

"The first blooms of spring always make my heart sing."
- J. Brown

March 2022

The Mable Rose Messenger

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

Celebrate National Craft Month

While being creative and making crafts is fun any time of the year, March is deemed National Craft Month. Crafting includes a wide variety of activities such as knitting, scrapbooking, leather-working, jewelry making and anything else created by hand. At Hillcrest, we include crafting in our monthly activity calendars so there will be plenty of opportunities to celebrate National Craft Month. Here are a few ideas on what you can do to get creative this month.

Make a spring craft

Oftentimes the coming of spring means nicer weather and the sweet song of the birds each day. Make a bird feeder or birdhouse to celebrate nature and all it has to offer. Take decorating the outdoors a step further and paint rocks for the garden or patio.

Learn something new

Springtime is the perfect time to build some new skills. Have you ever wanted to learn how to paint or knit, but never got the chance to? National Craft Month is a great opportunity to put yourself out there and try a new type of crafting.

Teach someone your skills

Have you mastered the art of jewelry making or leather crafting? Share your knowledge with a friend or family member to help them celebrate National Craft Month.

National Craft Month opens the door for many creative opportunities – whether that be making something to get ready for the coming of spring, trying a new activity or sharing your knowledge with others.

MARCH BIRTHDAYS

March 1: Tom W.	March 9: Julio J.
March 2: Paul M.	March 18: Marilyn J.
March 3: Pam A.	March 20: Marilyn S.
March 4: Allan V.	March 21: Nadine B.
March 5: Lillian R.	March 21: Paula C.
March 5: Joann S.	March 23: Paul H.
March 6: Linda F.	March 26: Carol F.
March 9: Mary Y.	March 29: Nancy Z.

WELCOME TO MABLE ROSE!

Patricia G.	Bob C.
Dwight D.	Van A.

WEDDING ANNIVERSARIES

March 16: John & Jackie M.
March 30: Dwight D. & Charlotte B.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF RESIDENT SERVICES:

Lisa Summers, (402) 682-6802

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 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!



MARCH HIGHLIGHTS

March 1: Craft – Mardi Gras Ornament
March 3: The Leprechaun Dice Game
March 5: Natalie Playing the Piano
March 7: Manicure Monday
March 8: Pet Therapy – Buddy/Baker
March 11: Bible Study with Lisa
March 14: March Trivia – A-to-Z
March 15: Geography 101 – Ireland
March 17: The Jack Rodenburg Experience
March 22: Pool Noodle Exercising
March 23: Elizabeth Playing the Piano
March 24: Music with Wayne Miller
March 25: Bikers, Booze & Tattoos Day
March 30: All Town Meeting/Family Feud
March 31: Protestant Service in the Chapel

FEATURED EVENT

Bikers, Booze & Tattoos Day



Friday, March 25, 2 p.m.

Leather, spirits and tattoos will be the theme at Mable Rose for all of our residents and Club members. We will be wearing our leather chaps and sporting our tattoos. There will also be a tattoo booth (temporary, of course)!

Nicole's News



Welcome to March – a month packed with a lot of opportunity to celebrate and find joy with St. Patrick's Day, Mardi Gras, March Madness, Ides of March, Daylight Savings and the first day of spring! I imagine we are all looking forward to spring and the sight of green grass, flowers and robins working

on their nests.

We want to provide a friendly reminder that when you visit your loved one, please do not park under the portico. We have many visitors, vendors, residents and Club members who are coming and going out of the main entrance. We also need to provide priority if there are any emergency needs such as fire or rescue.

When you are visiting, please make sure that you're answering your screening in/out questions completely and with accuracy. We realize that this seems tedious and time consuming, but it is a way to continue to keep our residents healthy and safe.

Visiting guidelines continue to remain the same. This includes visiting hours Monday through Friday from 8:30 a.m. – 7 p.m. and Saturday and Sunday from 10 a.m. – 4 p.m. Please keep in mind that the front doors have an attendant for all of these hours with the exception of 5 – 7 p.m. Monday through Friday. If you are coming or going during these hours, please understand that our caregivers are tending to resident needs as a priority so it may require more time for entry or exit. We have added a sign to the exit door along with instructions and a phone so that you are able to call a team member to assist you.

We are honored and privileged to serve you, and we look forward to a beautiful spring!

-Nicole Ellermeier, Administrator



A MONTH IN REVIEW

There were so many fun activities going on in February, but the one that really was a hit among our residents was celebrating Valentine's Day. Residents, Adult Day Club members and team members showed off their Valentine's Day spirit with wearing red or pink as well as heart attire. Even the gentlemen participated in our love-themed activities! Everyone

enjoyed participating in Valentine's crafts, making flower arrangements for centerpieces, playing Valentine's trivia, telling jokes, listening to music about love and even posing for photos in the kissing booth. Love was definitely in the air this February!

-Angie Cappellano, Director of Adult Day Services



John poses for a photo with a balloon.



Elizabeth gives her teddy bear a hug.



Pat checks out the tasty Valentine's Day treats.



Toni shows off her caterpillar Valentine.

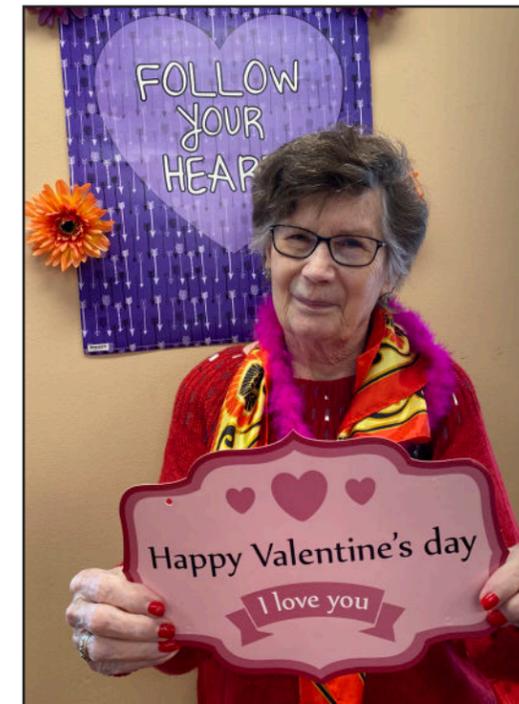


Dee takes a photo in the kissing booth.

Love Is In The Air

Hillcrest Mable Rose residents and Club members shared lots of love this Valentine's Day.

Right: Bert and Dwight hold up Valentine's Day hearts. Below: Gloria, Nadine and Patricia pose for photos with love-themed signs.



Resident Spotlight: Mary Y.



Mary was born in her parents' farmhouse in Atchison County, Missouri. Mary was a teacher who worked with fourth, fifth, and sixth graders in the Bellevue School District and then later worked as a counselor for junior high students. She was happily married to Raymond for many years. Together, they loved to dance both

the Waltz and Polka. Her most valuable lesson in life is to accept individuals as they are. The best piece of advice that she can give to the younger generation is to find their path back to church and live by the 10 commandments. She also encourages youth not to give up in school, study hard and love one another. Thank you, Mary, for sharing your story.