

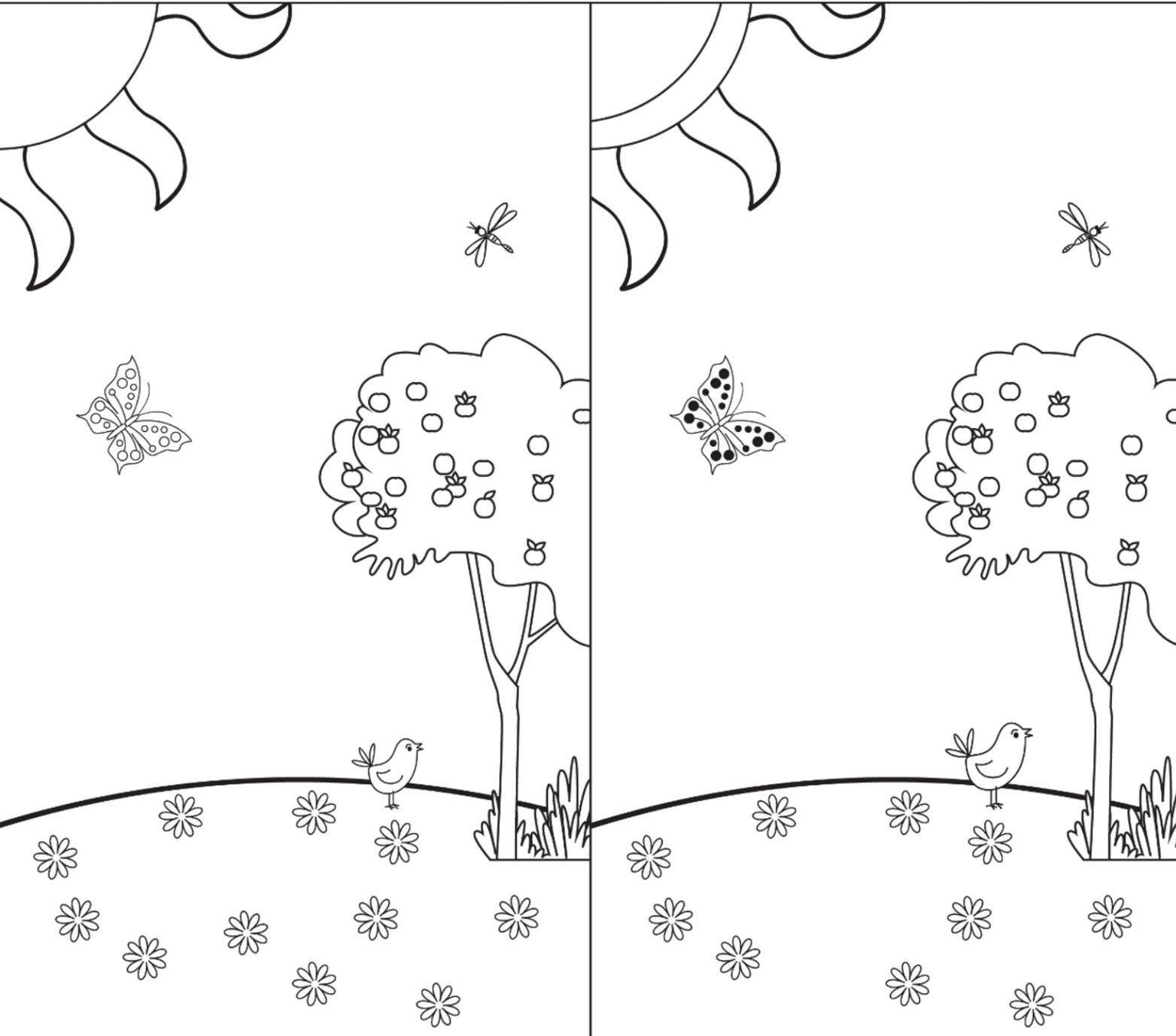
"Do not dwell in the past. Do not dream of the future.
Concentrate the mind on the present." —Buddha

July 2020

The Mable Rose Messenger

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

Activity Page



Find all six differences!



JULY BIRTHDAYS

July 1: Lucy Agan	July 18: Stan Mandler
July 3: Mary Lou Rotert	July 21: Mary Weber
July 6: Don Bleske	July 22: Lucille Barton
July 11: Ruby Meyer	July 29: Bill Rink
July 11: Dot Foggo	July 31: Darlyne McKee
July 14: Susan Williams	

WELCOME TO MABLE ROSE!

Rick Barney; Paula Croasdale

WEDDING ANNIVERSARIES

Scott and Shelly Mathews
Joe and Marge Koley
Dick and Susan Williams

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:
Nicole Ellermeier, (402) 682-6810
DIRECTOR OF HEALTH SERVICES:
Jessi Dezelske, (402) 682-6811
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 ADMINISTRATOR:
Dave Creal, (402) 933-4690

Nicole's News



Change and resilience are two words that come to mind when I reflect on what is occurring in our world today. We've all heard the saying, "The only constant in life is change." When our world changed drastically here at Hillcrest Mable Rose in March, we quickly adapted the health and safety

measures for our residents. What we didn't realize was how long this was going to impact us and how it would affect our physical, mental and emotional wellbeing. The information and insight into the virus adapts daily. Among all the questions we are constantly facing like "how do we protect ourselves from the virus?" and "how do we treat it?" we now are at the point where we need to ask "how do we live with the virus?" There is not an instruction book for living in a world impacted so greatly by COVID-19, but our team reacted to COVID-19 quickly and minimized its impact on Hillcrest communities. I'm proud to be a part of such a hard working group of people. Now, I believe I can speak for all of us when I say that we are very eager to navigate our way to a new normal. It has been an honor to watch as our team members and residents have all met these constant changes with great resilience. I am so excited to see where we will be in the future as we continue to work to enhance the lives of our residents.

—Nicole Ellermeier, Administrator

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!

RESIDENTS IN ACTION

We are getting creative these days with our activities! A huge thank you to everyone who has donated items for our residents to enjoy. The residents are spending their time outdoors and enjoying the nice weather. We've been staying in shape by going on one-on-one walks and doing hallway exercises. The beverage cart has continued to be a huge success. Everyone enjoys all the fun drinks! We've also been playing bingo, having sing-alongs, FaceTiming with

families, hearing jokes, crafting, watching movies and playing The Price is Right. Our volunteer, Pat, provided supplies for the residents to make postcards. Residents have really enjoyed participating in this activity.

In June, residents had a hoedown! We wore western gear, hats and bandanas to fit the theme. The residents enjoyed reminiscing about their favorite western singers and movies while singing fun western songs.



Neomi sports a fun bandana.



Lucy gets ready for the sing-along.



Paul enjoys the hoedown.



Residents stay active with hallway sittercise.



Lucille works on a postcard.



Doc wears a cowboy hat.



Ole and his wife, Lorna, get into the spirit of the hoedown.



Marcella shows off her cowboy hat.



Marian creates a postcard.



Barb holds up her finished postcard.