

"Spring is nature's way of saying, 'Let's Party!'"
—Robin Williams

March 2020

The Mable Rose Messenger

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

Fun Spring Activities

March 19th is the first official day of spring! In spring everything is fresh and the weather starts to warm up again. To celebrate this wonderful season, here are three activities for you to try.

- **Redecorate:** Bring spring inside with fun spring decorations. Create colorful paintings to hang on the wall, or cut some flowers out of fun paper. You can even put them on your front door!
- **Plant a Flower:** And speaking of decorations, what better decoration than fresh flowers? Did you know that the first flowers to bloom are typically dandelions, daffodils and tulips according to justfunfacts.com? Try growing your own flowers in a small pot or jar. Then put them by a window so your new plant can enjoy the sun. This way you can appreciate the beauty of nature from the comfort of the indoors.
- **Explore Nature:** As you're waiting for your new plant to grow, go outside and explore nature. Make the adventure even better by bringing a picnic with you. Maybe even splash in some puddles while you're there, just make sure you wear your rain boots!

Try some of these fun activities as you enjoy this great season. What other ideas can you come up with to celebrate spring?



MARCH BIRTHDAYS

March 1: Tom W.	March 20: Marilyn S.
March 3: Pam A.	March 23: Paul H.
March 9: Mary Y.	March 24: Franny K.
March 16: Alice B.	March 26: Sharon S.
March 20: Virginia B.	March 27: Nancy B.

WELCOME TO MABLE ROSE!

Pat N.
Bessie P.
Ole & Lorna S.
Shirley M.
Mary W.
Donna P.

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

REGIONAL ADMINISTRATOR:
Dave Creal, (402) 933-4690



MARCH HIGHLIGHTS

March 2: Women's Bible Study
March 3: Ballroom Chair Exercising
March 4: Bingo at Bellevue Senior Center
March 5: Scatter Joy Acres Animal Visit
March 6: Red Hat Ladies Meeting
March 10: Chick-fil-A Bingo & Breakfast
March 11: Music Trivia Bingo with Elliot
March 12: Music with Paul Siebert
March 17: When Swing was King
March 18: Paper Crafting with Pat
March 20: Men's Lunch Outing with Matt
March 23: Hymn Sing with Pastor Jerry
March 25: Easter Craft with Florence
March 26: Coffee and Conversation with Bruce
March 27: Casino Day

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.

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!

Darin's Dish



March 19th is the much-anticipated first day of spring! As we know, that doesn't always mean we're in for all fair weather and flowers, but it is a hopeful month, a time to plant gardens and start spring cleaning. We'll be thinking about (and wearing) green for St. Patrick's

Day, too! Let's toast to the end of one season and the beginning of the next.

We are also doing a referral program. If you or your family refers someone to Mable Rose and that person moves in, you will earn a one-time credit of \$400 toward your rent. Please contact Lisa Summers at (402) 682-6802 or lsummers@hillcresthealth.com for more information. Happy spring!

-Darin Nelson, Administrator

The Collectors Showcase

Saturday, March 14, 1-2:30 p.m.

Enjoy a stroll through Hillcrest Mable Rose and view many unique collections. If you have a collection you would like to share please contact Lisa Summers at (402) 682-6802 or lsummers@hillcresthealth.com.



RESIDENTS IN ACTION

We've been very busy here at Mable Rose! On January 31st we had a pajama day. It was a lot of fun wearing our pajamas all day. Residents were excited for their monthly visit to Golden Hills Elementary. They enjoyed spending time with the students while



Residents and team members show off their pajamas.



Tracy and Lucy make a fun heart craft.



Dot shows off her new heart decoration.



Lucille helps Kaitlyn learn some new sewing tips.

reading, coloring and playing games. In preparation for Valentine's Day we made crafts with Florence, one of our volunteers. We were very happy with how our masterpieces turned out!

—Angie Cappellano, Director of Adult Day Services



Jo, Florence and Beppie pose with their beautiful crafts.



Jo smiles with her new friends from Golden Hills.

ANIMAL VISIT

Each month Scatter Joy Acres brings a different animal for us to meet and interact with. This month they brought a baby goat! The residents enjoyed playing with this adorable little animal.

—Angie Cappellano, Director of Adult Day Services



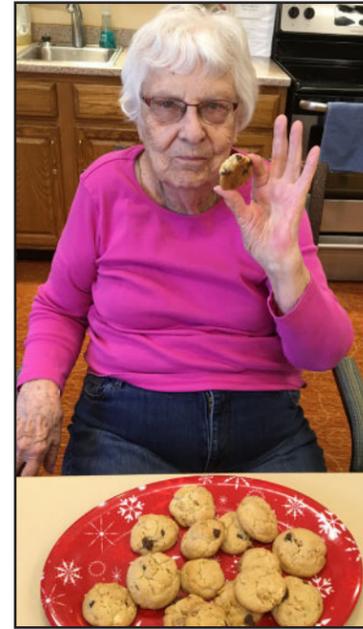
Elaine pets the goat.



Marci loves the baby goat.

RECIPE OF THE MONTH

In February, Lucille Barton provided the recipe of the month, "Three Kinds of Chips & Nut Cookies." Residents enjoyed getting to try these delicious cookies, so we have provided the recipe for you to try!



Three Kinds of Chips & Nut Cookies

- 4 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/2 cups softened butter
- 1 1/4 cups sugar
- 1 1/4 cups brown sugar
- 2 large eggs
- 1 tablespoon vanilla
- 1 cup milk chocolate chips
- 1 cup semi-sweet chocolate chips
- 1/2 cup white chocolate chips
- 1 cup chopped nuts

Preheat the oven to 375°. Combine the dry ingredients in a mixing bowl. In a separate bowl, beat the butter and sugars together until creamy. Add the eggs one at a time while still mixing and add the vanilla. Gradually mix the flour mixture into the butter mixture. Stir in the chocolate chips and nuts.

Put about one tablespoon of batter at a time on an ungreased cookie sheet with two inches of space between each cookie. Bake 9-12 minutes until light golden brown. Cool on a baking sheet for two minutes and then transfer the cookies to baking racks. Enjoy!