

"Life isn't about finding yourself. Life is about creating yourself." — George Bernard Shaw

May 2020

The Mable Rose Messenger

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

Activity Page

O R C H I D P S S U C G B W F Q D B
 H T N H G O V S G G I I E R A C A U
 G O B E L L F L O W E R G D M C N T
 E Z L D P Q A V Y P N T O A A O D T
 R I V L A D V D I Y J U N I R L E E
 A N H K Y F A Q I O N L I S Y U L R
 N N B P B H F H P O J I A Y L M I C
 I I P Y D T O O L M L P F N L B O U
 U A V Q Q D B C D I R U Z Y I I N P
 M Q C R O C U S K I A A S V S N P K
 U P R I M R O S E S L W O L B E B C
 J Z M B Y D K C A R N A T I O N D M

- | | | |
|-------------------|------------------|---------------|
| Hollyhocks | Carnation | Crocus |
| Bellflower | Dandelion | Dahlia |
| Gladiolus | Geranium | Zinnia |
| Columbine | Primrose | Orchid |
| Buttercup | Daffodil | Tulip |
| Amaryllis | Begonia | Daisy |



MAY BIRTHDAYS

May 5: Helen Suiter	May 18: Nina Barker
May 11: Eugene Watson	May 20: Larry Zouchas
May 15: Dan Young	May 22: Robert Winbolt
May 18: Toni Sidzyik	May 23: Lorna Swingen

WEDDING ANNIVERSARIES

Om & Manju Patney

WELCOME TO MABLE ROSE!

Eugene Watson & Joann Sutton

MEET THE LEADERSHIP TEAM

- INTERIM ADMINISTRATOR:**
Lisa Summers, (402) 682-6810
- DIRECTOR OF HEALTH SERVICES:**
Jessi Dezelske, (402) 682-6811
- 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!

Lisa's Literature



Under normal circumstances I would be writing about the amazing activities we've done or are planning. But unfortunately, most of those things have been put on hold. Today I'm writing to give you an update on our response to the COVID-19 pandemic.

I just want to take a moment to assure you that we are taking every measure to keep our residents and team members safe and healthy. We have implemented several safeguards to ensure infection control in all areas including dining, activities and security to name a few. You can always find the most up-to-date information on our COVID-19 practices at hillcresthealth.com/covid-19.

Please know that we are doing one-on-one visits with all of your loved ones and we are still engaging in activities while practicing social distancing. We look forward to the day that our hallways are filled with visitors, the dining room is packed for meals and you can hear the noise from a performer or party zipping through the air. Until then, please know that we miss seeing you in person and your hugs. We look forward to your visits through a closed window and through FaceTime. Please stay safe and healthy!

—Lisa Summers, Interim Administrator

CAREGIVER SUPPORT MEETING

The Caregiver Support Group Meeting is postponed for the time being due to necessary safety precautions.

CRAZY CARDS

Whether they are inside or outside, the ladies in assisted living love spending time together. The thing they love doing together the most is playing card games — especially Crazy Eights! Prior to COVID-19 concerns, the hobby shop was filled daily with groups

of ladies itching to get their hands in on a game. They are also pros at Spades, UNO and Hearts. For the moment, it's a ladies only club, but maybe when they start back up again they will bend the rules and let the men in on the action.



The ladies enjoy an exciting card game in early March. The group can't wait to start back up when it's safe to do so.



Lucille does cardio in the fitness area, where exercise equipment is safely spaced apart.

NU-STEP PROGRAM

The residents are continuing to stay active, despite the necessary safety precautions. They are using exercise machines and lifting weights to build muscle mass. Many of our residents are also benefiting from our Nu-Step Program, developed by Kristina Hilton, a Hillcrest physical therapist. Kristina originally started this program to counter the cycle of decline that she noticed in her clients once they finished their therapy programs. In the Nu-Step Program, individuals use Nu-Step machines to stay active on their own time. Kristina's goal is to continue maintaining the health

and mobility of aging adults, even when they are not actively in therapy. We currently have more than 30 individuals in the program and we are adding more each week. If you would like your loved one to benefit from being in this program please contact Carol Lowe if they are in assisted living at (402) 682-6875 or Angie Cappellano if they are in memory support or are a Club member at (402) 682-6804. We are so excited to have this opportunity to enhance the lives of aging adults.



Paul uses a Nu-Step machine to stay active.



Pat lifts weights.



Annie works out.