

"No winter lasts forever. No spring skips its turn." -Unknown

The Mable Rose Messenger

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

What is Mardi Gras?



Mardi Gras is a Christian holiday and popular cultural phenomenon that dates back thousands of years to pagan spring and fertility rites. Also known as Carnival or Carnaval, it's celebrated in many countries around the world—mainly those with large Roman Catholic populations—on the day before the religious season of Lent begins. Brazil, Venice and New Orleans play host to some of the holiday's most famous public festivities, drawing thousands of tourists and revelers every year.

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of fasting and penance between Ash Wednesday and Easter Sunday.

Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

"Mardi" is the French word for "Tuesday," and "gras" means "fat." In France, the day before Ash Wednesday came to be known as "Mardi Gras," or "Fat Tuesday."

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard, cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word "carnival," another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, "carnelevarium" means to take away or remove meat, from the Latin carnem for meat.

-Source: Activity Connection



MARCH BIRTHDAYS

March 1: Tom W.	March 19: Betty S.
March 3: Tim V.	March 20: Virginia B.
March 7: Fred R.	March 20: Mary L.
March 8: Bonnie	March 23: Paul H.
March 9: Mary Y.	March 26: Sharon S.
March 16: Alice B.	March 27: Nancy B.

WELCOME TO MABLE ROSE!

Donovan Havekost, Shirley Miller, Helen Suiter, Barbara Roth, Ramon Rusaro, Ann Fisher

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 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!



MARCH HIGHLIGHTS

March 1: Red Hat Ladies Meeting
 March 2: The Collectors Showcase, 1-2:30 p.m.
 March 5: Ballroom Chair Exercising
 March 6: Bellevue Bingo Center
 March 7: Mable Rose Kind Heart Society
 March 12: Shopping trip to T. J. Maxx
 March 13: Music Bingo Trivia
 March 14: Balance Class
 March 19: When Swing Was King
 March 20: Paper Crafting with Pat
 March 25: Hymn Sing in the Chapel with Pastor Jerry
 March 26: Chick-fil-A Bingo
 March 27: All Town Meeting/Family Feud
 March 29: Classical Music Day

FEATURED EVENT

Music with Aaron Shoemaker

March 29, 2 p.m., Marv's Place

Enjoy classical music and dress up as your favorite entertainer.

CAREGIVER SUPPORT MEETING

Last Tuesday of Each Month

Hobby Shop, 3:30 p.m.

Join Dr. Anna Fisher for a monthly support meeting. It's a great support system for family members who are caregivers. RSVP to Angie Cappellano: (402) 682-6804 or acappellano@hillcresthealth.com.

Darin's Dish



March, the third month of our year, brings us 31 days to make lasting memories. How much do you know about this month...its history and happenings? I thought we should try something different this month and have a little fun. I have listed questions below to test your March trivia skills. Think you

have all the answers right? Drop your answers off to the front desk, and if you have 100 percent correct, you'll receive a small prize.

1. In ancient Rome, March was actually the _____ month of the year.
2. March 15 was the first day of the year for this country until 1752 when they adopted the Gregorian calendar.
3. The name, "March" means "God of War." Who was the "God of War" in Roman mythology?
4. What day in March this year is the first day of spring?
5. This is the March birthstone.
6. March is also known as "_____ History Month."
7. St. Patrick's Day is held on March _____.
8. This day of the month is filled with math jokes and often coined "Pi Day."
9. This "carnival" is held in New Orleans, starting March 5 this year, with parties and parades.
10. March is one of the longest months of the year with 31 days. How many other months also have 31?

Good luck, and I hope you've enjoyed this trivia challenge!

-Darin Nelson, Administrator

RESIDENTS IN ACTION

Every Friday, TOT, Teams of Tomorrow, come to our memory support neighborhoods to visit our residents. This allows residents the opportunity to engage in social and intergenerational interaction. Residents get the

chance to sing, dance, socialize and even read to the children. The younger population is always welcome to come visit our community to spread their love and joy.

-Tina Hern, Recreation Director



Frank and friend look at a picture book.



Sharon holds baby River.



Louise and friend read a story together.



TOT time is fun for all.

THE CLUB CORNER



On February 7, Scatter Joy Acres, a farm that rescues animals, brought in a baby black lab for residents and Club members to hold and play with. One of our team members, Ashley Parker, brought in her new pug Gordito for all to enjoy. Pet therapy is something we strive to provide for our residents and members.

This type of therapy is so important for individuals and has provided so many health benefits. Did you know that interacting with an animal can decrease loneliness, isolation, stress and anxiety? Here at Hillcrest Mable Rose, we have lots of opportunities for our feline friends to come visit. Our members were able to provide a source of affection, comfort and love, too.

-Angie Cappellano, Club Director

