

*"Summer means happy times and good sunshine."
- Brian Wilson*

July 2023

The Mable Rose Messenger

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

Hydration Station

Mixing up refreshing beverages is a great way to stay hydrated when things start warming up outside. From something as simple as cucumber water or lemonade to DIY electrolyte concoctions, there are more ways than ever to quench your thirst.

A current widespread social media trend involves flavored powders and syrups you can add to plain water to give it some flavor. While some question whether this is still considered "water," the hydrating factor is there.

Adding simpler ingredients, such as citrus, melon, mint, ginger, lavender and the aforementioned cucumber, can inspire you to drink more water. Mixing and matching is encouraged. Flavors, such as mint and lime or watermelon and basil, can be incredibly revitalizing, while giving you a little vitamin boost.

Hydration is essential to your health, especially during the heat of the summer. While most beverages can help meet your required daily fluid intake, some are better for you than others. For example, did you know that if you're dehydrated, milk is one of the best ways to restore hydration? This is due to its carbohydrates and electrolytes, which help your body absorb that all-important fluid better.

Drink your water in whatever form you prefer whether it's juice, coffee or by adding powders and syrups. Stay safe and have fun. Cheers!

JULY BIRTHDAYS

July 1: Lucy A.	July 22: Lucille B.
July 6: Don B.	July 22: Marilyn C.
July 10: Mike M.	July 23: Barb H.
July 20: Steve G.	July 31: Darlyne M.

WELCOME TO MABLE ROSE!

Bill V. Donna B. Cristina M.

WEDDING ANNIVERSARIES

July 6: Scott & Shelly M.
July 7: John & Cindy K.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF ADULT DAY SERVICES:

Angie Cappellano, (402) 682-6804

DIRECTOR OF MARKETING:

Natalie Junk, (402) 682-6802

DIRECTOR OF CULINARY:

Cristina Cawthorn, (402) 682-6860

DIRECTOR OF ENVIRONMENTAL SERVICES:

Eric Schmader, (402) 682-6809

REGIONAL AREA DIRECTOR:

Dave Creal, (402) 933-4690



JULY HIGHLIGHTS

July 1: Music w/the Sarpy Serenaders
July 3: Patriotic Hymn Sing w/Pastor Jerry
July 5: Hawaii Day/Sipping Piña Coladas
July 7: Merrymakers Presents John Worsham
July 8: Common Thread Singers
July 10: Card Club – Playing Spades
July 11: Paper Crafting w/Pat & Nikki
July 18: Bundt Cake of the Month – "Firecracker"
July 19: Strawberry Daiquiris on the Patio
July 26: All Town Meeting & Family Feud
July 28: Luxurious Spa Day

CAREGIVER SUPPORT GROUP

Please join us for our Caregiver Support Group on
the last Monday of every month at 4:15 p.m.

FEATURED EVENT

Patriotic Celebration

Thursday, July 13, 1 p.m.

Residents will enjoy a concert with patriotic
music by Cristine Coulson, followed by a
patriotic happy hour at 2 p.m.

Nicole's News



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

We are excited to spend our July going on bus rides to the river, drinking root beer floats, having a patriotic pet parade, enjoying cookouts, taking a trip to the wildlife safari and

participating in many more fun activities.

We will also be celebrating and honoring our team members during Hillcrest Mable Rose Appreciation Week. We hope to create a moment of joy for each of our team members. Residents and team members will be playing yard games together, dressing up in various themes and enjoying treats.

In June, we enjoyed picnics in the park, a wonderful concert at a local church, many beverages on the patio with friends and watermelon refreshments in the afternoons. To bring the month to a close we invited residents and their families to a 50s sock hop and car show for an evening of fun.

Please follow us on Facebook at facebook.com/hillcrestmablerose to see fun photos 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

May and June were full of fun events. We celebrated moms in the middle of May with a beautiful tea party. Then, at the end of May, we held our annual Bikers, Booze & Tattoos Party. Residents and Club members dressed in biker gear, wore bandanas and were decked out in leather. Everyone visited the “tattoo shop” to pick out a temporary tattoo of their choice. We enjoyed a Harley Davidson cake, took many

photos in our biker gear and played motorcycle trivia. We kicked off June with a Father's Day car show. Later in the month, residents had the chance to taste a variety of wines with our Administrator Nicole. It was a fan-favorite activity. Nicole was very knowledgeable about the wines served, and residents really enjoyed learning about all of them.
-Angie Cappellano, Director of Adult Day Services



Nicole pours Betty a glass of wine during a wine tasting.



Vernita enjoys pairing specialty cheeses and wine together.



Elaine wears a fun hat during the Mother's Day tea party.

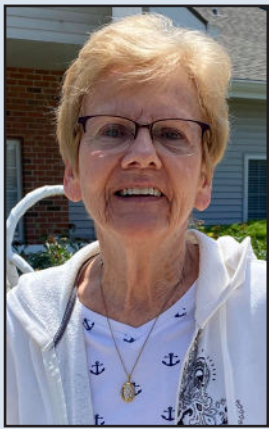


Jim and Mitzi learn about wine and cheese pairings.



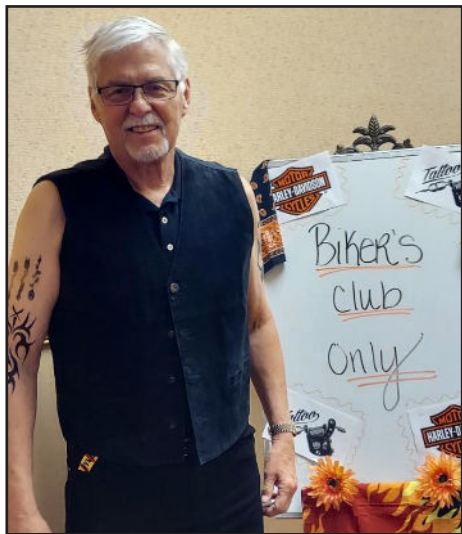
Rita and her son spend time together for Mother's Day.

Resident Spotlight: Georgia P.



Georgia was born on Feb. 23 in Council Bluffs, Iowa. She married Roger, a police officer, just like her father, in 1959. She stayed at home to raise her three beautiful children until they were in high school. Then she worked at Hy-Vee to save up for a bigger camper. In 1998, she kept busy working part-time at the Osmond Family Theatre. No singing or dancing was in her job description. Georgia has nine grandchildren and 21

great-grandchildren. She loves the outdoors and enjoyed camping, boating and fishing every weekend during the summer. In the wintertime, she was a full-time snowbird, traveling south from Branson to Texas in her fifth-wheel camper. One motto Georgia lives by is, "keep moving as much as you can and as often as you can."
Thank you, Georgia, for sharing your story!



Dwight is decked out for the Bikers, Booze & Tattoos Party.



Dave poses for a photo with a guest biker.



Lucille picks out a butterfly tattoo.



Joann is excited to have two tattoos for the party.



Woody visits the tattoo parlor.



Neva wears a bandana and a butterfly tattoo for the party.