

"The only impossible journey is the one you never begin."  
- Tony Robbins

March 2023

# The Mable Rose Messenger

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

## The First Day of Spring

March 20 marks the first day of spring. The vernal, or spring, equinox is something many people look forward to each year. It means days start to get longer and weather begins to get warmer. On this day, the hours of daylight and hours of darkness are close to equal. Here are some more interesting facts about the spring equinox.

- **Date of spring equinox**

The spring equinox doesn't fall on the same day each year. It can either fall on March 19, 20 or 21. This year it falls on March 20. The 2024 spring equinox will fall a day earlier on March 19, and the next time it will fall on March 21 will be 2101.

- **Astrological vs. Meteorological**

Astronomers use March 19, 20 or 21 as the official first day of spring. This is the date where the sun is positioned directly above the equator, something that only happens twice a year. However, meteorologists tend to use a different date as the start of spring, March 1. This date is based on annual temperature cycles. Which first day of spring will you celebrate?

- **Holidays**

The spring equinox is tied to spring holidays such as the Persian New Year, Easter and Passover. Holidays like these are timed to be celebrated on or after the spring equinox. Easter, specifically, is determined to be the first Sunday after the first full moon after the vernal equinox.

The spring equinox is celebrated as a time of rebirth and renewal in many cultures. Now that you know a little more about the vernal equinox, you can prepare yourself for a new season.

## MARCH BIRTHDAYS

March 3: Pam A.	March 18: Shirley S.
March 4: Allan V.	March 18: Lavonne K.
March 5: Lillian R.	March 21: Paula C.
March 6: Woody W.	March 23: Paul H.
March 6: Linda F.	March 23: Yvonne W.
March 9: Mary Y.	March 25: Charlie B.
March 9: Julio J.	March 26: Carol F.
March 10: Willis K.	March 29: Nancy Z.

## WELCOME TO MABLE ROSE!

Gary M.	Robert K.
Michael K.	Anne Marie L.
Helen K.	Marilyn P.

## WEDDING ANNIVERSARIES

March 30: Dwight & Charlotte D.

## 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

## CAREGIVER SUPPORT GROUP

Please join us for our monthly Caregiver Support Group on the last Monday of every month at 4:15 p.m. at Hillcrest Mable Rose.



## MARCH HIGHLIGHTS

March 1: Catholic Mass in the Chapel  
March 2: Baking Club – Banana Cream Pie  
March 7: Tie Throw Making  
March 7: Shamrock Abstract Painting  
March 8: Famous Peanut Clusters Making  
March 9: Protestant Service in the Chapel  
March 11: Common Thread Singers  
March 14: Paper Crafting w/Pat & Nikki  
March 15: Senior Spiritual Concert Outing  
March 21: Leprechaun Green Bundt Cake  
March 23: Music w/Kim Eames  
March 28: Crocheting Club  
March 29: All Town Meeting/Family Feud

## FEATURED EVENT

### Shamrock Shenanigans

Friday, March 17, 2 p.m.

Celebrate St. Patrick's Day the Hillcrest Mable Rose way! Residents will enjoy music with Rich Patton followed by leprechaun games, Ireland trivia and tasty refreshments.

## Nicole's News



Welcome to March – a month packed with many opportunities to celebrate and find joy. We have activities planned for St. Patrick's Day, 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.

Hillcrest recognizes outstanding team members that go above and beyond with the Hillcrest Way Star Award program. If you catch a team member going above and beyond the expected job tasks, please feel free to fill out a nomination form by either going to [hillcresthealth.com/star](http://hillcresthealth.com/star) or visiting our front desk. Team members are recognized at our monthly team meetings.

Thank you for being a part of the Hillcrest Mable Rose family. We are honored and privileged to serve you, and we look forward to a beautiful spring!

-Nicole Ellermeier, Administrator

## A MONTH IN REVIEW

February was a fun-filled month! We crowned the King and Queen of Hillcrest Mable Rose. Residents casted their votes, and our winners were Max H. and Barbara D. Congratulations! They received candy, flowers, special crowns, capes and sashes as their reward.

We celebrated Valentine's Day with food, fun and festivities. Residents and Club members participated in Valentine's Day trivia, read funny pick-up lines

and sang love songs. We made heart-inspired crafts by using playing cards, buttons, gems, puzzle pieces, Popsicle sticks, string and lace. Residents created some beautiful masterpieces! We had cupcake wars, sewed button hearts and even provided a luxurious spa day for residents to enjoy. To top the day off, we sang along to a beautiful hour of Merrymakers music with DeAndre Jones. Love was definitely in the air!

-Carol Lowe, Director of Recreation



Suzanne smiles with her Valentine's Day craft.



Joann shows off her Valentine's Day craft.



Walter enjoys the Valentine's Day party.



Len holds up a Valentine's Day balloon.



Barb uses buttons on her Valentine's Day heart.

### Resident Spotlight: Marian H.



Marian H. was born on Sept. 23 in St. Louis, Illinois. She married Oral H., and they were married for 58-and-a-half years. Marian and Oral have two wonderful children, Laura and James. Marian has three lovely grandchildren, Eva, Dannielle and David. She has five great-grandchildren, Amy Mae, Daniel, Noelle, Cecelia and Ira.

Marian earned a Bachelor of Music in piano performance from Simpson College in Indianola, Iowa. She taught piano and played as an accompanist and collaborative artist for 60+ years.

Marian taught at Drake University right after college, and then maintained a private piano studio. The studio originally opened in Rockford, Illinois, but moved around with Marian. She taught in Northbrook, Illinois, Cherokee Village, Arkansas, and Bellevue. A true life lesson she learned is being a good friend to others brings bountiful happiness into your own life as well. She feels her greatest success is her family. Marian's advice to the younger generation is to work hard, love deeply, take care of each other and be the kind of person you would like to see others be. Also, play Scrabble! It keeps the mind sharp. The team at Hillcrest Mable Rose cannot thank Marian enough for playing the piano during our Thursday worship services. Thanks for sharing your story!



Marilyn B. makes a playing card craft.



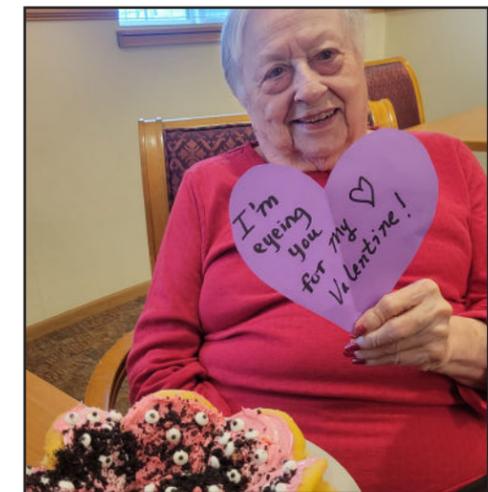
Delores poses for a Valentine's photo.



Laura dresses in red and pink for Valentine's Day.



Neva is proud of her Valentine's Day craft.



Rita enjoys some Valentine's Day treats.