

*"Don't let what you can't do stop you from doing what you can do."
- John Wooden*

November 2023

The Mable Rose Messenger

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

Pies are a Thanksgiving Staple

After Halloween, everyone starts preparing for the holiday season. Many celebrate with friends, family and good food. This month, people will gather together for a hardy meal of turkey, stuffing, mashed potatoes and more. It's also not Thanksgiving without pie.

Historians date the tradition of serving pie after a Thanksgiving meal to the 18th century. Today, it is still one of the most popular desserts for the holiday. Perhaps this is because pie is a very versatile treat. One can make pie with fruits, vegetables, nuts, custard or even chocolate.

Some of the most popular pies for Thanksgiving include apple, pumpkin, sweet potato, pecan and lemon meringue. Even though these rank highest,

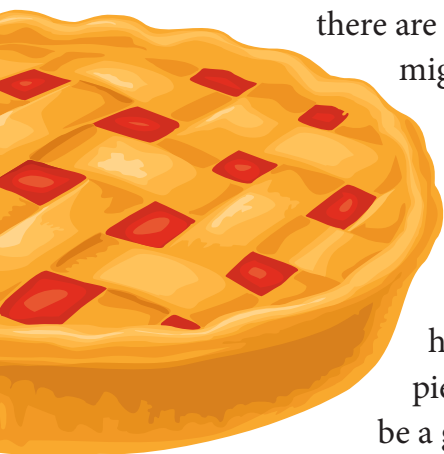
there are many other pies you might see at the table this Thanksgiving.

If you're not a fan of pie, you can still participate in this fall tradition by learning how to make one. Baking pies or other fall treats can

be a great way to spend time with family or friends. You can also

get into the fall baking spirit by simply sharing your family's traditions and recipes with each other. You never know what new treats you may discover.

Whether you enjoy pie after a Thanksgiving meal or another treat, this holiday is a great time to gather together, share stories and reflect on what you're thankful for. Happy Thanksgiving from all of us at Hillcrest!



NOVEMBER BIRTHDAYS

Nov. 5: Betty E.	Nov. 15: Virginia E.
Nov. 5: Geraldine R.	Nov. 16: Gary M.
Nov. 6: Delores S.	Nov. 22: Beverly W.
Nov. 6: Margaret P.	Nov. 29: Ron W.
Nov. 10: Vivian A.	

WELCOME TO MABLE ROSE!

Steve G.	Cynthia B.	Diane M.	Ron B.
Pam S.	Nina W.	Steve M.	

WEDDING ANNIVERSARIES

Nov. 1: Sun & Edgar B.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF RECREATION:

Carol Lowe, (402) 682-6875

DIRECTOR OF ADULT DAY SERVICES:

Angie Cappellano, (402) 682-6804

DIRECTOR OF ASSISTED LIVING:

Tanya Hernandez, (402) 682-6811

DIRECTOR OF MARKETING:

Natalie Junk, (402) 682-6802

DIRECTOR OF CULINARY:

Heather DeBlanche, (402) 682-6860

DIRECTOR OF ENVIRONMENTAL SERVICES:

Eric Schmader, (402) 682-6809

REGIONAL AREA DIRECTOR:

Dave Creal, (402) 682-6579

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. 3: Men's Lunch Bunch
 Nov. 9: Bingo at the Senior Center
 Nov. 11: Common Thread Singers
 Nov. 15: Craft w/Pat & Nikki
 Nov. 21: Music Bingo w/Elliot
 Nov. 22: Scatter Joy Acres Visit
 Nov. 24: Decorating for Christmas
 Nov. 24: NE vs. IA football in the Cinema
 Nov. 29: All Town Meeting/Fact or Crap?
 Nov. 30: Merrymakers – Joe Taylor

CAREGIVER SUPPORT GROUP

Please join us for our Dementia Caregiver Support Group on the last Monday of every month at 4:15 p.m.
 RSVP to Angie at (402) 682-6804.

FEATURED EVENT

Veterans Day Celebration

Tuesday, Nov. 14, 10 a.m.

Residents will enjoy refreshments, speakers and patriotic music in honor of all who've served in our military.

Nicole's News



October came and went in true fall fashion. We celebrated Breast Cancer Awareness Month with numerous flamingo-themed events. Some of these activities included a flamingo happy hour, flamingo bingo and flockstar party. Throughout the month, we also played flamingo-themed games and put on some temporary flamingo tattoos. Residents and Club members decked themselves out in pink for breast cancer awareness.

We had our annual Trick-or-Treat event at the end of the month. We invited all of the sweet, little ghouls and goblins inside to trick-or-treat. It was wonderful having this event back inside for more attendance and enjoyment! We loved seeing all of the creative costumes and handing out candy.

This season helps to remind us that change can bring beautiful things like the color of the leaves and harvest sunsets. It's with a heavy heart that I am in a season of change and will be moving on in my career. An opportunity has presented itself to continue growth and learning in my profession. I have been so very blessed by all of you over the past three-and-a-half years. Every resident, team member and family member has been so generous and, for that, I'm eternally grateful.

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

-Nicole Ellermeier, Administrator

A MONTH IN REVIEW

We kicked off October by celebrating National Cinnamon Roll Day. We baked banana bread and cinnamon rolls. We enjoyed them with a nice cup of hot coffee. When we weren't hard at work in the kitchen, we were able to go on some outings. We traveled to Pacific Junction, Iowa, for a picnic at Pony Creek Conservation Park. We then ventured to the Old Market to visit Hollywood Candy. Residents bought some novelty candy including Boston Baked Beans, Black Jack gum, Chick-o-Sticks and candy cigarettes. While at the candy shop, we couldn't pass up the opportunity to take photos with the life-size Jelly Belly and vintage Volkswagen.

In honor of Breast Cancer Awareness Month, we participated in pink-themed activities and partied like a flockstar! We had a flamingo happy hour with pink moscato and strawberry cookies. We played flamingo bingo and hoop toss, painted rocks pink and applied flamingo tattoos. At our flamingle party, everyone dressed in pink attire, participated in pink trivia, played flamingo beanbag toss and enjoyed strawberry shortcake bars. Residents had a fantastic time!

October ended with little ghouls and goblins trick-or-treating at Hillcrest Mable Rose. It was such an enjoyable night, and we loved seeing the costumes.

—Carol Lowe, Director of Recreation

Resident Spotlight: Barbara R.



Barbara was born on Aug. 29 in Omaha. She grew up in Springfield on a farm. She met and married Robert R., and they have been married for 63 years. Bob and Barb have five kids, Scott, Sonia, Staci and Steve. They have 12 grandchildren and seven great-grandchildren. Barbara and Bob loved to travel together and would love to do more!

Barbara's most valuable life lesson is that

hard work pays off. She feels her greatest success in life has been raising her four amazing kids. Her best piece of advice to the younger generation is that life is too short to hold a grudge. Barbara enjoys bus rides, crafts, bingo and sitting outside on the patio with her friends and husband at Hillcrest Mable Rose.

Thank you, Barbara, for sharing your story!



JoAnn makes cinnamon rolls for National Cinnamon Roll Day.



Katherine has fun at the flamingle happy hour.



Darlyne and Vernita are excited for the flockstar party.



Don enjoys the nice weather at Pony Creek Conservation Park.



Annie poses for a photo with a vintage Volkswagen.



Club members dress in pink for breast cancer awareness.



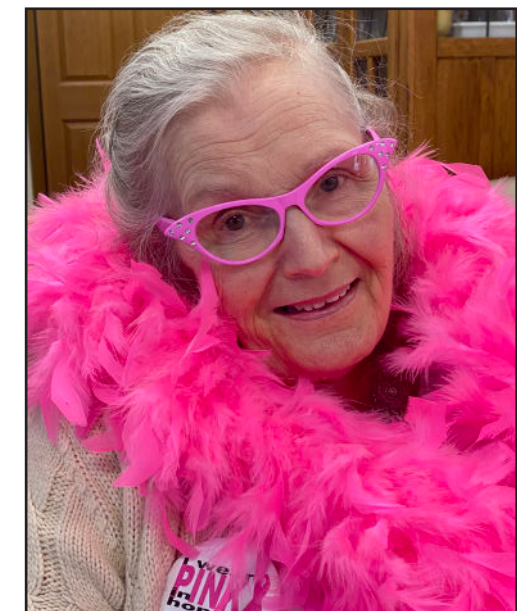
Katherine enjoys her trip to Hollywood Candy.



Julio adds cinnamon to the cinnamon roll dough as Vivian watches.



Michael shows off his flamingo attire.



Suzanne gets ready for the flockstar party.