

"What good is the warmth of summer, without the cold of winter to give it sweetness?" - John Steinbeck

June 2022

The Mable Rose Messenger

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

Stay cool in the heat of the summer

As temperatures outside rise, it is extremely important to find ways to stay cool. Aging adults are more likely to become dehydrated, which increases their risk of overheating. Here are some ways to keep cool this summer.

Drink plenty of water.

Drink cold water throughout the day. Don't wait until you're thirsty to drink something. Dehydration can lead to feeling faint, nauseous and dizzy.

Close curtains and blinds.

Many people underestimate how much the sun shining through the windows can heat up a space. By closing curtains and blinds, you can significantly cool down your living area.

Wear light clothing.

Choosing to wear clothing that is lightweight and light in color is the best option for the summer heat. Dark colors absorb the heat and can make you warmer than normal.

Stay indoors.

As much as you want to spend some time in the sun after being cooped up all winter, it is important to stay indoors on hotter days. If you want to get outside, limit yourself to going outdoors in the early morning or evening to avoid the hottest parts of the day. If you do go outdoors, make sure to wear sunscreen and a hat to keep from burning.

Consider lighter, colder foods.

Salads, cold sandwiches, fruits and veggies are ideal choices for a hot summer day. Melons, cucumbers and berries, along with other foods higher in water content, help keep you hydrated.

Staying cool and hydrated in the heat of summer is key to keeping healthy all summer long.



JUNE BIRTHDAYS

June 4: Larry P. June 18: Janet R.
June 5: Bruce H. June 23: Karla M.
June 16: Walter M. June 27: Lecretta T.

WELCOME TO MABLE ROSE!

Mark F. Jim W.
Lavonne (Mitzi) K. Elizabeth L.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

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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!



JUNE HIGHLIGHTS

June 1: Catholic Mass in the Chapel
June 2: Current Events with Bruce
June 3: Bible Study Group
June 7: Ballroom Chair Dancing
June 9: Protestant Service in the Chapel
June 14: Paper Creating with Pat & Nikki
June 15: Outing – Senior Spiritual Concert Series
June 20: Pet Therapy Visit with Louis Norton
June 21: Summer Ice Cream Social
June 22: Scatter Joy Acres Animal Visit
June 24: Car Show & 50s Sock Hop
June 28: Manicures with Tracey
June 29: All Town Meeting & Family Feud

FEATURED EVENT

50s Sock Hop

Friday, June 24 at 4 p.m.

The Hillcrest Mable Rose 50s Sock Hop will feature the music of Cristine Coulson along with some antique cars in our parking lot.



Nicole's News



June has arrived and we couldn't be happier! We are taking advantage of enjoying the nice weather and outdoor activities!

June will provide opportunities to celebrate our fathers, host a car show, participate in outdoor activities, take bus rides, exercise on

the patio and enjoy an abundance of live entertainment.

We have had some fun this graduation season by reminiscing and showing off our high school senior pictures. This has prompted the telling of so many great stories!

We are also going to be celebrating June, the wedding month, with pictures and stories of residents' weddings and anniversaries. Nothing is better than love stories!

A friendly reminder that we started our own Hillcrest Mable Rose Facebook page! We would encourage you to 'like' our page and follow all of our fun on this social media platform. The address is: facebook.com/hillcrestmablerose. We are able to post more frequent pictures of what is going on at our community for you to enjoy!

Did you know this is Mable Rose's 25th year of enhancing the lives of aging adults? We are very proud of our history as well as our future. We will be celebrating with an open house in the fall.

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

We had a great time celebrating many special days in May! Early in the month, Cinco de Mayo was celebrated with a bang. Residents wore sombreros, shook their maracas, answered trivia questions and listened to mariachi music. Only a few days later, we celebrated our devoted mothers to honor them on their special day. The women were treated to a Mother's Day luncheon, enjoyed live entertainment, made flower centerpieces, reminisced about things their mothers taught them growing up, and everyone

received a balloon with a giant size candy bar. Finally, the entire community, including residents, Club members and team members, celebrated Superhero Day. Everyone picked a costume and showed off their super powers, participated in a photo shoot, enjoyed live entertainment and answered superhero trivia questions. A fun time was had by all!

We look forward to all of the special days June has to offer.

-Angie Cappellano, Director of Adult Day Services

Sassy Superheroes

Everyone enjoyed showing their inner superhero on Superhero Day! Residents and Club members had a great time dressing up and playing superhero trivia.



Celebrating Moms

Top Left: Laura holds a Mother's Day sign.
 Top Center: Marian shows off her flowers.
 Top Right: Marilyn gets a special delivery for Mother's Day.
 Above Left: Mary smiles for a photo with her flowers.
 Above Right: Nadine receives a Mother's Day gift.
 Left: Vivian gets a Mother's Day balloon.



Jerry dresses in festive attire for Cinco de Mayo.



Paul enjoys shaking the maracas.



Rita makes music with her maracas.

Resident Spotlight: Marcella E.



Marcella is the second of four girls and two boys. She was born in Burlington, Iowa and spent most of her life there. After Marcella graduated from high school, she worked at the movie theater, where her love for movies and chocolate grew strong. Then, she worked at J.S. Schramm Department Store. There, she worked her way up to becoming a women's sportswear buyer. Marcella traveled to big cities like New York and Chicago, where she would go to the markets and order the latest fashions.

Marcella believes in living life to the fullest every day. She feels her greatest success in life is her successful career and traveling through Europe.

Marcella's advice to the younger generation is to take advantage of any opportunity given to you. Thank you for sharing your story, Marcella!