

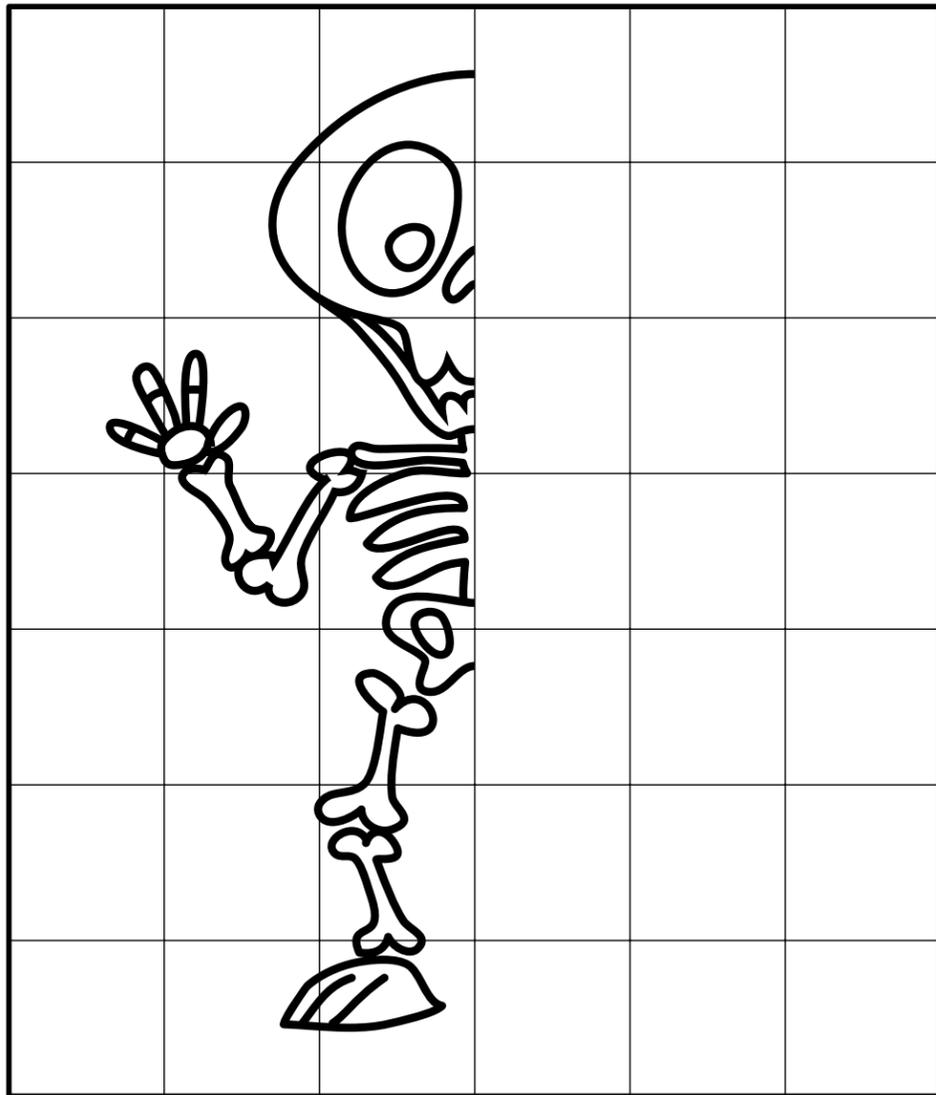
"Embrace the glorious mess that you are."
 -Elizabeth Gilbert

October 2020

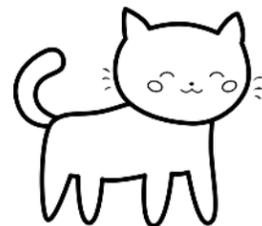
The Mable Rose Messenger

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

Activity Page



Complete the picture!



OCTOBER BIRTHDAYS

Oct. 1: Nellie MonteDe Ramos	Oct. 12: Doris Beyersdorf
Oct. 2: Eugenia Miller	Oct. 14: Mary Flood
Oct. 4: Dolores Ryan	Oct. 26: Dee Grove
Oct. 4: Charlotte Davidson	Oct. 30: Patsy Nelson
Oct. 9: Om Patney	

WELCOME TO MABLE ROSE!

Sylvia Anderson
 Dee Ryan
 Alan Volwiler

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:
 Nicole Ellermeier, (402) 682-6810

DIRECTOR OF HEALTH SERVICES:
 Jessi Dezelske, (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

Nicole's News



September was filled with fun and fundraising! We are thrilled to have raised \$1,001 with our raffle to benefit the Alzheimer's Association. We want to thank all of you who helped us achieve this generous amount that will be benefiting a cause that is near and dear to us here at Hillcrest Mable Rose. We had to alter our participation in the

Annual Sarpy Walk to End Alzheimer's by completing it virtually. Although it was not our typical way to advocate for research, education and a cure, we still were able to participate and make a difference!

September also brought us Grandparents Day, which kicks off the celebration for National Assisted Living Week! Our theme this year was "Caring is Essential." We were blessed with opportunities to engage with our team members and to complete different arts and crafts projects. Then we topped the week off by ending it with a team member parade. Team members dressed up to honor the theme of the week and handed out treats to the residents. Some of the outfit themes were Bingo Caller, Chocolate Crew, Taco-bout Caring, Care Bears, Nurses with Heart and Delicious Culinary Creations.

Our team continues to shine brightly and work hard at making the best of all situations by thinking outside of the box, but within the safety guidelines, to celebrate and bring joy to our residents.

We will continue to work hard to keep you informed of the ever-changing guidelines surrounding our community and residents. Thank you all for your support and efforts to keep our residents happy and healthy!

—Nicole Ellermeier, Administrator

A MONTH IN REVIEW

Girl Scout Troop 42420 members, Sydney Brooks and Millie Belik, generously donated handmade walker baskets to our residents in order to complete their Girl Scout Silver Awards. They are hoping that the baskets bring joy, organization and convenience to our residents' lives. Residents were so happy to receive their gift and show off their new walker accessory. We are so

grateful for the generous gifts from Sydney and Millie! Speaking of generosity, we would like to thank everyone who purchased raffle tickets in order to help raise money for the Alzheimer's Association. We raised \$1,001! We couldn't have done it without everyone's generosity. If you would still like to donate to this great cause you can do so at tinyurl.com/alzhillcrest.



Jerry shows off his new walker accessory.



Dee loves her new flowery walker bag.



Marilyn smiles with her new walker bag.

RESIDENTS IN ACTION

Hillcrest Mable Rose residents have been putting their craft skills to the test! In September, residents participated in several art therapy projects. One of them was a canvas tree decorating activity. Everyone enjoyed their time completing their project and showing off their work. Another activity residents

participated in was rock painting. Violet Oxford, our Memory Support Recreation Leader, provided the rocks and traced patterns on them for residents to paint. Residents put delicate touches on the rocks, and the end results were very remarkable.



Alice decorates her rock.



Rick creates a colorful tree with buttons for leaves.



Marcia enjoys making a fun button tree.



Elaine decorates her rock with a ladybug.