

"Autumn colors remind us we are all one dancing in the wind."

- Lorin Morgan-Richards

November 2022

The Mable Rose Messenger

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

Don't forget your flu shot!

As we roll into the holidays, we also need to remember it's flu season. We'll be close together during the cold-weather months for many fun holiday activities. This increases the possibility we will see some cases of the flu, especially in those 65 and older.

It is important to get a flu shot each year to prevent yourself from getting sick. According to the Centers for Disease Control and Prevention (CDC), flu vaccines have many benefits such as reducing the risk of getting sick and reducing the risk of more serious flu outcomes.

According to the CDC, this year's flu vaccines have been updated to better match current circulating viruses. Flu vaccines are updated each year because the virus constantly changes.

Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents/elders as well as team members. Please let the clinical team know if you (or your loved one) still need to get a flu shot.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID-19. 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-19, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



NOVEMBER BIRTHDAYS

Nov. 4: Roxie J.	Nov. 15: Virginia E.
Nov. 5: Betty E.	Nov. 18: Carol D.
Nov. 6: Dee C.	Nov. 21: Bert Y.
Nov. 6: Margaret P.	Nov. 25: Elaine J.

WELCOME TO MABLE ROSE!

Joann G.	Maria T.	Donna F.
Cindy K.	Max H.	Neva T.
Bobbi S.	Carol P.	Gene D.
Willis K.	Manuel D.	Carol D.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

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Angie Cappellano, (402) 682-6804

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Cristina Cawthorn, (402) 682-6860

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DIRECTOR OF HEALTH SERVICES:

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REGIONAL AREA DIRECTOR:

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: Fall Leaves Watercolor Craft
- Nov. 2: Geography 101 – Ohio
Cincinnati Chili & Buckeye Candy
- Nov. 4: Music w/Dan Reynolds
- Nov. 5: Husker Football on the Big Screen
- Nov. 8: Indoor Volleyball Competition
- Nov. 11: Celebrating Our Veterans
- Nov. 12: Common Thread Singers
- Nov. 15: Bundt Cake of the Month – "Pumpkin"
- Nov. 18: Bible Study w/Lisa
- Nov. 22: Christmas Door Craft
- Nov. 23: Making Rice Heating Pads
- Nov. 24: Decorating for Christmas
- Nov. 30: All Town Meeting/FF Game

FEATURED EVENT

Celebrating Our Veterans

Friday, Nov. 11, 11:30 a.m.

Join us for a luncheon as we honor our veterans for their service to our country.

Nicole's News



October came and went in true fall fashion. This season helps to remind us that change can bring beautiful things like the colorful leaves and harvest sunsets.

Another wonderful and positive change that transpired is our masking protocol. We are now

posting the weekly COVID-19 status as community level high/moderate or community level low.

If the community level is low, and there are no active cases in the building, masking is optional. If the community level is high/moderate or if there is an active case, or high risk of exposure, masking is required.

Please ensure you are reading the current signage in order to remain within our guidelines and health safety for our residents. We have also been able to discontinue the screening documentation that includes taking your temperature. If you have any COVID-19 symptoms or feel sick, we ask you please consider visiting at another time to keep our residents and team members healthy.

We are looking forward to November to celebrate and honor veterans and give thanks with special events and ceremonies. Please follow us on our Hillcrest Mable Rose Facebook page for pictures and fun.

Thank you for being a part of the Mable Rose family. We are honored and privileged to serve you!

-Nicole Ellermeier, Administrator

A MONTH IN REVIEW

October brought many fun and new activities to Hillcrest Mable Rose. Residents and some team members were invited to test out their fishing skills with the organization, Live Well. Go Fish, located in Lincoln. The organization brings seniors, youth, veterans, individuals with disabilities and hospice groups out of the confines and on the open water. Events on the trip included fishing, flying kites on fishing rods and blowing bubbles. The hosts provided a variety of music for everyone to enjoy. Nearly everyone was able to catch a fish. A huge thank you to our Nurse Practitioner Cynthe Dumler for sponsoring the outing!

We were also lucky enough to get a visit from

Heartland Equine Therapeutic Riding Academy (HETRA) last month. Their program helps to improve the quality of life both physically and emotionally for adults and children of all ability levels through equine-assisted activities. They brought two Shetland ponies to the parking lot where residents and team members could pet and brush them.

In October, we celebrated our 25th anniversary. Residents, families and team members were invited to our outdoor event. Everyone enjoyed delicious hors d'oeuvres, drinks, desserts and live music. Thank you to those who came out to celebrate us enhancing the lives of aging adults for the last 25 years.

-Angie Cappellano, Director of Adult Day Services



Go Fish

Above Left: Carol holds up the fish she caught with Live Well. Go Fish.

Above: Don shows off the big fish he caught. Left: Rita blows bubbles on the boat.



Resident Spotlight: Mary F.



Mary was born on Oct. 14 in East Rochester, New York. She was married to the love of her life, William, for 44 years and has two children, Ginny and Pat. She is very proud of her grandchildren, Daniel and Kelly, and so lucky to be a great-great grandmother to Alex, Tristan and Emme.

Mary worked for Wegamans selling plants and flowers in the floral department in Webster, New York. The biggest blessing in Mary's life is her family. She enjoys crocheting, watching television, going on bus rides, pet therapy and socializing. Mary is a huge Seattle Seahawks and Buffalo Bills fan. She would like to tell the younger generation to never grow old.

Thank you, Mary, for sharing your story!



John enjoys brushing a pony outside of Hillcrest Mable Rose.



Nancy, Tom and Patty join in on the 25th anniversary celebration.



Virginia enjoys time with her family.



Julio smiles as he pets a HETRA horse.