

"Of all the rights of women, the greatest is to be a mother."  
- Lin Yutang

# The Mable Rose Messenger

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

## Gardening As You Grow Older

Gardening can provide many benefits for aging adults such as engaging in physical activity, growing nutritious fruits and vegetables and simply connecting with the beauty of nature.

Gardening is a great way for aging adults to get moving and have some fun, too. Some helpful tips include using supportive tools and equipment, taking frequent breaks to pace yourself and stretching or changing positions to avoid any injuries.

While gardening is an enjoyable activity many adults perform throughout life, reduced mobility, flexibility and pain caused by arthritis may make this difficult as individuals age. A primary factor in managing arthritis is actually engaging in physical activity and exercise to help improve strength and stability. So if gardening is what you love, there are ways to help support the body while you garden.

### Utilize supportive tools and equipment.

Gardeners with bad knees can use a gardening mat or pad. When rising from a kneeling position, it is helpful to use a nearby shovel or stool for support. If kneeling is painful, another modification is to use a small stool and garden while seated. Raised planters are also a good option for individuals who may need to garden while seated, including those in wheelchairs. Your recreation team can help if you're needing special tools or equipment for gardening.

### Take frequent breaks, and pace yourself.

With the first rays of sun, it can be tempting to spend all day in the garden as the days get longer, but it's best to start slow. Perhaps potting flowers for the porch is a great first step. As the season progresses, the body builds tolerance to do more.

**Stretch and change positions.** Gardening often involves repetitive motions, requiring you to bend over with the body in a forward flexing position. To help back and knee strain, it's important to stretch before, during and after time in the garden.

## MAY BIRTHDAYS

May 5: Helen S.      May 18: Nina B.  
May 15: Dan Y.      May 22: Robert C.  
May 16: Mary R.      May 22: Dale H.  
May 18: Toni S.

## WEDDING ANNIVERSARIES

May 2: Om and Manju Patney  
May 5: Henry and Mary Ruff  
May 16: Donovan and Alice Havekost

## WELCOME TO MABLE ROSE!

Bob Roth, Sharon Prosser, Dick Elman,  
Franny Kawa, Donna Dragoun, Joe Koley  
Om Patney, Ishmeal Villa Real, Neomi Hascall,  
Gene Kruse

## 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

## 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: Bingo at Bellevue Senior Center
- May 2: Scatter Joy Acres Visit
- May 6: Fontenelle Forest Visit
- May 8: Golden Hills School Visit
- May 11: Mother's Day Brunch
- May 14: Chick-fil-A Bingo & Breakfast
- May 15: Blood Drive at Mable Rose
- May 17: Mass at St. Mary's in Bellevue
- May 18: Natalie on Piano
- May 22: Merrymakers Presents: Music with Paul Siebert
- May 28: Ballroom Chair Exercising
- May 30: Mable Rose Kind Heart Society

## FEATURED EVENT

### Luau Day

May 31, 2 p.m., Marv's Place

Residents and friends will be enjoying piña coladas and feasting on Hawaiian food while listening to hula music.

## 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](mailto:acappellano@hillcresthealth.com).

## Darin's Dish



As spring is upon us and we see new life everywhere, it encourages me to want to be active and live life to the fullest. Living life to the fullest during your golden years is about doing things that make you the happiest. Some ways of living life to the fullest and feeling good every day include:

**Staying socially connected.** Get out of your apartments and join in a game of Bingo, play cards, take an exercise class, put together a puzzle, engage in any of our daily offerings through recreation or take a walk with friends.

**Volunteering.** Volunteerism is an amazing way of feeling connected with the world around you and gives you a sense of purpose. You could volunteer in many capacities within the building: join a welcoming committee, volunteer to run outings or assist in running activities.

**Staying physically active.** You will feel better overall and will be able to live a more active lifestyle if you stay physically active. Exercise and balance classes are offered Monday through Friday. There is also recumbent bikes in the fitness gym that are open to residents.

**Staying mentally active.** Keeping your mind sharp is just as important as keeping your body active. You could read in the library, join in brain games that are offered throughout the week, engage in coffee and conversation or even play Bingo!

It is my goal to make sure that every resident is happy and has the opportunity to live each day to the fullest. If there is an activity, game or educational topic that you would like to see explored at Mable Rose, please let us know.

I would like to leave you with a quote from Joe Lewis: "You only live once, but if you do it right, once is enough."

-Darin Nelson, Administrator

## RESIDENTS IN ACTION

Everyone at HMR loves when we get to visit with animals. We love the smiles on our residents' faces. Thank you to all of our volunteers who share their furry friends with us.

**-Tina Hern, Director of Recreation**

Thanks to our wonderful team member Rachel McAlpin, we were honored to have a visit from the Oscar Meyer Wienermobile. Our residents got to walk inside and went home with a Wienermobile whistle.

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



The Wienermobile visits Hillcrest Mable Rose.



Mitzi smiles in front of the Wienermobile.



Mitzi had a visitor while getting her hair done.



Whitey plays with his new friend.

## THE CLUB CORNER



to their mind. The members had a great time bringing

Mable Rose Club members were asked if they would like to participate in a fun fundraiser. They were provided with blank canvases and asked to create any masterpiece that came

out their creative side and painting for a good cause. On Friday, April 19, the artwork was showcased and auctioned off at the Alzheimer's Association Nebraska Chapter 2019 Dementia Care Conference. All of the proceeds from the auction went to the Alzheimer's Association. I think it's quite obvious that we have some talented members!

**-Angie Cappellano, Club Director**



Club members created artwork that was auctioned off at the Dementia Care Conference to benefit the Alzheimer's Association.



Violet Oxford, Club Leader, recently made a jewelry display for Mable Rose's gift shop.



Club members enjoy Violet's monthly window art.