

“Write it on your heart that every day is the best day in the year” –Ralph Waldo Emerson

The Mable Rose Messenger

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

Staying warm in the winter

It appears as though winter has finally arrived in eastern Nebraska with chillier temperatures, a little sleet and some snow flurries. For our aging adults, the temperature change can be especially shocking. Several factors can cause fluctuations in body temperature and impede a person's ability to retain heat: thinner skin, loss of body fat and muscle mass, dehydration, etc. The following are some tips to help you stay warm:

- **Wear layers of clothing**

This is perhaps one of the easiest ways to help the body regulate temperature. Adding and removing layers allows your body to slowly adjust to a comfortable temperature based upon your activity. In addition, warm air trapped between layers of clothing acts as insulation.

- **Grab an extra blanket**

Layering blankets works just like layering clothes. Fuller blankets will also provide extra coverage.

- **Wear socks, mittens and hats**

Who says they're just to be worn outside? Our appendages and head tend to be the first parts of the body to become cold due simply to their greater surface area. Use what's necessary to cover them up indoors also.

- **Keep movin'!**

An inactive body generates less heat. And as we age, our ability to react to the cold by automatic responses, such as shivering, decreases. Exercising can serve as a substitute. In addition, exercising builds muscle mass, which is important to maintaining body heat. Simple stretching allows for better blood flow throughout the body and better distribution of heat.

- **Drink water**

A hydrated body leads to better blood flow. And, again, better blood flow means a warmer body.

- **Drink warm beverages**

Warm yourself from the outside in while holding your drink. Warm yourself from the inside out by drinking it down.

- **Eat!**

Fat cells insulate the body and its organs. Take some lessons from our furry outdoor friends and try adding a few extra pounds during the winter months.



JANUARY BIRTHDAYS

Jan. 1: Charlotte W.	Jan. 19: Bob G.
Jan. 4: Lillian W.	Jan. 19: Pete T.
Jan. 7: Rita B.	Jan. 23: Donna R.
Jan. 9: Madge G.	Jan. 25: Romme B.
Jan. 9: Annie S.	Jan. 26: Lanora G.
Jan. 11: Bernice S.	Jan. 30: Phyllis H.

WELCOME TO MABLE ROSE!

Romme Burch, Beppi Aube, Paul Haug

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

Michelle Yosick, (402) 933-4690

VP OF FACILITY OPERATIONS:

Dave Creal, (402) 933-4690

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!



JANUARY HIGHLIGHTS

Jan. 2: Catholic Mass in the Chapel
 Jan. 3: Music with Tim Javorsky
 Jan. 4: Animal Visits with Scatter Joy Acres
 Jan. 9: Music Trivia Bingo
 Jan. 11: Music with Wayne Miller
 Jan. 15: When Swing was King
 Jan. 16: Golden Hills School Outing
 Jan. 18: Merrymakers Music with Joyce Torchia
 Jan. 22: Chick-fil-A Bingo & Breakfast Outing
 Jan. 23: Sittercise
 Jan. 25: Stay in Your Pajamas Day
 Jan. 31: Balance Class

FEATURED EVENT

Stay in Your Pajamas Day
 January 25, ALL DAY

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.

Darin's Dish



Allow me to get personal with you for a moment as I share my love for the "Happiest Place on Earth." Walt Disney World is a huge part of my family's lifestyle, and we try and make it there a few times a year to experience joyous, lifelong memories, set aside the troubles of everyday life and just

be happy. There's an attraction at Disney World that opened in 1975 called the "Carousel of Progress." Families sit in their seats, and the room begins to move in a circle, like a carousel. What you'll witness is the same environment in every scene, but each scene shows how the environment changes through a number of decades. It's incredible - the difference a matter of five years, 10 years and even 50 years makes! One thing stands out the most with this attraction: its name. It's not the "Carousel of Regression" or the "Carousel of Decline," it's the "Carousel of Progress."

Hillcrest Mable Rose opened its doors in 1997, 21 years ago. I wish I could sit on the ride "Mable Rose Carousel of Progress" and just watch it mature, evolve and be molded into the incredible life-filled community it is today. Just as we experience in the attraction at Disney, Mable Rose has maneuvered through its share of changes, too. My vision for the New Year is to make sure the Mable Rose experience of 2019 is one of "progress." I'm excited to see it continue to grow and develop, with our residents at the helm, guiding the way. You make this carousel ride worthwhile, and I hope you are filled with excitement and anticipation for all 2019 has in store for us!

-Darin Nelson, Administrator

VETERANS DAY



VETERANS DAY



Veterans Day is said to be one of the most prestigious events of the year. It is the perfect day to honor and thank all the military veterans of the U.S., particularly living veterans, who served the country in all wars. In the U.S., the annual occasion is observed on November 11th. On November 12th, Hillcrest Mable Rose held a luncheon to celebrate our men and women who served our country. Club members, residents, team members and family members attended the event. Each branch was represented and honored, and everyone was presented with a flag pendant. It is because of these brave individuals that we have the freedom we do. With respect, honor and gratitude, we want to give a huge thank you to our veterans.