

“All life is an experiment. The more experiments you make the better.” -Ralph Waldo Emerson

The Mable Rose Messenger

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

Using sensory stimulation to improve a loved one's well-being



As the disease process of dementia progresses, a person's ability to communicate and perform everyday activities declines. Giving these individuals a means to express themselves can help them relax and feel safe. This can improve their mood, self-esteem and, in turn, their well-being.

Sensory stimulation uses everyday objects to arouse one or more of the five senses (sight, smell, hearing, taste and touch) with the goal of evoking positive feelings. It is intended to bring enjoyment, reduce or prevent anxiety/depression, and it increases social interaction.

Shared experiences and memories help bring individuals back to a time that they remember fondly, which can help them feel meaningful again. With the use of everyday objects, it can trigger memories and emotions in seniors who have lost their ability to connect with the world around them. For instance, art or photos can trigger memories and emotions for individuals who no longer speak. A person who has not expressed a word in months might suddenly smile, interact with an object or talk.

Sensory stimulation can become a means for the senior to communicate, either through action or simply by sharing the experience.

When you are visiting a loved one, please bring in photos, visit with them about their past, share stories. It can only enhance their quality of life.

-Juli Grimm, Director of Recreation, Hillcrest Millard

JULY BIRTHDAYS

July 3: Mary Lou Rotert	July 24: Edwin Champion
July 11: Dot Foggo	July 24: Sandra Nolle
July 12: Ray Macrander	July 27: Millie Trujillo
July 15: Stan Mandler	July 27: Stanley Pochop
July 17: Catherine Campbell	July 29: Irene Kucirek
July 22: Lucille Barton	July 31: Darlyne McKee

WEDDING ANNIVERSARIES

July 11: Shelly & Scott Mathews

WELCOME TO MABLE ROSE!

Thomas Kean, Joni Wilder, Edward Dugan, Roger Kumpf, Dee Povich, Ruby Meyer, Marie Smith

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

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!



JULY HIGHLIGHTS

July 3: Ballroom Chair Exercising
 July 5: Music with Billy Troy
 July 9: Merrymakers Presents The Links
 July 11: Bingo at Bellevue Senior Center
 July 13: Red Hat Ladies Club
 July 16: Mystery Bus Ride with Bill
 July 18: Music with The Roe Family Band
 July 20: Men's Lunch Outing
 July 23: A to Z Trivia
 July 25: All Town Meeting & Family Feud
 July 27: Mass at St. Mary's Church
 July 31: Shopping Trip

FEATURED EVENT



Join in a donut eating contest, pie eating contest, three-legged races, a balloon toss and much more!

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 our family members who are caregivers. If you are interested in attending, please let Angie Cappellano know at (402) 682-6804 or acappellano@hillcresthealth.com.

Darin's Dish



July is here, and that means lots of outside time, baseball and patriotism. I suggest that everyone try to get outside to enjoy the beauty of Nebraska. The birds, flowers and trees are all in full bloom. Gardens are producing fresh vegetables, and my mom would always get excited about canning and making fresh jelly and jam. To this day, the garden is a main focal point of my parents' backyard. If you have the itch to see a garden in action, take a tour of the memory support courtyard for a traditional in-ground one. If you are like me, you can see a potted garden in the assisted living courtyard! See if you can identify what is growing.

On a lighter note: Did you know that Ginger Rogers was born on July 16, 1911? Keep in mind that she did everything Fred Astaire did... and she did it all backwards and in high heels!

-Darin Nelson, Administrator

WALK TO END ALZHEIMER'S

Saturday, August 25

Prairie Queen Recreation Area

Support the Hillcrest team in the Sarpy Walk to End Alzheimer's. Registration begins at 8:30 a.m., the ceremony is at 9:30 a.m., and the walk begins at 10 a.m. Sign up to walk with us or donate to the Alzheimer's Association at tinyurl.com/y7ucf5r3.

LUAU PARTY



On Friday, May 25, Hillcrest Mable Rose hosted a luau party for the residents, members and team. We kicked off the celebration with a BBQ lunch of hamburgers, hot dogs, polish sausage, potato salad, baked beans, pasta salad and, of course, watermelon. Marv's Place, where musical entertainment was provided in the afternoon, was decorated in Hawaiian

décor. Everyone enjoyed tropical fruit cups and cooled off with pineapple/mango smoothies while listening to the music. Hawaiian shirts, leis and grass skirts were the attire for the day. One member of the Club was decked out head to toe in Hawaiian attire and even wore a lei she received from Hawaii. A fun time was had by all!