enjoy. These groups get together when able to enjoy some good old pizza, beer and sodas. Residents are usually accompanied by our male team members Bill, Eric or Danell.

–Angie Cappellano, Director of Adult Day Services



Darrell gets ready for a lucky strike.



Ed loves petting the dog during pet therapy.



Max joins the pizza party.



Paul enjoys a visit from a furry friend.

Dementia Virtual Experience

Are you caring for someone who is living with dementia?

Join us as we provide a window into your loved one's world.

Tuesday, Feb. 28
Hillcrest Mable Rose

Experiences will run every 15 minutes
between 3 and 5:45 p.m.

Only 24 spots available!
RSVP today!



RSVP to Amber at our front desk or call her at (402) 291-9777.

Resident Spotlight: Charlie B.



Charlie was born on March 25 in Adams Center, New York. He married the love of his life, Florence on March 31, and they were married for 63 wonderful years. They have three children together, Julie, Jane and Jean. In addition, they have one grandson, Robert.

Charlie and Florence loved to play pinochle cards as well as dance the fox trot, polka and jitterbug. When he wasn't dancing with his wife, Charlie enjoyed golfing and bowling with his buddies.

Charlie was an electronic technician and maintenance

supervisor in the U.S. Air Force for 22 years. He then worked as an electronic technician for the postal service for 16 years.

Though he enjoyed his career, Charlie's passion in life is music. His favorite genre is classic country. He even had a five-person band called Country Connection Band. They played at all of the fraternal clubs in Omaha, Council Bluffs and surrounding areas. Charlie's favorite country singers are Meryl Haggard, Johnny Cash, George Jones and Mel Tillis.

Charlie feels his greatest successes in life are raising his family and working in electronic maintenance. His advice to the younger generation is to get an education and stick with it.



Dave and Lou, a volunteer, try their hands at Jenga.



Julio is all smiles.



Howard, Dwight, Woody and Dan take aim at stacked cups.



Willis, Dave and Steve play a friendly game of pool.