

"Each new day is a blank page in the diary of your life."
- Douglas Pagels

January 2022

The Mable Rose Messenger

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



Nicole's News



Happy New Year!
We had a wonderful December filled with a lot of holiday events and cheer. We enjoyed holiday crafts, movies, bingo, entertainment and special guests that came to carol for us. Girl Scouts and the Mable Rose leadership team both sang, and residents determined that the Girl Scouts were the best carolers this season! We also enjoyed taking the bus out in the evenings to look at Christmas lights and all of the beautiful seasonal decorations.

With the new year, we are carefully planning all of the new and exciting things we want to do and experience. We are setting new goals and our plans to achieve them. What will your New Year's resolution be?

We are welcoming in the new year and hope that it will be prosperous! We are hopeful that this year will bring health and wellness to all.

-Nicole Ellermeier, Administrator



JANUARY HIGHLIGHTS

- Jan. 3: January Trivia - A to Z
- Jan. 4: Ballroom Chair Dancing
- Jan. 5: Catholic Mass in the Chapel
- Jan. 6: Conversations with Bruce
- Jan. 7: Pool Noodle Exercising
- Jan. 11: Paper Crafting with Pat
- Jan. 13: Protestant Service in the Chapel
- Jan. 17: Hymn Sing with Pastor Jerry
- Jan. 18: Music Bingo with Elliot
- Jan. 21: Bible Study
- Jan. 25: Manicures
- Jan. 26: All Town Meeting and Family Feud
- Jan. 28: Around the World Festivities
- Jan. 31: Monday Matinée in the Cinema



Marilyn B. enjoys a nutcracker-themed social during the holiday season.

JANUARY BIRTHDAYS

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|----------------------|---------------------|
| Jan. 1: Charlotte W. | Jan. 11: Bernice S. |
| Jan. 1: Jose B. | Jan. 18: Dan H. |
| Jan. 4: Judy T. | Jan. 19: Bob G. |
| Jan. 4: Lillian W. | Jan. 20: Neomi H. |
| Jan. 6: Nancy L. | Jan. 22: Muriel W. |
| Jan. 7: Rite B. | Jan. 22: Vivian B. |
| Jan. 9: Annie S. | |

WELCOME TO MABLE ROSE!

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|------------|-----------|-------------|
| Ignacio T. | Arliss H. | Mary M. |
| Edward M. | Sandra C. | Margaret P. |
| Ronald I. | Weston H. | |

WEDDING ANNIVERSARIES

- Jan. 31: Walter & Marjorie M.

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

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!

Staying Warm in the Winter

For our aging adults, the temperature change that comes with the winter months 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.

A MONTH IN REVIEW

Residents and Club members decked the halls in December to make sure the community looked festive for Christmas. Many residents and Club members made their own decorations and ornaments to showcase around the building. Residents even

participated in a nutcracker-themed social. Many residents showed off their Christmas spirit by wearing Christmas sweaters. It's safe to say that everyone was on the "good list."

-Angie Cappellano, Director of Adult Day Services



Top Left: Dan decks the halls with red and green. Top Center: Marcia places ornaments on the tree. Top Right: Linda helps decorate the tree.

Getting into the Holiday Spirit

Residents spent much of December celebrating the holidays and decking the halls.

- Top Left: Rita shows off the nutcrackers.
- Top Right: Nadine shows off her Christmas sweater.
- Bottom Right: Clarabelle is holiday ready.
- Far Right: Carol finds some decorations to put up.



Go Big Red!

There's no place like The Club!

Right: Elizabeth shows off her football skills. Below: The Adult Day Club members get dressed in red for a Nebraska Cornhuskers photo shoot.



Resident Spotlight: Mary Lou Rotert



Mary Lou was born on July 3rd and she has eight children, her prized possessions. They include four boys and four girls. She is a proud grandmother

to 16 grandchildren and 14 great grandchildren. She is so excited to have a newborn join the family in February 2022. She worked at a hotel in Carroll, Iowa, where she baked homemade angel food cakes. Her most valuable life lesson is that she was taught to work hard. The best piece of advice that she could give to the younger generations is to do the right thing and make good decisions. Thank you, Mary Lou, for sharing your story!