

"Welcome sweet November, the season of senses and my favorite month of all." —Gregory F. Lenz

November 2021

The Mable Rose Messenger

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

As We Continue to Fight COVID, Don't Forget About the Seasonal Flu

While we were busy fighting the pandemic last year, we experienced far fewer incidences of the seasonal flu. Since we all wore masks and kept our distance, seasonal flu infections remained extremely low.

Things are different this year. The masks are off and — thanks to our COVID vaccines — we can enjoy group activities again. However, the fact that we'll be closer together during the cold-weather months increases the possibility that the flu will make a comeback.

As with COVID, the best way to prevent the flu is to get vaccinated. In addition to advanced cleaning protocols and other safety measures implemented at the onset of COVID, Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents. We had the opportunity to complete our flu shot vaccine clinics here at Mable Rose in October. If you have any questions, please reach out to our Director of Health Services.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID. Wash your hands often and well. Cough and sneeze into your elbow. If you feel sick, stay away from your friends, and let our team know.

As we continue the battle against COVID, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



NOVEMBER BIRTHDAYS

Nov. 4: Roxana J. Nov. 15: Virginia E.
Nov. 5: Betty E. Nov. 21: Bert Wayne Y.
Nov. 6: Rosalita C. Nov. 25: Louise P.
Nov. 13: Marvin D. Nov. 25: Elaine J.

WELCOME TO MABLE ROSE!

Howard M. Laura L. Virginia M.
Jose B. Linda F. Fred N.
John M. Lola K. Carl H.
Bob L. Maria L.

WEDDING ANNIVERSARIES

Nov. 30: Tom & Carolyn W.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF HEALTH SERVICES:

Jessica Weis, (402) 682-6811

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF RESIDENT SERVICES:

Lisa Summers, (402) 682-6802

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: Outing to Historic Portal Schoolhouse
Nov. 2: Ballroom Chair Dancing
Nov. 4: Lutheran Services
Nov. 9: Paper Crafting with Pat
Nov. 10: Merrymakers Presents:
Music with Woody
Nov. 12: Mystery Bus Ride
Nov. 18: Country Kickers of America
Nov. 19: Bible Study in Chapel
Nov. 22: Hymn Sing with Pastor Jerry
Nov. 23: Pet Therapy with Buddy & Baker
Nov. 24: Playing Bunco
Nov. 26: "It's Beginning to Look a Lot Like Christmas"
Nov. 27: NE vs. IA Football on the Big Screen
Nov. 30: Needlework Club

CAREGIVER SUPPORT

Our Comfort for Caregivers Meeting, typically held the last Tuesday of each month, is on hold until further notice. If you are in need of one-on-one support, please contact Angie Cappellano at (402) 682-6804.

Nicole's News



Where does the time go? We have had a lot going on at Mable Rose!

In October, we were blessed with the opportunity to participate in the Sarpy County Walk to End Alzheimer's. Hopefully you were able to join, donate or see great photos from the day! Thank you for

your support as we hold this particular cause close to our hearts.

We also hosted our annual Trick-or-Treat Costume Parade! We were visited by some of the cutest ghouls and goblins to brighten our day!

There was a setback in visitation due to COVID-19 positive cases and exposures. These occurred among fully vaccinated individuals. Please continue to keep yourselves, our residents and team members safe by following all of the safety and PPE protocols. If you are not feeling well, keep your distance. Some may mistake the virus as a cold or allergies, so if you are not sure, be tested and keep your distance.

We had the opportunity to complete our flu shot vaccine clinics in October. We are now prepared to have our COVID-19 booster shots the first part of November. This will help to head into winter with extra precaution.

We are honored to be celebrating our veterans this month and will have a special program that highlights their service bravery. November is also a month to give thanks! We will focus a lot of our programming and events around what we are thankful for and the abundant blessings that surround us daily. We are thankful for each of YOU as part of the Hillcrest Mable Rose family!

—Nicole Ellermeier, Administrator

A MONTH IN REVIEW

Thank you to Live Well, Go Fish, and a big thanks to Cynthe Dumler from Advanced Mobile Medicine for sponsoring a spectacular day on Lake Wanahoo! Hillcrest Mable Rose residents enjoyed a beautiful day of boating, fishing and flying kites. Our residents will remember the fun for a very long time!

Club members enjoyed a tropical vibe as they participated in Hawaiian Day. Everyone

dressed in luau attire, enjoyed fruit smoothies and listened to live entertainment outdoors.

Residents tapped into their creative side by making their own quilt squares from decorative paper with different designs. Individually, they were beautiful, but when they were all put together, it made for an amazing quilt. Great work, everyone!

-Angie Cappellano, Director of Adult Day Services

Lake Outing

Right: Rita and Carol take the boat for a spin during a beautiful outing on Lake Wanahoo.

Below: From left, Dan, Elizabeth, Nancy and Paul enjoy the luau.



Quilt Project

Right: Judy and Theresa show off their creative quilt squares.

Below: Clarabelle, Marian and Marcella smile with their beautiful quilt squares, which were part of the group quilt art project.



Resident Spotlight: Bernice Smith



Bernice was born in South Omaha in 1941. She worked at Woolworth's, a "dime store," Mutual of Omaha and the Orpheum Theater.

She and her husband, Ted, were together for 60 years and raised six children. The family now includes 16 grandchildren and 12 (and counting) great-grandchildren.

She says her greatest success is being a good person and being able to help others.

A very active resident, you can find Bernice walking laps around the Mable Rose and leading group activities.

The best advice she can give to the younger generation is to "be good parents and have respect for each other."