

"Summer has a flavor like no other – always fresh and simmered in sunshine." - Oprah Winfrey

July 2022

The Mable Rose Messenger

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

I scream, you scream, we all scream for ice cream!

July is National Ice Cream Month, which means it's the perfect time to have a scoop or two of your favorite flavor!

Although the origin of ice cream dates back to the second century B.C., the first recorded account of ice cream in the U.S. comes from a letter written in 1744, and it wasn't until 1984 that July was designated National Ice Cream Month by President Ronald Reagan. He also named the third Sunday of July National Ice Cream Day.

Now, ice cream has become the most popular category of frozen desserts worldwide. The average American consumes approximately 23 pounds of ice cream per year, according to the International Dairy Foods Association.

It seems that ice cream shops are getting more and more creative with the flavors and options they offer.

America's five most popular ice cream flavors are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough. many places even offer dairy-free and sugar-free ice cream options so everyone can enjoy this tasty treat!

With a variety of ice cream flavors and options, there are plenty of ways to celebrate National Ice Cream Month. Grab a friend and share your favorite ice cream treat. Make an ice cream sundae, milkshake or root beer float. You can even learn how to make your own homemade ice cream or just be adventurous and try a new flavor!

No matter how you observe National Ice Cream Month, it is sure to be sweet.

JULY BIRTHDAYS

July 1: Lucy A.	July 11: Dot F.
July 3: Mary Lou R.	July 22: Lucille B.
July 3: Laura L.	July 23: Barbara H.
July 6: Don B.	July 27: Rita F.
July 10: Mike M.	July 31: Darlyne M.

WEDDING ANNIVERSARIES

July 6: Scott and Shelly M.
July 17: Everett and Connie G.

WELCOME TO MABLE ROSE!

Mike M.	Dorothy H.
Elton P.	Elizabeth L.
Charles B.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF RESIDENT SERVICES:

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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:

Sharon "Shay" Friel, (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!



JULY HIGHLIGHTS

July 1: Mable Rose Patriotic Pet Parade
July 4: Happy Independence Day
July 5: Geography 101 – Hawaii
July 6: Catholic Mass in the Chapel
July 8: Music with the Arthrighteous Brothers
July 11: July Trivia – A to Z Trivia
July 12: Merrymakers Presents The Links
July 14: Current Events with Bruce
July 15: Bible Study with Lisa
July 18: Hymn Sing with Pastor Jerry
July 19: Making Aromatherapy Air Fresheners
July 20: Playing Bunco with Friends
July 25-29: Mable Rose County Fair Week

FEATURED EVENT

Mable Rose County Fair Monday, July 25 – Friday, July 29

Join us for a fun-filled week of activities, including a livestock show, petting zoo, blue ribbon pie contest, quilt show and more. The week will also include a trip down the midway to grab some popcorn, corn dogs, lemonade and the ever-famous funnel cakes! We will have country music, a special day to dress in our western best, and we might even see a clown or two.

Nicole's News



The dog days of summer have arrived and the heat is on!

We are excited to host our second-annual Mable Rose County Fair Week this month. During County Fair Week, we will have many familiar and fun activities that usually occur at a county fair.

These activities include livestock visits, a pie baking contest, a quilt show, funnel cakes and fair music. We also plan to go swimming, have a patriotic pet parade, eat delicious foods at cookouts, take a trip to the wildlife safari and participate in many more fun opportunities.

In June, we had a wonderful time as we enjoyed picnics in the park, took a trip to SCHEELS to ride the Ferris wheel, listened to wonderful music at a local church and enjoyed watermelon refreshments on the patio with friends. To bring the month of June to a close, we enjoyed a 50s sock hop and car show.

We love to share photos from these events as they happen. Please follow us on Facebook at facebook.com/hillcrestmablerose to see fun photos from all of the activities we participate in.

Thank you for being a part of the Mable Rose family. We are honored and privileged to serve you!

-Nicole Ellermeier, Administrator



A MONTH IN REVIEW

Hillcrest Mable Rose residents ventured out to SCHEELS in Village Pointe for some fun. Residents enjoyed the thrill ride of their indoor Ferris wheel. The popular attraction was built in 1949 and was restored in 2003. The ride has 12 seats and is 30 feet tall. It is open daily and only costs \$1 to ride. After their ride, residents sneaked in some window shopping and stopped by the snack bar to see all of the yummy goodies SCHEELS had to offer. Popcorn and homemade fudge were the most popular snacks.

Some residents scoped out the Nebraska football attire, thinking about wearing it next football season.

We also observed Flag Day on June 14 with flag trivia and fascinating facts about flags. Did you know the current American flag was designed by a high school student? We continued the Flag Day fun with a patriotic sing-a-long and some crafts. Residents made red, white and blue crafts, flags and wreaths.

-Angie Cappellano, Director of Adult Day Services

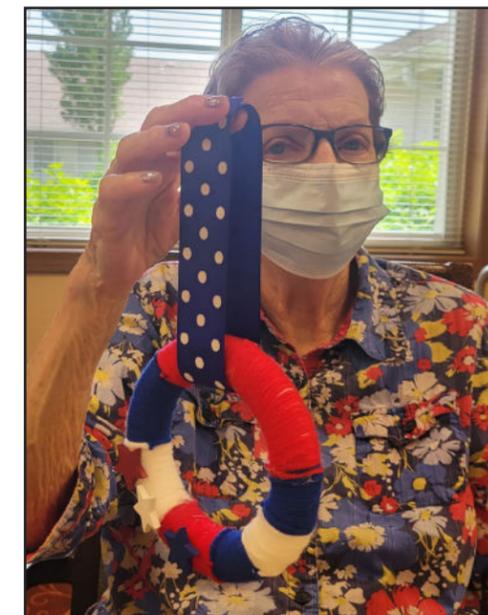


Resident Spotlight: Elisabeth A. (Beppie)



Elisabeth, also known as “Beppie,” was born in Nijmegen, Holland. She was happily married to Richard Michael (Mick) in Dec. 1957. They would have celebrated 60 glorious years together in 2017, when he had passed away. Beppie has six children, 24 grandchildren and 11 great-grandchildren, with one on the way. Beppie says her most valuable life lesson is to be open to the good Lord’s callings and whatever ideas He has.

The best piece of advice Beppie gives to the younger generation is be true to yourself. Whatever may come your way, look at it and evaluate. Thank you, Beppie, for sharing your story!



Red, White & Blue Crafts

Top: Carol proudly shows off her beautiful wreath.

Above Left: Sandy decorates her wreath with red, white and blue stars.

Above Center: Nancy holds up her USA art.

Above Right: Karla displays her patriotic masterpiece.

Left: Lucille is excited to hang her patriotic wreath.

Ferris Wheel Fun

Above: Marilyn and Mary enjoy the Ferris wheel ride.

Top Right: Don and Carole wave from the top of the Ferris wheel.

Right: Julio and Lee are excited to ride the Ferris wheel at SCHEELS.