

"Happiness is like jam. You can't spread even a little without getting some on yourself."

-Anonymous

October 2018

# The Mable Rose Messenger

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

## Activities individuals with low vision can enjoy

Living well with macular degeneration is largely about maintaining quality of life and independence. But as vision deteriorates, patients often find themselves unable to enjoy the hobbies they once did. However, finding new and engaging activities that don't necessarily require sight can help low vision patients regain a sense of control and normality in their lives. The following are fun, stimulating activities that the blind or partially sighted can enjoy whilst adapting to new circumstances:

- **Audio activities:** Any game or activity that focuses on hearing rather than sight is great for keeping the visually impaired engaged, social and mentally fit. Word and trivia games such as Jeopardy! and Trivial Pursuit are fun, inexpensive options.
- **Music:** Listening to music is an activity that can be enjoyed alone or in a group. Sing-alongs to familiar tunes can prove to be a pleasurable activity.
- **Crafts:** Those who have previously enjoyed activities like knitting or crocheting prior to age-related macular degeneration (AMD) can usually still do so with little assistance. It may be beneficial, however, to buy larger crocheting needles and thicker yarn. Tactile activities like pottery and ceramics pose another good opportunity to use sense of touch to its fullest extent.
- **Read:** Many libraries have large-print and Braille books for the visually impaired. It's also possible to purchase books on tape or download them from the internet.
- **Swim/exercise:** Sports can be somewhat intimidating for those who can't see well. However, aerobic activities like rowing, swimming and recumbent bike are safe, effective cardiovascular workout options.

The end of sharp vision does not mean the end of life. After all, there is still so much life left to live! Need some more motivation? It's been proven that AMD patients who maintain a social life and stay active have lower rates of depression, improved confidence, better memory and even a reduction in joint and muscle pain.

So what are you waiting for? Get out there and take up a new hobby!

**-Juli Grimm, Recreation Director, Hillcrest Millard**

## OCTOBER BIRTHDAYS

Oct. 1: Irene Monte DeRamos    Oct. 14: Fumiko M.  
Oct. 3: Marian Y.                    Oct. 15: Leonard K.  
Oct. 4: Charlotte D.                Oct. 22: Hank F.  
Oct. 12: Doris B.                    Oct. 28: Gladys B.

## WELCOME TO MABLE ROSE!

Sharon Davis, George Hansen, Max Adams, Barbara Siggins, Fred Rosario, Annie Stoll

## WEDDING ANNIVERSARY

Oct. 22: Gary & Karen Stott

## 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

Michelle Yosick, (402) 933-4690

### VP OF FACILITY OPERATIONS:

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!



## OCTOBER HIGHLIGHTS

Oct. 1: Decorating Hobby Shop for October  
Oct. 2: Ballroom Chair Exercising  
Oct. 4: Music with Bob Ford  
Oct. 5: Red Hat Ladies  
Oct. 8: Tim Smallwood, Magician, Performs  
Oct. 10: Men's Luncheon with Darin  
Oct. 16: When Swing was King  
Oct. 17: Paper Crafting with Pat  
Oct. 19: Cards with Kathy  
Oct. 25: Music with Paul Siebert  
Oct. 29: HMR Annual Trick-or-Treating  
Oct. 31: Halloween Fun!

## FEATURED EVENT

### Trick-or-Treat at Mable Rose

**Monday, October 29, 6-7 p.m.**

Bring your little ghosts and goblins to Trick-or-Treat Night at Hillcrest Mable Rose! Join us for safe and warm trick-or-treating along with hot dogs and drinks!

## 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](mailto:acappellano@hillcresthealth.com).

## Darin's Dish



I am excited to have cooler temperatures finally approaching us. Welcome to the season of pumpkin pie, pumpkin spice lattes and, of course, hot apple cider! We had a busy and productive September. I hope everyone enjoyed dressing up and "clowning around," National Pizza Day, Husker football in the

cinema, the beginning of fall on September 22nd and Assisted Living Week. In October, we have many fall festivities scheduled, so hold onto your pumpkins! Our main event will be our safe Trick-or-Treat Night on October 29th from 6 to 7 p.m. This has become a tradition at Mable Rose where children leave with their sacks filled. Where else can you go to 74 apartments, all guaranteed to have treats, and you don't have to walk outside!? Feel free to invite family and friends, as it is open to the public!

Since we are approaching one of my favorite holidays, I thought I'd share some Halloween facts:

- The largest pumpkin measured was grown by Ron Wallace of Greene, Rhode Island. It weighed in on October 7, 2006 at 1,502 pounds.
- According to national tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.
- The first jack-o'-lanterns were actually made from turnips.

Please encourage family and friends to provide Google and Yelp reviews of Hillcrest Mable Rose. These offer others an outstanding glimpse of the fun and quality care that we offer. Reach out to us if you have questions on how to do this. Have a great month!

**-Darin Nelson, Administrator**

## FOOLISH FASHION SHOW



bearded dress & tie back suit, dressed to the nines, cowboy, raincoat, cable knitted sweater, cotton t-shirt & sports bra



scrubs, tank top/pencil skirt, 3 karat necklace/pin dress, sun dress, printed dress, ball gown, snow suit



house shoes

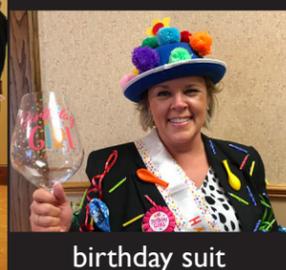
double breasted suit



cardigan & bloomers



house coat



birthday suit

On Thursday, August 23, Mable Rose held a Foolish Fashion Show. Team members and residents dressed in themed attire that had a pun-like meaning. It was definitely a sight to be seen, and we thank all the brave individuals willing to strut their stuff!

## CLOWN DAY



On Friday, August 31, Mable Rose decided to clown around for the day and have a themed Clown Day. The residents, members and team dressed up for the occasion. In the morning, a professional clown, Rainbow Trout, demonstrated how to apply face make-up in different ways. The Amazing Arthur provided a one-of-a-kind magic show in the afternoon that had the crowd laughing. It was a great day to be silly, and a fun time was had by all.