

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

The Mable Rose Messenger

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

Celebrate National Hobby Month

The holidays are over, and everyone is looking forward to a new year full of unique opportunities. January is National Hobby Month so it's a great time to get back into an old hobby or dive into a new one.

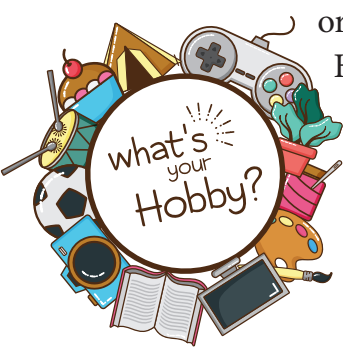
Hobbies can be many things. From crafting to cooking to playing piano, there's something for everyone. These activities are typically something you pursue during your free time and can allow you to have some personal time away from the stress of everyday life.

Spending time doing something you enjoy is great for your mental health. Engaging in these activities can improve mood, confidence and self-esteem. It can also foster friendships.

Individuals who share the same hobby may become close friends and can participate in the hobby together. If you love to read in your free time, joining a book club can create relationships with others who enjoy a good book. You can also spend time with someone who may be interested in your hobby but has not yet tried it. Helping others develop their skills is a great way to build relationships.

Don't have a hobby? As we roll into the new year, this is a great opportunity to try something new. Ask a friend what they enjoy doing in their free time. Step out of your comfort zone and try a new craft project

or learn how to play dominoes. At Hillcrest, there are many unique activities you have a chance to participate in. Ask your lifestyle team about what fun hobbies you can start your new year off with.



JANUARY BIRTHDAYS

- | | |
|----------------------|---------------------|
| Jan. 1: Charlotte W. | Jan. 11: Bernice S. |
| Jan. 2: Jeanette W. | Jan. 18: Dan H. |
| Jan. 3: Joann G. | Jan. 19: Steve J. |
| Jan. 4: Lillian W. | Jan. 20: Pat F. |
| Jan. 5: Edgar B. | Jan. 22: Vivian B. |
| Jan. 7: Rita B. | Jan. 22: Cynthia B. |
| Jan. 7: Twila R. | Jan. 29: Pam S. |
| Jan. 9: Annie S. | Jan. 30: Pat G. |
| Jan. 10: David D. | Jan. 31: Dave N. |
| Jan. 10: Anne L. | |

WELCOME TO MABLE ROSE!

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|----------|----------|-----------|
| Clara C. | Sandy K. | Lenora S. |
| Max R. | Betty M. | |

WEDDING ANNIVERSARIES

- Jan. 7: Scott & Betty W.
Jan. 16: Randy & Faye M.

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



JANUARY HIGHLIGHTS

- Jan. 4: Coffee & Conversation w/Bruce
Jan. 8: Pet Therapy w/Louie
Jan. 13: Common Thread Singers
Jan. 15: Hymn Sing w/Pastor Jerry
Jan. 17: Winter Craft w/Pat & Nikki
Jan. 18: Bingo w/Lisa
Jan. 23: Music Bingo w/Elliot
Jan. 24: Bunco w/Friends
Jan. 25: Music w/Kim Eames
Jan. 31: All Town Meeting/Family Feud

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**
We will not have a meeting in January.
See you in February!

FEATURED EVENT

Winter Wonderland

Friday, Jan. 5 – 1 p.m.

We will enjoy music by Joe Taylor followed by hot chocolate and cookies. It may even snow for us!

Dave's Column



Welcome to 2024! We've had an enjoyable holiday season and are all looking forward to a wonderful new year. We're kicking off the new year with an exciting update. I want to welcome Angie Wallace, our new administrator, to the Hillcrest Mable Rose team.

Angie is very familiar with Hillcrest as she joined the team in 2005 as the director of social services at Hillcrest Health & Rehab, where her dedication and expertise laid the foundation for this new role. Her commitment to the field of social work ignited during her tenure in hospitals, leading her to discover a profound passion for health care and geriatric care.



Throughout her career, Angie has exemplified a steadfast commitment to compassionate service, leveraging her bachelor's degree in social work from Western Illinois University. Angie's extensive experience extends across various states, having previously served as a director of social services in Utah and Illinois before making her mark in Nebraska. Her unwavering dedication to enhancing the lives of individuals within the health care spectrum reflects her genuine devotion to the well-being of others. Angie starts her new role on Jan. 15. If you see her around, make sure to say "hi!"

-Dave Creal, Regional Area Director

A MONTH IN REVIEW

December left us with many wonderful memories. So many people shared their time and talents with us this holiday season. Volunteers decorated our home with 14 Christmas trees to enjoy. We had visits from many amazing groups of carolers and pianists, who shared their love of holiday music with us. We watched a lot of musical performances throughout the month of December. These included a spiritual concert, the Cantare Opera Performers, church groups, Bellevue West carolers and a holiday concert. We also listened to music as we drove around looking at holiday lights.

Residents participated in many holiday crafts, decorated and ate cookies, drank lots of delicious hot chocolate and made old family recipes for all to enjoy. We had a blast at our holiday party with wonderful food, spirits and even a special visit from Santa Claus. He brought all of the residents a gift to enjoy.

The month ended with a New Year's Eve party with music, appetizers, spirits and a balloon drop. Many thanks to everyone who helped fill last year with so many happy memories. Happy 2024!

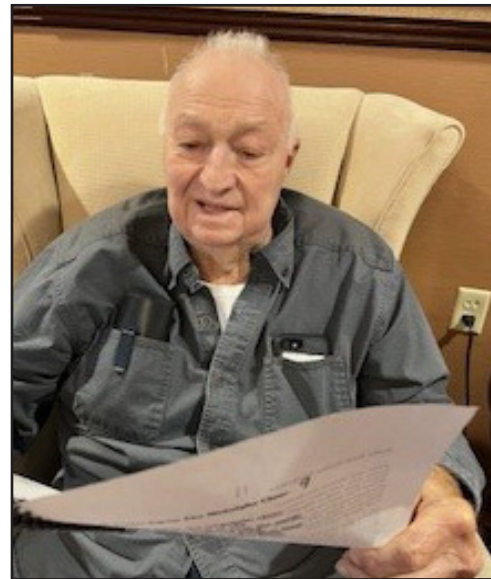
–Carol Lowe, Director of Lifestyle



The Spartan 4-H Club goes caroling at Hillcrest Mable Rose.



Dottie wins an ornament for her tree after a game of bingo.



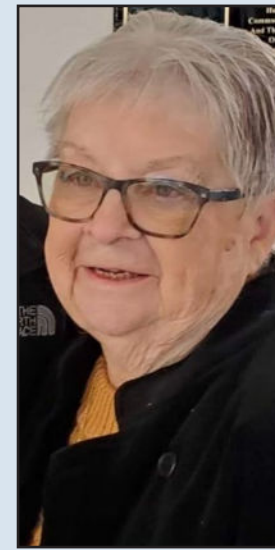
Bob joins in on the caroling.



Carolers sing with Julio in the hallway.



Nancy celebrates National Hot Cocoa Day with sweet treats.



Resident Spotlight: Gerri R.

Geraldine was born Nov. 5 in San Bernardino, California. She studied accounting at San Bernardino College. While in California, she met a beekeeper named Donald. After the two were married in Las Vegas, they drove across the country to live in a small town. When they came to a town where Donald had worked with bees, Gerri told him to keep driving. They stopped in a town with a grocery store, which is where they settled down. They lived in Aurora, South Dakota, for eight years. It was a shock going from a big city in California to a small town in South Dakota.

After living in Aurora, they moved to Dixon, Nebraska. Gerri played piano, organ and guitar for many years at St. Ann's Church in Dixon. Donald bought an existing bee business there, and the company is still in business to this day. Two of their three boys now run it. Gerri and Donald were married for 64 years and have six kids, five grandchildren and three great-grandchildren. Her advice to the younger generation is to be kind to others and say your prayers. She feels her biggest accomplishments in life are her art, jewelry, music and children.

Thank you, Gerri, for sharing your story!



Sandy shows off her holiday gnome craft.



Vivian A., Dottie W. and Dean C. enjoy a game of bingo.



Neva is the lucky million dollar winner.



Holiday gnomes are on display throughout the community.