

*"Never regret anything that made you smile."
- Mark Twain*

June 2023

The Mable Rose Messenger

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

Connections Lead to Understanding

In Canada, June 1st is known as Intergenerational Day. It was created as a way to bridge the gap between young and old, focusing on bringing different generations together.

These connections are important and can benefit all involved, no matter what the day. They can help lower issues of social isolation and loneliness, while giving all individuals involved an increased sense of purpose. These relationships help our elders stay socially connected and involved.

For younger people, their interactions with aging adults can provide a sense of connection to the past. Listening to their elders talk about their lives and experiences can lead to a better understanding of who they are as well. That can be done through in-depth storytelling or simply looking through photo albums together. Strong ties with older adults help youth form a better sense of who they are and how they might fit in this world.

Additionally, connections formed among different generations can also help combat negative stereotyping and ageism. Open dialogues enhance trust and promote inclusion while strengthening bonds and improving engagement.

We encourage you to celebrate Intergenerational Day every day — not just on June 1st — by connecting grandchildren and great-grandchildren to their older relatives, both at Hillcrest and at home. Learning each other's stories can help find common ground and a better understanding of each generation while enriching the lives of the older generations and reducing any feelings of isolation.

JUNE BIRTHDAYS

June 3: Scott W. June 10: Cindy K.
June 4: Larry P. June 27: Lucretta T.
June 7: Ron P. June 30: Darrell M.

WELCOME TO MABLE ROSE!

Lon S. Barbara B.
Maxine A. Suzanne B.

WEDDING ANNIVERSARIES

June 9: Woody & Luann W.
June 10: James & Cheryl C.
June 24: Lon & Nancy S.
June 25: Willis & Joan K.
June 28: Don & Vivian B.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

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 AREA DIRECTOR:

Dave Creal, (402) 933-4690

CAREGIVER SUPPORT GROUP

Please join us for our monthly Caregiver Support Group on the last Monday of every month at 4:15 p.m. at Hillcrest Mable Rose.



JUNE HIGHLIGHTS

June 2: Donut Run
June 5: Music w/ the Mulhearns
June 6: Playing w/ Yo-Yos
June 7: Outing - Spiritual Concert at Augustana Lutheran Church
June 10: Music w/ Common Thread Singers
June 14: Flag Day
June 17: National Root Beer Day
June 19: A to Z Trivia
June 20: National Ice Cream Soda Day
June 21: Crafting w/ Pat & Nikki
June 21: First Day of Summer
June 28: All-Town Meeting

FEATURED EVENT

Father's Day Celebration

Thursday, June 15, 4-6 p.m.

Residents and family members are invited to celebrate our fathers and grandfathers at this special event. It includes all of Dad's favorite things, including a car show, a barbecue and even a sock hop.

Nicole's News



Summer is starting to fill the air! June is going to be a great month as we celebrate Father's Day by hosting a car show and barbecue. We also have outdoor activities of all kinds starting to happen — the College World Series comes to town, and families

will be hosting reunions.

May was an incredible month. We had the honor and pleasure of celebrating the women and mothers in our lives with a delightful and delicious tea party. We planted flowers and had lemonade in the courtyard. May also featured a variety of entertainment, and we stayed active with some ballroom chair dancing.

My personal favorite activity in May was our "Wine for the Soul" event, where we tasted four different Nebraska wines and paired them with delicious cheeses. We had such a great time that we are going to try Iowa wines next.

We also were pleased to honor four team members who graduated high school this year. They have brought so much joy and happiness to our community, and we are proud of their accomplishments!

Thank you for being a part of the Hillcrest Mable Rose family. We are honored and privileged to serve you!

-Nicole Ellermeier, Administrator

A MONTH IN REVIEW

This last month was filled with celebrations and holidays. Toward the end of April, our residents and Club members dressed up as superheroes for National Superhero Day. Their festivities consisted of superhero-themed trivia and bingo, live entertainment and a photo shoot. Superhero names were generated for each Club member. Residents and Club members enjoyed specialty themed cake and snacks, which

included power cheese puffs and Hulk Rice Krispy treats.

We also enjoyed live entertainment, chips, salsa, margaritas and mocktails for Cinco de Mayo. The Men's Group gathered and enjoyed some beer. Residents and Club members wore their sombreros proudly while listening to Spanish music.

–Angie Cappellano, Director of Adult Day Services




Wishing Don and resident Vivian B. a very happy 70th wedding anniversary. Cheers to another year of love and happiness!



Eddith enjoys her festive mocktail.

Resident Spotlight: Jim W.



Jim W. was born April 8. He said he did not like school until the 7th grade, when his science teacher made it fun. This teacher really influenced his life. Jim is an Army veteran who worked in aerospace engineering for 45 years. He is most proud of developing the “fix” for the Apollo 13 problem.

He has been married twice and is the proud father of four children — three girls and one boy. He has 11 grandchildren and

eight great-grandchildren. His greatest success has been his children. He says they are so great because of his wife.

The advice Jim would give the younger generation would be to be the best at what you do. Find something you like and do it well. “Don’t wait for things to happen, just make them happen.”

Thank you for your service, Jim.



Don toasts with a beer while mugging for the camera.



Linda, Toni, Elizabeth and Eddith are a whole team of Wonder Women!



Ed knows how to pull off a sombrero.



Elizabeth is all smiles while sipping this drink.



Woody says he can provide the entertainment next time.



Scott appreciates the touch of flair a nice hat adds.



Marilyn and Rita are our crime-fighting heroes!



Miyoko and Woody are Mr. and Mrs. Superman.