

"Life is short, and it is here to be lived."

- Kate Winslet

February 2024

The Mable Rose Messenger

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



Angie's Angle



I want to start off by saying I have such gratitude for being so very welcomed to joining the Hillcrest Mable Rose team. Change is not always easy, but everyone I have had the pleasure of encountering has made it nearly effortless.

However, my first week, Mother Nature welcomed me with negative temperatures and snow, which was pretty rude of her! I was so happy to see and hear how all of us pulled together to make sure everyone was taken care of. I know December has come and gone, but I want to recognize all of the incredible team members and volunteers that participated in the Secret Santa for our residents during the holidays. I have heard some great stories of joy and generosity.

We had an amazing Meet and Greet last month. Everyone had an opportunity to meet our newest leaders, and for us to meet all of you! I know I can speak on behalf of Heather DeBlanche, Tanya Hernandez and Natalie Junk, that it truly is an honor to be a part of an amazing community. If you were not able to make it to the event, please connect with us. We would love to say "hi" and get to know you.

As a quick reminder, parking near the front entrance is reserved for quick pick-ups and drop-offs. Please refrain from extended parking to allow for ease of those arriving and leaving our community.

-Angie Wallace, Administrator

FEBRUARY BIRTHDAYS

Feb. 2: Suzanne B. Feb. 12: Gary H.
Feb. 2: Miyoko C. Feb. 12: Marilyn M.
Feb. 9: Betty M. Feb. 12: Betty W.
Feb. 10: Elizabeth P. Feb. 15: Bob R.
Feb. 11: Neva T. Feb. 25: Georgia P.
Feb. 11: Ron B.

WELCOME TO MABLE ROSE!

Irenea S. Toni S. Jim M.
Jane P. Rich B.

WEDDING ANNIVERSARIES

Feb. 14: Lenny & Michelle B.
Feb. 14: Susan & Verne D.
Feb. 17: Sue & Jim S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Angie Wallace, (402) 682-6810

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

REGIONAL AREA DIRECTOR:

Dave Creal, (402) 682-6579

FEBRUARY HIGHLIGHTS

Feb. 2: Groundhog Trivia
Feb. 3: Valentine's Day Craft
Feb. 10: Common Thread Singers
Feb. 12: Card Club – Playing Spades
Feb. 13: Mardi Gras Party
Feb. 14: King/Queen of Hillcrest Mable Rose
Feb. 19: Presidential Facts/Trivia
Feb. 22: Manicures w/Tracey
Feb. 26: Pet Therapy w/Louie
Feb. 27: Merrymakers – Music w/Mark Irvin

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

There will be no meeting this month.
See you in March!

FEATURED EVENT

Sugar & Spirits Party

Friday, Feb. 14, 1 p.m.

Residents will enjoy special desserts, chocolates and fun spirits while watching a slideshow of all of the fun activities we did in 2023.

Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 50+ years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Some use Valentine's Day as an opportunity to spend quality time with one another, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy. Show your Valentine's Day spirit by decorating cupcakes or cookies in your favorite red or pink toppings.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.

A MONTH IN REVIEW

January was filled with lots of snow – real and fake. Residents and Club members had their second-annual snow photo shoot. A snow machine caused snowflakes to fall inside of our community, and everyone was able to take photos in front of a Winter Wonderland backdrop with props such as hats, scarves and mittens.

We are staying warm this winter with many cups of hot chocolate and whipped cream, hot cider and, of course, coffee and cookies galore. Hickory Hill Elementary students made placemats for our residents

to brighten up our winter days. Residents enjoyed looking at them and chatting about the different artwork on each placemat. They have some talented artists at Hickory Hill Elementary. We are grateful to the students who made them. Our very own Evelyn decorated our bulletin board in the Hobby Shop with snowflakes and snowmen. It turned out wonderful. Be sure to stop by and see her creative masterpiece. Thank you for your time and talents, Evelyn.

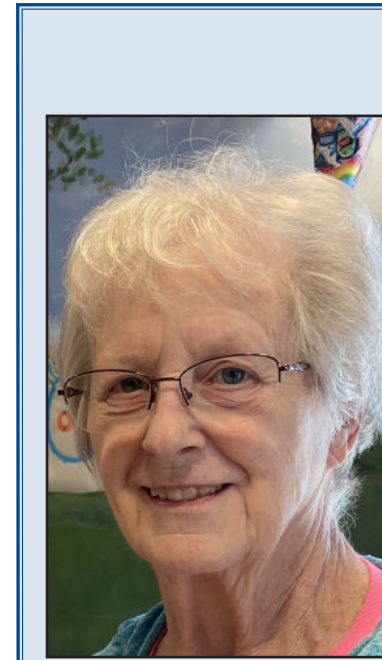
–Carol Lowe, Director of Lifestyle



Bill poses for a Winter Wonderland photo.



Carol enjoys the indoor snow fall.



Resident Spotlight: JoAnn G.

JoAnn was born on Jan. 3 in Omaha. She met her husband, Ron, at Paul's Drug in Papillion. She worked behind the soda fountain, and he was a pharmacist. The two were married for more than 40 years. Ron passed in November 2003.

JoAnn worked in the admissions department at St. Joseph's Hospital in Omaha for many years. She has five children – Peggy, Bob, Rick, Lisa and Ann. She has a total of nine grandchildren and seven great-grandchildren.

JoAnn's hobbies include sewing, making crafts, baking/cooking and

traveling. Later in her life, she traveled around the world, visiting many different countries. She was famous among friends and family for her chocolate chip cookies, which she made every Sunday.

At Hillcrest Mable Rose, JoAnne participates in activities such as entertainment, walking/exercise club, crafts, baking and bunco. She also enjoys going on adventures during the Mystery Bus Ride

Thank you, JoAnn, for sharing your story!



Eddith and Toni dance together in the snow.



Geri is excited to try her holiday cookie.



Evelyn decorates the bulletin board.



Dwight is all smiles.



Clarabelle snacks on a cookie.



Rose bundles up to the snow photo shoot.



Pam catches snowflakes.