

"January is the month for dreaming."
- Jean Hersey

January 2023

The Mable Rose Messenger

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

New Year, New Goals

The start of a new year not only brings reflection on the past, but also goals for the future. Here are some simple yet meaningful resolutions you can set for 2023:

- **Make a new friend**

Stepping outside of your comfort zone and getting to know someone new is a great way to expand yourself in the new year. Invite someone different to drink coffee with you, or join a new activity, such as a book club or crafting group, to get to know more people.

- **Keep a positive mindset**

Maintaining a positive attitude is something that can make a big impact on yourself and those around you. Stressing less about the things you cannot change has been proven to have a direct effect on health, both physically and mentally. Practice daily positive thinking by incorporating optimistic activities, such as mindful breathing or making a gratitude list, into your routine.

- **Stimulate your mind more often**

Challenging your mind is one of the best ways to stay mentally sharp. Working on crossword puzzles or learning something new can improve the strength of your brain. Even spending 10 minutes a day reading a book can keep your mind healthy and sharp.

- **Keep moving**

Staying physically active has many benefits, including better sleep, improved balance and decreased blood pressure. Many Hillcrest communities incorporate exercise into their weekly schedules with activities such as walking clubs, chair exercises and noodleball.

- **Spend more time with loved ones**

Nothing is comparable to spending quality time with someone you love, whether that's a close friend, child or grandchild. Even catching up with someone over the phone can significantly increase joy and decrease loneliness. It's important to stay connected with those around you.

These are just some ideas to kick-start your new year. There are many more goals you can set for yourself. What resolutions are you setting for 2023?

JANUARY BIRTHDAYS

Jan. 1: Charlotte W.	Jan. 10: Annie L.
Jan. 4: Lillian W.	Jan. 11: Bernice S.
Jan. 7: Rita B.	Jan. 18: Dan H.
Jan. 7: Twila R.	Jan. 22: Vivian B.
Jan. 10: Annie S.	Jan. 30: Pat G.
Jan. 10: David D.	Jan. 31: Dave N.

WELCOME TO MABLE ROSE!

Annie L.	Bob C.	Joann G.
John W.	Lynden W.	Janet K.
Sue S.	Vernita K.	

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

DIRECTOR OF HEALTH SERVICES:

Catie Schram, (402) 682-6811

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!



JANUARY HIGHLIGHTS

Jan. 2: January Trivia – A-to-Z
Jan. 3: Craft – Snowman Wreath
Jan. 4: Bunco w/Friends
Jan. 5: Protestant Service
Jan. 6: Manicures w/Tracy
Jan. 7: Snowman Corks
Jan. 9: Pet Therapy w/Lucy
Jan. 10: Ballroom Chair Dancing
Jan. 12: Conversations w/Bruce
Jan. 14: Common Thread Group
Jan. 17: Bundt Cake of the Month
Jan. 19: Piano Music w/Jean
Jan. 21: Canvas Snowman
Jan. 22: Dominoes Club
Jan. 28: Bingo w/Lisa
Jan. 31: Valentine Craft

FEATURED EVENT

Winter Wonderland

Friday, Jan. 27, 1 p.m.

Join in some winter fun! Residents will get to participate in a sing-a-long and winter trivia by a warm, cozy fire. There will also be treats, a hot cocoa bar and winter-themed games. Residents can dress in white or snowflake sweaters.

Nicole's News



Let's ring in the New Year! I believe it's safe to say we all hope that this year will be filled with an abundance of joy. We hope this year brings health and wellness to all.

We had a wonderful December filled with a lot of

holiday events and cheer. St. Nicholas visited us early in December to kick off the month. We enjoyed holiday crafts, movies, bingo and entertainment. Special guests came by and went caroling throughout the building, bringing lots of joy to our halls. We had a great time taking the bus out in the evening to look at holiday lights and all of the beautiful decorations.

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

-Nicole Ellermeier, Administrator



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- 3.

A MONTH IN REVIEW

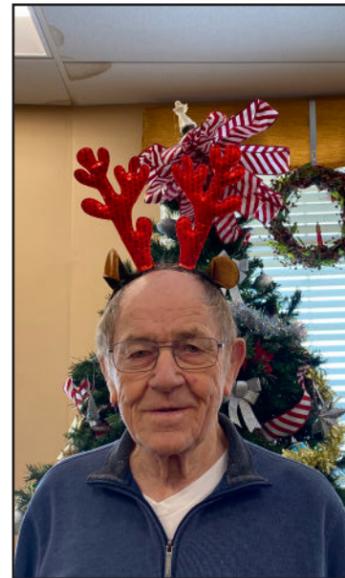
The giving spirit filled the air this December! Our volunteers and community members are wonderful, and we are thankful for their generosity. We received so many donations of crafts and gifts for residents to enjoy. We also had some volunteers donate their time to decorate our 16 Christmas trees displayed throughout the community. Residents also took part in putting the final touches on the trees. Every tree looked spectacular!

In December, we were invited to attend St. Timothy's Church where the Pruitt Family Band

sang and played their guitars. Accompanying them on piano and drums was Michael Pollock from Hillcrest Country Estates Grand Lodge. This was the third concert in the Senior Spiritual Concert Series. Residents enjoyed listening to the transcendent songs of the Christmas season.

Last month, residents and Club members also enjoyed making several holiday crafts and homemade cards to give to their families. We also traveled around the town to look at the beautiful lights on display.

–Angie Cappellano, Director of Adult Day Services



Resident Spotlight: Vivian B.



Vivian was born in Lincoln. She worked for Lincoln Public Schools, and then she ran her own in-home daycare. Vivian was married to the love of her life Donald for 69 years. She has three children (Mark, Steven and Diane), four grandchildren and five great-grandchildren. When asked what her most valuable life lesson is, she said to put God first. She feels her greatest success has been learning to love the Lord. She finds joy in allowing Him to show her how to love all individuals through all circumstances and situations. She encourages the younger generation to never leave God out of their lives. Vivian feels that all things are possible through faith.

Thank you, Vivian, for sharing your story!



Annie shows off her Christmas door hanger.



Suzanne, Dave and Linda wear festive headbands for the holidays.



Betty is proud of her Christmas door hanger.

Getting into the Holiday Spirit

Above: Residents enjoy a holiday concert from the Pruitt Family Band.

Top Center: Lucille and Neva look at the glowing lights through the bus window.

Top Right: Len shows off his reindeer antlers.

Right: Marilyn adds an ornament to the tree.

Far Right: Jackie kisses her husband John under the mistletoe.



Clarabelle, Carol and Doris make Christmas ornaments for the trees at Hillcrest Mable Rose.

