

“Don’t change so people will like you. Be yourself and the right people will love the real you.”
-Unknown



The Magic of Music

There’s an 80s song that I love. When I hear it, I’m a teenager again riding to the beach with my high school sweetheart in his car...his “blue bomber” gritty with sand, the smell of salt water and French fries and that feeling of being carefree. One song and for six minutes, I’m in another time and place. This happens to me often. Suffice to say music is the keeper of my memories.

That is often the case with many individuals, including our aging adults. Like an autobiography, autobiographical memories are those memories that define who we are. Music has the ability to help us recall those memories, awakening feelings and thoughts hidden in the depths of our minds. For the aging adult with dementia, this can be profound, as it could be the catalyst for reconnecting with them. Muscular memories are those actions that are associated with repetition. As parts of the brain succumb to dementia, muscle memories tend to stay intact. Singing a song over and over can become a muscle memory, just like a child learning his ABCs by singing the alphabet song rather than just speaking the letters.

Music has been proven to stimulate a number of areas of the brain, leading to increased cognition. Coupled with the discovery that music takes very little mental processing, it is a very easy way to “reach” a person with dementia. Even those who are in the later stages of dementia can achieve some pleasure from listening to music and singing. In addition, music has been proven to release feel-good hormones that elevate mood and calm agitation. As a result, those listening to music are more inclined to socialize and interact with others.

-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab

The Mable Rose Messenger

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

MARCH BIRTHDAYS

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|----------------------|---------------------------|
| Mar. 1: Tom Wagner | Mar. 11: Eunice Brundieck |
| Mar. 2: Tim Varney | Mar. 16: Alice Berigan |
| Mar. 6: Roene Wiegel | Mar. 22: Wessie Ivory |
| Mar. 9: Mary Yocom | Mar. 26: Sharon Sorensen |
| Mar. 10: Stan Aarhus | |

WELCOME TO MABLE ROSE!

Catherine “Phyllis” Campbell, Frank Marek, James “Jim” Mixan, Leonard Kulceski, Peg Johnson, Lois Hoaglund

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
- RECREATION DIRECTOR:**
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
- REGIONAL ADMINISTRATOR:**
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!



MARCH HIGHLIGHTS

- Mar. 2: Decorating the Hobby Shop for March
- Mar. 3: Natalie Playing the Piano
- Mar. 5: Fontenelle Forest Visit
- Mar. 6: Shopping at JCPenney’s
- Mar. 8: Papillion Senior Center for Bingo
- Mar. 13: Voter Registration Knowledge
- Mar. 15: Art with Renae - Acrylics
- Mar. 16: Men’s Lunch Outing
- Mar. 19: Making Baby Blankets with Judy
- Mar. 20: When Swing Was King
- Mar. 23: Mass at St. Mary’s Church
- Mar. 29: Music with Jim Butler
- Mar. 30: Classic Hollywood Days

FEATURED EVENT



Classic
HOLLYWOOD DAYS
Friday, March 30

Dress up as your favorite Hollywood star, and enjoy music with Billy Troy.

Darin’s Dish



Spring is on the way! March 20th marks the first day of spring and the vernal equinox, when the hours of daylight and darkness are nearly equal. We will then begin to get into those longer, more sun-filled days. Daylight

Saving Time happens on March 11th, so we will all be moving our clocks ahead by one hour. Sadly, this means we will be losing an hour of sleep! Take advantage of this and go for a long walk outside! We will be celebrating for St. Patrick’s Day on the 17th.

Have you celebrated Texas Independence Day (March 2), International Women’s Day (March 8), National Pi Day (March 14) or World Theatre Day (March 27)? There are actually 117 special days in March alone that I could find. Make sure to take the time to celebrate ANY occasion, as we do not need a special day or time to reach out to friends and loved ones to spend special time with each.

Do you collect something unique or fun? Save the date for April 28th: Hillcrest Mable Rose will be hosting a Collectors Showcase. Please contact Lisa Summers at (402) 682-6802 or lsummers@hillcresthealth.com if you would like to submit your items.

-Darin Nelson, Administrator

RESIDENTS IN ACTION

March is a month where everything is shifting: winter is turning into spring, snow is melting, flowers are blooming. March 17th brings us St. Patrick's Day. Here is one of our fun recipes we will enjoy making at Mable Rose.

St. Patrick's Day Punch

Ingredients:

- 2 4-oz. Pkg. Kool Aid - Lemon Lime Powdered Drink Mix
- 1 46-oz. Can Pineapple Juice
- 2 qt. Cold Water
- 2 2-liter Bottles of Ginger Ale, Chilled
- Lime Sherbet for Serving

Directions:

1. Add all ingredients (except sherbet) in large punch bowl. Stir/combine.
2. Add sherbet when it's time to serve.
3. Enjoy!

-Tina Hern, Recreation Director



Susie smiles with Golden Hills students.



Carol takes a picture with Golden Hills students.

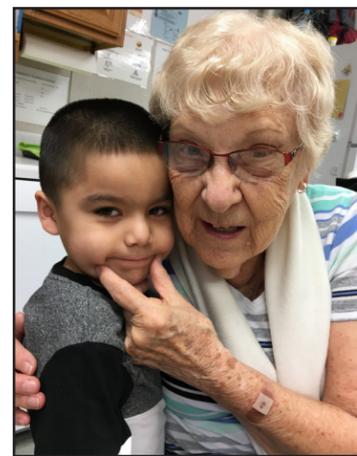
March is here. Can you believe it!? We have a lot of fun things going on this month and hope to see some of you here to join us! Hopefully March will bring warmer weather and sunnier days.

We have some very exciting news to announce for the upcoming month of April! Hillcrest Mable Rose will be having its very first Collectors Showcase on April 28th! If you have a special or unique collection that you would like to put on display, contact Lisa Summers for a submission form: (402) 682-6802 or lsummers@hillcresthealth.com. As we continue to plan this special event, we will have more details to share. Mark your calendars—we hope you can join us for the afternoon!

-Carol Lowe, Assisted Living Recreation Leader



Ken smiles with a friend from Golden Hills.



Lucille has fun with her friend from Golden Hills.



Ken's friend draws him a picture.



When an individual becomes a member at The Club, he/she has many rights that can be exercised. It is important that the families and members understand these rights and ask questions, if needed. The member's "Bill of Rights" is form that is reviewed during admission that requires the family or member's signature that such form was provided and acknowledged. It is always a good refresher to review these rights.

As a member of The Club, the members have the right to:

1. Receive respectful and safe care from competent personnel.
2. Be free from abuse, neglect, exploitation and be treated with dignity.
3. Receive adult day services without discrimination based upon race, color, religion, gender, national origin or payer.
4. Have all records, communications and personal

THE CLUB CORNER

information kept confidential.

5. Self-administer medications if it is safe to do so.
6. Be free of chemical and physical restraints.
7. Be informed of changes in agency policies, procedures and changes for service or have his/her designee receive this information.
8. Voice complaints and grievances without discrimination or reprisal against themselves or the client and have those complaints and grievances addressed.
9. Formulate advanced directives and have the Adult Day Service comply with the directives unless the facility notifies the caretaker of their inability to do so.
10. Be informed of client and designee rights during admission.

If you or your loved one feel that any of these rights are not being exercised while at The Club, please let me know right away. Our mission is to enhance the lives of aging adults, and that is our number one priority.

-Angie Cappellano, Club Director

MARDI GRAS PARTY



Dana smiles for the camera.



Janet and Bonna smile with their festive beads on.



Beppie and Lois strike a pose.



Lanora and Bill get a photo together.