

“The world’s favorite season is spring. All things seem possible in May.” –Edwin Way Teale

# The Mable Rose Messenger

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

## Enjoy outdoor springtime activities

Spring is a time of awakening and rejuvenation. Watching the earth renew itself and bring forth flowers and greenery gives us hope. It also gives us a reason to get outside! Our loved ones need the chance to experience the joy that spring brings, too. The following are some springtime activities we can do as a group or as individuals:

1. Fill the bird feeders and feed the birds.
2. Water plants. Sure, everyone may get wet. But watering is rejuvenating. (And clothes can be changed.)
3. Plant some seeds in pots for a windowsill or patio garden. Dill, basil, cilantro, lavender, parsley, mint, thyme, oregano, chives, marigolds and pansies are the easiest to grow, and many are quite fragrant.
4. Separate the spring bulbs into groups or place the bulbs right side up after the planting area has been prepared for them.
5. Help with spring cleaning by emptying out a closet. (Of course, you will be the one who puts the items back into place. But your loved one can help by putting items to be donated into a box or bag.)
6. Go for a walk. It’s good for all of us.
7. Watch cooking shows and write down recipes. This may help to jog your loved one’s memory about an old recipe that they used to make, which can be noted for a family cookbook.
8. Pull weeds. This is not often seen as fun. But, with some singing or a little bit of chit-chatting, it can be enjoyable. Pulling weeds allows our aging adults to be out in the fresh air. And, when the flowerbeds become weed free, it gives them a sense of accomplishment.
9. Deadhead flowers. Deadheading is the process of pinching off the spent blooms of flowering plants such as marigolds, geraniums, pansies, etc., so that they will produce more blooms.
10. Wash the tops of patio tables and the seats of patio chairs.

Certainly, we don’t anyone to help with these tasks unless they choose to. But by participating in these activities, our aging adults may feel better because they are contributing.

**-Laurie Simmons, Recreation Leader, Hillcrest Health & Rehab**



## MAY BIRTHDAYS

|                             |                          |
|-----------------------------|--------------------------|
| May 2: Mary Joyce           | May 22: Dale Hix         |
| May 14: Jackie Ezzell-Henry | May 22: Robert Clayborne |
| May 15: Dan Young           | May 29: Lois Randall     |
| May 18: Toni Sidzyik        |                          |

## WELCOME TO MABLE ROSE!

Virginia Banks, Joan Kean, Jerrie Mutch, Betty Susa, Harvey Swanger

## 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 BASED 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!



## MAY HIGHLIGHTS

- May 1: Ballroom Chair Exercising
- May 2: Happy Hour with Darin
- May 4: Outing to Anderson Grove School
- May 7: Fontenelle Forest
- May 9: Men’s Dining with Darin
- May 12: Annual Mother’s Day Brunch
- May 14: Merrymakers Presents: Music with “Gooch”
- May 16: Paper Crafting with Pat
- May 18: Men’s Lunch Outing
- May 21: Hymn Sing with Pastor Jerry
- May 24: Coffee & Conversation with Bruce
- May 25: Memorial Day BBQ
- May 29: Movie in the Cinema

## FEATURED EVENT



## Mother’s Day BRUNCH

**Saturday, May 12, 10 a.m.  
Hillcrest Mable Rose**

## Darin’s Dish



I can’t speak for the rest of the world, but for me personally, spring is without a doubt my favorite season. And nowhere is it more beautiful than in Nebraska during May. Flowers bloom across the state, swimming pools open, and baseball season is again

in full swing. The full heat of summer is yet to set in, and there is so much to enjoy around us. We certainly have a great month planned at Hillcrest Mable Rose, and I hope you will all join us for the fun. You never know what fun you may have or what new connection you can make. All things are possible!

**-Darin Nelson, Administrator**



Club members had fun being photographed as “The Older Little Rascals.”

## RESIDENTS IN ACTION

Happy May! I hope that you were able to stop in and check out our very first Collectors Showcase that was held here at Mable Rose. It was so much fun seeing all the special and unique items that people collect and treasure. It was a great afternoon. We really enjoyed having you here with us!

We are starting to see warmer days, and we are loving it! We hope that the cold weather really is behind us, as we are looking forward to some sunshine and warmer weather to get our tomatoes, cucumbers and flowers planted and growing! With May in full bloom, the 13th is approaching, and we can't wait to be celebrating Mother's Day! We will honor all of our moms at our annual Mother's Day Brunch on Saturday, May 12, at 10 a.m. **There is NO greater love than a mother's love!** May also brings Memorial Day, which is on the 28th. This is the day we remember those who have died while serving in our country's armed forces. We appreciate all who have served this great country! Come out and visit! We would love to see you!

**-Carol Lowe, Assisted Living Recreation Leader**



Ken and Hobbes smile with Anderson Grove students.



Residents taste-test potato chips.

May is a month of CELEBRATION! May 5th is Cinco de Mayo. On May 13th, we celebrate our mothers. May 13th is also a day of remembrance for everyone who has died serving in the American Armed Forces.

I wanted to share a story about an awesome team member here at Hillcrest Mable Rose. On one of our outings, our resident Ed Whitcome lost his veteran hat. Knowing how important this hat was to him, Bill, our chauffeur, went out, purchased him a new one and presented it to him before a bus ride. Ed was brought to tears. Thanks, Bill, for being so amazing!

**-Tina Hern, Recreation Director**



Ed smiles with the new hat that Bill bought for him.



Pat and Barb smile together on Classic Hollywood Day.



Billy Troy entertains the crowd on Classic Hollywood Day.



Alice sports a boa on Classic Hollywood Day.



March was a busy month full of entertaining and fun events. The Club celebrated St. Patrick's Day on March 16th by wearing green, eating green cake and learning about the holiday's traditions. On March 30th, we celebrated "Classic Hollywood Day." Some Club and team members dressed up for the occasion. The members participated in classic movie and famous Hollywood couples trivia.

The Club's activity calendar will show a few new activities for members. Each month, the men are going on a lunch outing. On April 11th, the



Janet and Frank celebrate St. Patrick's Day.



Stan and Rita are dressed for Classic Hollywood Day.



Barbara shows off her boa.

## THE CLUB CORNER

women had their first ladies day outing. Rachel, a volunteer with Hillcrest, will continue to host the monthly "Baking Bonanza" that members really enjoy. So far, they have whipped up some tasty treats, including strawberry filled crescent rolls, Rolo pretzel bites, M&M almond bites and elephant ears. Once a month, the Club will start having Member Council where members can share activities they would like to see on the calendar, snack and outing suggestions. Those are some highlights both the team and members will have to look forward to.

**-Angie Cappellano, Club Director**



Rita, Rachel and Beppie make snacks.



Teresa and Marvyn smile for the camera.