

*"Spring work is going on with joyful enthusiasm."  
- John Muir*

March 2024

# The Mable Rose Messenger

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

## St. Patrick's Day Traditions

St. Patrick's Day is all about honoring the patron saint of Ireland, Saint Patrick, and embracing the rich traditions and culture of the emerald isle.

Do you know why we wear the color green on St. Patrick's Day? Traditionally, the color green represents Ireland, its lush landscape and shamrocks. Wearing green is a symbol of Irish nationalism. It is also said that wearing green can protect you from getting pinched by leprechauns. According to Irish folklore, leprechauns pinch anyone they see, and they can't see the color green.

Stories say that leprechauns mend shoes for other fairies and hide gold coins at the end of rainbows. They are grumpy, mean and best known for their trickery. The leprechaun has been associated with Irish culture for centuries, longer than St. Patrick's Day itself. The mythical creatures became a symbol of the holiday in the mid 1900s when St. Patrick's Day celebrations became more popular in the United States. Leprechauns are also a symbol of luck. It is said that capturing these small fairy-like creatures will secure luck as well as three wishes.

Another Irish symbol associated with luck is the shamrock. The Celtic druids started this three-leaf clover on the path to becoming a symbol of luck. Celts believed that three was a divine number and everything important in the world came in threes. When St. Patrick brought Christianity in Ireland, he also used the shamrock as a metaphor in his teachings. The three leaves are said to represent faith, hope and love. If someone were to find a rare four-leafed clover, then the fourth leaf would represent luck.

We hope you find a bit of luck this St. Patrick's Day. Just be sure to wear green and be on the lookout for the mischievous leprechaun.



## MARCH BIRTHDAYS

- |                     |                      |
|---------------------|----------------------|
| March 3: Pam A.     | March 18: Lavonne K. |
| March 3: Edith B.   | March 22: Helen O.   |
| March 4: Allan V.   | March 23: Paul H.    |
| March 6: Linda F.   | March 23: Yvonne W.  |
| March 6: Woody W.   | March 25: Charlie B. |
| March 10: Willis K. | March 26: Barbara B. |

## WELCOME TO MABLE ROSE!

- Petty S.      Toni S.      Richard B.

## WEDDING ANNIVERSARIES

- March 30: Dwight & Charlotte D.

## MEET THE LEADERSHIP TEAM

- ADMINISTRATOR:**  
Angie Wallace, (402) 682-6810
- DIRECTOR OF LIFESTYLE:**  
Carol Lowe, (402) 682-6875
- DIRECTOR OF ADULT DAY SERVICES:**  
Angie Cappellano, (402) 682-6804
- DIRECTOR OF ASSISTED LIVING:**  
Tanya Hernandez, (402) 682-6811
- DIRECTOR OF MARKETING:**  
Natalie Junk, (402) 682-6802
- DIRECTOR OF CULINARY:**  
Heather DeBlanche, (402) 682-6860
- DIRECTOR OF ENVIRONMENTAL SERVICES:**  
Eric Schmader, (402) 682-6809
- REGIONAL AREA DIRECTOR:**  
Dave Creal, (402) 682-6579



## MARCH HIGHLIGHTS

- March 4: Pet Therapy With Louie
- March 12: Chick-fil-A Bingo and Breakfast
- March 12: Welcome Home, Vietnam Veterans
- March 14: Bingo at Bellevue Senior Center
- March 14: Merrymakers Presents Mary Link
- March 19: Ballroom Chair Dancing
- March 21: Manicures with Tracey
- March 26: March Birthday Party
- March 29: Luxurious Spa Day

## CAREGIVER SUPPORT GROUPS

- Parkinson's Caregiver Support Group**  
Please join us on the second Monday of every month at 4:15 p.m. Contact Natalie at (402) 682-6802.
- Dementia Caregiver Support Group**  
Please join us on March 25 at 4:15 p.m. for a presentation from the Alzheimer's Association. RSVP to Angie at (402) 682-6804.

## FEATURED EVENT

**St. Patrick's Day Party**   
**Monday, March 18 – 1 p.m.**

We will enjoy Irish music and games, wear green and make St. Paddy's Day decorations.

## Angie's Angle



Happy spring! I'm looking forward to getting outside more, having more daylight hours and seeing the flowers bloom. Here's to hoping the doldrums of winter are in the rear-view mirror!

On Feb. 15, I celebrated my one-month anniversary at Hillcrest Mable Rose, though I've been a

Hillcrest team member for 18 years. I am in awe of the team I am now a part of and the amazing residents that call this community home. I have enjoyed getting to meet so many residents and their families, and look forward to making more connections.

February kept us busy around here with the usual musical performances, bingo, trivia and pet visits. We had some extra special fun with a Mardi Gras party and festive outfits. Mardi Gras was followed by a Valentine's Day celebration! We crowned our king, Don B., and queen, Vernita K., as we enjoyed a fantastic lunch of shrimp scampi and steak rolls. For dessert, we savored pink velvet cake and wine. Be sure to check out the pictures on Facebook! You can follow us at [facebook.com/hillcrestmablerose](https://facebook.com/hillcrestmablerose) for more photos, updates and news.

After this final monthly issue of The Mable Rose Messenger, we will be moving to a quarterly newsletter. Our first quarterly newsletter will be published in May, but we'll still continue to publish the lifestyle calendar monthly.

As a quick reminder, daylight savings happens on March 10. Don't forget to move your clocks forward one hour. As always, it's a pleasure to serve you.

**-Angie Wallace, Administrator**

## A MONTH IN REVIEW

In February, we had back-to-back parties for Mardi Gras and Valentine's Day. We kicked off Mardi Gras with trivia about New Orleans and celebrated with wine and spirits. Residents enjoyed the colored king cake and listening to jazz music. Beads were tossed and residents laughed. Some even told stories about attending the New Orleans parade.

Shortly after Mardi Gras, everyone dressed up in pink or red attire for Valentine's Day. We played Valentine's Day bingo and trivia, shared jokes and

conducted a sweet treat photo shoot. Baker's donated dozens of red roses for residents and Club members. Residents and Club members enjoyed making homemade Valentine's Day cards for their sweethearts. We crowned Don and Vernita as our 2024 Hillcrest Mable Rose king and queen after being treated to a delicious Valentine's Day lunch. Residents also indulged in chocolate covered strawberries while watching a slideshow of memories from 2023.

-Carol Lowe, Director of Lifestyle



Carolyn is excited for the Mardi Gras party.



Charlie gets ready for the Mardi Gras party.



Charlotte shows off her Mardi Gras headband and beads.

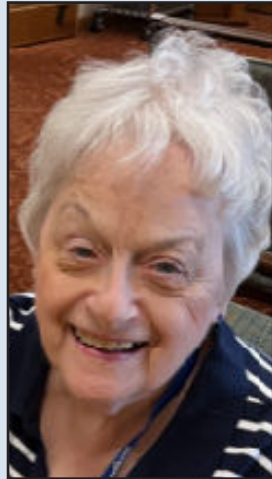


Nancy and Gil celebrate Mardi Gras together.



Linda and Dave wear Mardi Gras attire.

### Resident Spotlight: Nancy G.



Nancy was baby number 5 in her family. She was born at home, weighing in at a mere 2 1/2 pounds. Her parents were told she had little chance for survival, but her mom insisted she be taken to St. Joseph Hospital and put in an incubator. Her survival deemed her a miracle baby and even inspired a newspaper article to be written about her.

She grew up in Omaha, married her first husband, Jon, and had three children – two girls and one boy. She has eight grandchildren plus nine great-grandchildren with two more additions coming in 2024.

Nancy's first job was the traffic manager at WOWT. After getting married, she was a homemaker until the

kids were older. Then, Nancy went into public relations and ended her career as a receptionist for an Arby's franchise. She said the best part of that job was 'free' Arby's lunch every day.

Nancy prides herself on being a member of the Sweet Adelines, an international women's singing group. As a 60-year member, she held several committee positions, won many awards, participated in quartets, trios and choreography as well as traveled the world for competitions.

In the midst of all this, she met Gil. They got married in Las Vegas in 2002 and have been dancing through life together ever since.

Her advice for the younger generation is to take one day at a time, make the most of it and always look for the good. Don't complain. It is a waste of time and energy.

Thank you, Nancy, for sharing your story!



Elizabeth and Linda participate in the sweet photo shoot for Valentine's Day.



James, Kay, Pam and Dwight pose for a photo with sweet treats for Valentine's Day.



Alezay celebrates with Don and Vernita who were named Hillcrest Mable Rose king and queen.



Scott and Betty take a silly picture in front of the sweets backdrop.