

"When I started counting my blessings, my whole life turned around." -Willie Nelson

November 2019

The Mable Rose Messenger

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

Three Tips for Breathing Better

November is COPD Awareness Month. Chronic Obstructive Pulmonary Disease (COPD) is a long-term condition that affects the lungs. COPD is used to describe many types of lung issues that cause swelling and limit airflow making it difficult to breathe.

Whether you have COPD or not, we all have to try to breathe as the weather gets colder, flu season starts and allergies get worse. So here are three tips for breathing better so that you can enjoy the holiday season. Though these tips can help, as always, if you have health concerns please talk to a Hillcrest team member or your health care provider.

1. Breathing Exercises: There are many breathing exercises that increase oxygen intake. The most common is called pursed lip breathing. To try this exercise, keep your mouth closed and breathe in normally while counting to two. Then, purse your lips like you're going to blow out a candle and breathe out slowly while counting to four in your head. Another exercise is deep breathing. According to healthline.com, deep breathing keeps air from being trapped in your lungs. First, sit or stand with your elbows back and inhale deeply through your nose. Then, count to five as you hold your breath. Finally, exhale through your nose slowly until you feel all the air has been released.

2. Body Positions: According to the Lung Institute, just changing your body position while sitting or standing can help you breathe better. Try sitting with both feet on the ground, lean your chest forward slightly, rest your elbows on your knees and rest your chin on your hands. This sitting position can make air flow to your lungs better.

3. Air Quality: There are a lot of things in the air that we can't see that make it hard to breathe. If you are inside, try to avoid dust or household cleaning products. If you are outside, try to avoid smoke or pollen. A good resource for monitoring the air quality outside is the Weather Underground website (wunderground.com), where it will tell you how much pollen is in the air and the overall air quality.

Using these tips can help you breathe better and let you enjoy the holidays even more!

NOVEMBER BIRTHDAYS

Nov. 11: Barbara M.
Nov. 16: Sharon T.
Nov. 20: Gloria P.
Nov. 25: Louise P.
Nov. 25: Tim H.
Nov. 30: Doreen S.

WEDDING ANNIVERSARIES

Nov. 4: Tim & Denny Hoffman
Nov. 30: Tom & Carolyn Wagner

WELCOME TO MABLE ROSE!

Neomi Hascall, Gordon Jelinek,
Jim Cahill, Ron Roberts

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!



NOVEMBER HIGHLIGHTS

Nov. 1: Red Hat Ladies Meeting
Nov. 2: Natalie Playing Old Classics on Piano
Nov. 4: Hymn Sing with Pastor Jerry
Nov. 6: Men's Dining with Darin
Nov. 7: Playing Nix the Six Dice Game
Nov. 8: An English Tea Party
Nov. 13: Music Bingo with Elliot
Nov. 15: Happy Hour
Nov. 19: Shopping Trip Adventure
Nov. 20: Paper Crafting with Pat
Nov. 21: Coffee & Conversation with Bruce
Nov. 22: Mass at St. Mary's Church
Nov. 26: Ballroom Chair Exercising
Nov. 27: All Town Meeting, Family Feud & Celebrating

FEATURED EVENT

A Salute to Our Veterans Luncheon

November 11, 11:30 a.m.

Hobby Shop

Service men and women will be joining our resident veterans for lunch.

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.

Darin's Dish



Happy Thanksgiving!

Let's all give thanks for what we have been blessed with this past year and what we are grateful for. We should take a moment and be appreciative while remembering all of the wonderful memories we have of our pastimes and be excited for what we have

ahead of us going into 2020!

As I write to each of you today, I hope that you will enjoy our holiday festivities that we have planned for you through New Year's Eve. Our team truly put their hearts and love into the holiday planning and preparation to ensure that we all have a wonderful holiday and that we make great new memories together. Be sure to spend this holiday season together and rejoice in the moments that we are so blessed to have. Family is what life is all about. When you or your family decide to live or work at Mable Rose, you truly become part of our family. We are so thankful to have you in our daily lives and in our hearts.

We would love to have your family join us for Thanksgiving. Cristina and her team always create the most delicious holiday meals. Please put on your calendar our Annual Holiday Dinner on Thursday, December 5th. We will be sending out invites for this event in the coming weeks.

-Darin Nelson, Administrator



RECIPE OF THE MONTH

Every month, the assisted living residents pick a recipe of the month. For October, Ruby Meyer chose to make her famous lemon meringue pie. She enjoyed baking different kinds of pie when she was younger and wanted to share her recipe with others. Assisted living held a pie tasting in the afternoon, and it was so good that the entire pie was eaten. Thank you, Ruby, for sharing your recipe.

-Angie Cappellano, Director of Adult Day Services



Ruby shows off her pie.



Paul shows off his new hairstyle.

CLOWN DAY

On Friday, September 30th, Mable Rose celebrated "Clown Day." Residents, team members and club members dressed up for the occasion. Happy the Clown even came for a visit to brighten everyone's day.

The day consisted of face painting, dressing up and watching a magic show. It was safe to say everyone was "clowning around."

-Angie Cappellano, Director of Adult Day Services



Whitey shows off his glasses.



Violet loves Clown Day.



Ken and Katie clown around.



Louise and Alice show off their silly side.



Angie and Rita smile for the camera.



Neomi and Happy are all smiles.



Lila and Happy join in the festivities.



Bernice enjoys Happy's visit.



Ruth and Happy pose for Clown Day.



Tina and Carol participate in the fun.