

"The struggle ends when the gratitude begins."
-Neale Donald Walsch

The Mable Rose Messenger

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

Experience the benefits of reading

- Reading is a great pastime that comes packed with many benefits. The following are some of those benefits:
- **Reduced stress:** Stress from your daily life can just slip away when you find yourself in the middle of a great story. A novel can transport you to another place and time. It is a great distraction from the present moment and will drain away tensions and let you relax.
 - **Mental stimulation:** Keeping yourself mentally stimulated has been shown to slow or possibly prevent Alzheimer's and dementia. Keeping your brain in a state of action and engagement prevents it from dwindling or losing its capacity. Brains need exercise, too.
 - **Increased knowledge:** Who doesn't want to be smarter — to have a wealth of information at their disposal? You may not remember everything you read, but the information deposits knowledge into your brain that you can use. It better equips you to tackle challenges. Knowledge you gain is always yours.
 - **Expanded vocabulary:** Being articulate and well-spoken can be of great benefit in any profession. It also boosts self-esteem and confidence.
 - **Increased awareness:** Reading about scientific breakthroughs, global events and national and local issues expands the window through which you see the world. It helps you better understand others.
 - **Improved memory:** Reading a book gives your brain a lot to work with, including a variety of characters, scenery, history, sub-plots that are developing and so on.
 - **Better analytical thinking skills:** This is especially true when you read mysteries that you must carefully think through in order to solve. The pieces of the plot are given to you one by one and your brain must try to piece them together to arrive at the solution. This exercise carries over into everyday living to help you solve problems.

Reading is good for people of all ages. Pick up a good book, and enjoy!

-Juli Grimm, Director of Recreation, Hillcrest Millard



JUNE BIRTHDAYS

June 2: Jerolyn Mutch	June 20: Mitzi Brown
June 9: Marilyn Neubert	June 22: Alice Glendenning
June 9: Leonard Petty	June 22: Peg Johnson
June 14: Ruth Sick	June 25: Barbara Bailey

WELCOME TO MABLE ROSE!

Gene & Lila Champion, Betty Dietl, Harvey Swanger, Joan Kean, Virginia Banks, Chuck Witt, Shirley Barnes and Ted Riha

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 BASED 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!



JUNE HIGHLIGHTS

- June 1: Red Hat Ladies Club
- June 4: Fontenelle Forest
- June 6: Catholic Mass in the Chapel
- June 14: Jean at the Piano
- June 15: Men's Lunch Outing
- June 16: Merrymakers Presents: Billy Troy
- June 18: Hymn Sing with Pastor Jerry
- June 19: Shopping at TJ Maxx
- June 21: Coffee & Conversation with Bruce
- June 26: Crochet & Knitting Club
- June 28: Music with Bob Ford
- June 29: Dog Show/Wildlife Encounter

FEATURED EVENT

Hillcrest Mable Rose Dog Show & Wildlife Encounters

Friday, June 29, Hillcrest Mable Rose

Dog Show: 10 a.m. | Wildlife Encounters: 3 p.m.

Bring your dog for the dog show and stay for the Wildlife Encounters!



Darin's Dish



There is much to celebrate this month. After a lovely Mother's Day Brunch in May, we will celebrate fathers with a BBQ and classic auto show in June. During our Mother's Day Brunch, residents and their guests enjoyed wonderful menu items created by our fantastic

culinary team. We have many events planned this month, and we look forward to your participation! Make sure you review the activity calendars so you can plan ahead!

With Father's Day here, we notice that many children are cut from the same cloth as their parents. This Father's Day, take a look at these famous fathers and their equally famous children:

- John Adams and John Quincy Adams — The first father-son duo to both serve as US presidents (2nd and 6th, respectively), the Adams men left a lasting impression on American society and politics. John Adams assisted Thomas Jefferson in drafting the Declaration of Independence in 1776 while John Quincy Adams negotiated the end of the War of 1812.
- George H.W. Bush and George W. Bush – The only other father-son duo to serve as US presidents (41st and 43rd, respectively), Bush, Sr. watched as the Soviet Union dissolved while Bush, Jr. was charged with the US reaction to the September 11th terrorist attacks on the US.

-Darin Nelson, Administrator

RESIDENTS IN ACTION

It's June! We had such a good time at our Mother's Day Brunch and loved seeing everyone here to celebrate just how important our moms are to us. Thank you to everyone who came out!

It's officially summer, and we are excited that it is! We have the patio all spruced up, the flowers are planted, and we are enjoying the birds visiting our bird feeders daily. It's fun to take some activities outdoors and enjoy the nice weather. Make sure to mark your calendar on the 29th for our very own Hillcrest Mable Rose Dog Show! We would love your dog in our show. We also have Wildlife Encounters visiting us that afternoon. They are sure to entertain us with amazing, exotic animals. Come and join us!

We are currently loving everything about our new cinema and encourage everyone to come out and take a look! If you want to book a time to enjoy the cinema with your family, give us a call! If you have any DVDs that you no longer use/want, we would enjoy them!

Enjoy the first month of summer!
-Carol Lowe, Assisted Living Recreation Leader



Come enjoy our new cinema at Mable Rose!



Izzy and Ken enjoy time coloring together.

We will be exploring all of the great things that come with summer weather and look forward to a fun month. June is the month to celebrate our

Funny
pAtient
sTrong
Hero
rEliable
pRovider

We hope you will join us for our annual Father's Day Car Show on June 15 from 5-7 p.m. June 29th will be our Dog Show. If you have a furry friend please bring them at 10 a.m. They might just win one of the many prizes for best outfit, funniest trick or loudest bark. Please contact Tina if you can bring your dog for the show: (402) 682-6850.

Happy June, everyone!
-Tina Hern, Recreation Director



Students play with Susie.



Susie enjoys time with the students.



The children have fun with Susie and the items in her purse.



Susie gets tons of attention from the students!



On Friday, April 27th, the residents and members at Mable Rose participated in Casino Day. The morning's events included everyone testing their luck at the numerous game tables. Residents and members were able to place their bets and spin the wheel at the roulette table, tried their luck at getting as close to or exactly cards totaling 21 during the game of blackjack and took a chance at getting a high number on the Wheel of Luck. With every color, number and spin won, participants were rewarded with big money! At the end

of games, everyone counted their winnings and had the opportunity to pick out multiple prizes in the price range they won. The prizes consisted of gum, candy, pens, notebooks, lanyards, Cracker Jacks, toiletry items, lotions, scarves, word searches and much more. The fun was not over and continued on into the afternoon. Prior to the entertainment starting at 2 p.m., resident and member names were drawn out of a bucket where more prizes were given out. A huge thank-you goes out to all of our team members and volunteers who helped with this event! A fun time was had by all, and it was safe to say, everyone went home winners!

-Angie Cappellano, Club Director



Beppie and Rita bet big time!



Bud and Carol smile for the camera.



Angie runs the Wheel of Luck.



Toni is the queen of our hearts.



Tina runs the roulette table.



Geri and Gene try their luck.