

"October is a symphony of permanence and change."

-Bonaro W. Overstreet

October 2022



It's Spooky Season

Many individuals celebrate Halloween the entire month of October. Spooky decorations start going up on Oct. 1 and stay up until the holiday itself. Here are a some ways you can celebrate Halloween all month long.

Door Decorating Contest

Get crafty and decorate your door in ghosts, ghouls and goblins. You can also decorate in traditional Halloween colors like black and orange. Get your neighbors involved and have a friendly competition.

Carve or Paint Pumpkins

Pumpkins are one of the universal symbols of Halloween. Many individuals gather together and make jack-o'-lanterns by carving faces and other spooky designs into pumpkins. If you're not into carving pumpkins, substitute the activity with painting fun sketches onto the pumpkin.

Play a Halloween Game

Gather your friends or family and have an exciting Halloween-themed game night. You can play Halloween charades with classic Halloween characters. Don't like playing charades? Test your Halloween knowledge with some spooky trivia.

Get Dressed Up

Halloween is a great time to be something you've always wanted to be. Get dressed up in Halloween costume – a witch, black cat or even a ghost! If you don't have a spooky costume, wear a Halloween sweater or dress in black and orange.

There are so many ways to get into the Halloween spirit. How will you celebrate the spooky holiday?

OCTOBER BIRTHDAYS

- | | |
|--------------------|-----------------------|
| Oct. 1: Dorothy J. | Oct. 12: Doris B. |
| Oct. 2: Eugenia M. | Oct. 14: Mary F. |
| Oct. 4: Dolores R. | Oct. 21: Margaret M. |
| Oct. 6: Edwin K. | Oct. 27: Howard M. |
| Oct. 7: Suzanne S. | Oct. 30: Patsy N. |
| Oct. 8: Susan D. | Oct. 31: Elizabeth L. |

WELCOME TO MABLE ROSE!

- | | |
|-------------|------------|
| Rosa N. | Delores S. |
| Rosemary S. | Joann G. |

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

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

DIRECTOR OF HEALTH SERVICES:

Catie Schram, (402) 682-6811

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!

The Mable Rose Messenger

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



OCTOBER HIGHLIGHTS

- Oct. 3: Hymn Sing w/Pastor Jerry
- Oct. 4: Violin/Piano Music w/the Mulhearns
- Oct. 5: Merrymakers – Music w/Kim Eames
- Oct. 8: Music w/the Common Thread Singers
- Oct. 11: Paper Crafting w/Pat
- Oct. 12: Playing Bunco w/Friends
- Oct. 13: Current Events w/Bruce
- Oct. 18: Ballroom Chair Dancing
- Oct. 20: Current Events w/Bruce
- Oct. 21: Music w/John Worsham
- Oct. 24: Annual Trick-or-Treating
- Oct. 25: Music Bingo w/Elliott
- Oct. 26: All Town Meeting/Family Feud Game

FEATURED EVENT

Trick-or-Treat Costume Parade

Monday, Oct. 24, 5-6 p.m.

Bring your kiddos for our annual outdoor trick-or-treating event! Dress up in your favorite costume and be ready to receive a lot of fun treats.



Nicole's News

September was a fun-filled and busy month! It was another wonderful month with a lot to celebrate and many reasons to get together. Hillcrest Mable Rose celebrated its 25th Anniversary, and we hosted an open house. We had a quartet, appetizers, desserts, wine and refreshments. We thank everyone who was able to come out and help us celebrate!

We also had an amazing time celebrating National Assisted Living Week, which started on Grandparents Day. This year's theme was "Joyful Moments." We celebrated by offering unique opportunities and engagements throughout the week. It is a privilege and honor to celebrate 25 years of service as an assisted living community in tandem with National Assisted Living Week.

Hillcrest also participated in the Sarpy County Walk to End Alzheimer's. We had a team that walked in the support of research to end Alzheimer's disease as well as raised funds to financially support the research. Thank you to all who joined or donated!

We are prepared for October to be another fun month filled with our Halloween Trick-or-Treat Costume Parade, multiple fall bus tours, cider sipping, apple baking and football.

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

Last month, we celebrated National Assisted Living Week with the theme, "Joyful Moments." Residents made their own t-shirts, listened to music by the fountain, tasted ice cream, watched the pet parade and celebrated Oktoberfest with beer and pretzels with cheese.

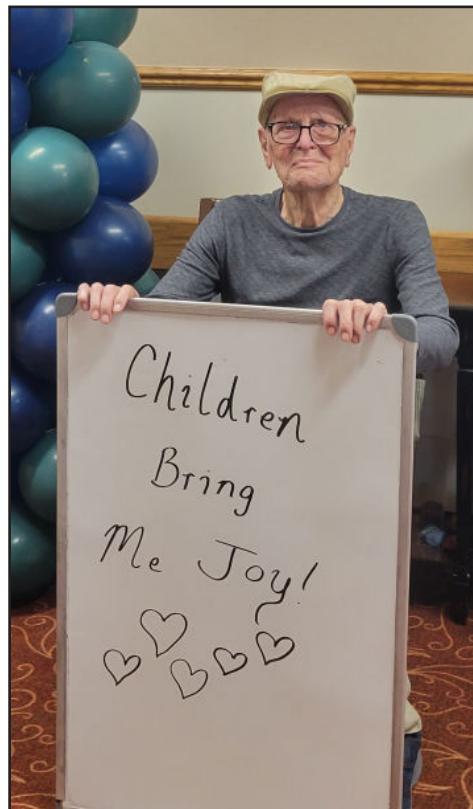
Residents were asked to share what brings them joy. Spa day was so popular in August, we had to do it again. This time we added a massage chair, and it was a hit!

Because we honor those who serve, residents visited and treated the Bellevue Police Department to lunch. Thank you to everyone who helped make this week joyful!

Last month, residents teamed up and challenged each other in a fun game of indoor volleyball in the fitness room. Some residents even ventured to Hillcrest Country Estates Grand Lodge to take a dip in the indoor pool. They have pool noodles and water weights for residents to use. This activity really made a splash in our residents' lives!

We traveled much further than the Grand Lodge by visiting Nebraska City. Residents ventured there on a beautiful day to enjoy the Kimmel Orchard & Vineyard. Residents tasted the wine, and it was determined that the apple pie wine was the best.

-Angie Cappellano, Director of Adult Day Services



Joyful Moments

Above Left: John shares that his wife brings him joy.

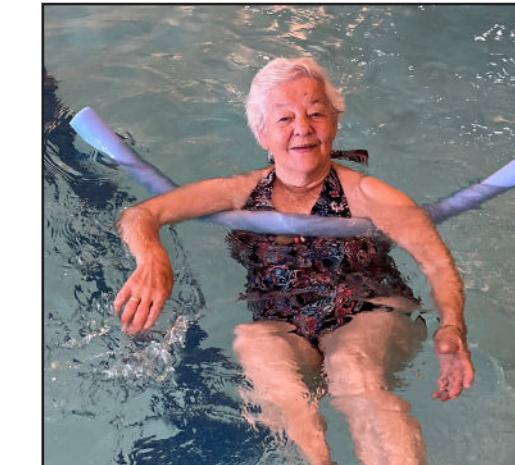
Above Center: Marilyn's cat brings her joy.

Above Right: Ed loves spending time with his children because they bring him joy.

Left: Lee shows off her joyful moments t-shirt.



Sandy enjoys outdoor music by the fountain.



Beppie floats on a pool noodle at Hillcrest Country Estates Grand Lodge.



Lucille and Marilyn enjoy Kimmel Orchard & Vineyard.



Dave, Carol, Mary, Carol and Rita enjoy their swim outing at Hillcrest Country Estates Grand Lodge.



Don poses with the sign at Kimmel Orchard & Vineyard.

Resident Spotlight: Marian B.



Marian was born on Sept. 13 in Marietta, Minnesota. She grew up on her parent's farm outside of Brookings, South Dakota. She was married to Merritt (Matt), for 56 years. They have five children, eight grandchildren, nine great-grandchildren. Marian and Matt lived in several different cities during their marriage. Marian worked as a bookkeeper, worked in medical insurance claims and held various other positions.

Marian loves to spend her time at family

get-togethers. She enjoys camping, vacationing – even twice to London and Scotland – cruises and just some home cooked meal time!

Her most valuable life lesson is when you get old, life gets boring sometimes. Keep active! She encourages the younger generation to stay busy and enjoy life. She feels marriage has been her greatest success.

Marian has lived at Hillcrest Mable Rose for almost four years. She could not be happier! She loves the community, team members and enjoys all of the activities available.

Thank you, Marian, for sharing your story!