

"Autumn carries more gold in its pocket than all the other seasons."

- Jim Bishop

October 2023

# The Mable Rose Messenger

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

## Halloween Around the World

In the U.S., Halloween is typically celebrated by wearing costumes and going trick-or-treating for candy. However, the holiday looks much different in other parts of the world.

### Ireland

Ireland is typically considered the birthplace of Halloween. Its origins stem from an ancient festival called Samhain, which celebrated the beginning of winter. Today, Ireland and Scotland celebrate Halloween with trick-or-treating, bonfires, games and traditional foods such as barnbrack, an Irish fruitcake.

### Mexico

Halloween in Mexico acts as a primer for another celebration, Día de los Muertos, or Day of the Dead. From Nov. 1 to Nov. 2, Mexico honors those who have passed away. It is believed the gates of heaven open, allowing deceased loved ones to be reunited with their families for 24 hours. Family members prepare the deceased's favorite foods and leave gifts on their graves.

### Italy

On Nov. 1, Italians celebrate Ognissanti, or All Saints' Day. In Sardinia, children go door to door to ask for offerings from the deceased. In Abruzzo candles are placed in pumpkins to make lanterns, and in Sicily it is believed deceased loved ones bring gifts to well-behaved children.

### Portugal

Day of the Witches or Dia Das Bruxas is the equivalent of Halloween in Portugal. Children go trick-or-treating, but instead of receiving candy, they ask for bread, fruit or nuts. Families also visit their loved ones' graves and leave flowers and candles.

How do you celebrate Halloween? Share memories and traditions with your friends and family.

## OCTOBER BIRTHDAYS

Oct. 6: Katherine S.    Oct. 12: Doris B.  
Oct. 6: Ed K.            Oct. 12: Michael B.  
Oct. 7: Suzy S.         Oct. 14: Mary F.  
Oct. 8: Susan D.       Oct. 14: Rosemary F.  
Oct. 9: Rich J.

## WELCOME TO MABLE ROSE!

Jeannette W.    Jim P.            Jim M.  
Pam S.            Larry Z.

## WEDDING ANNIVERSARIES



**Congratulations, Bob and Helen! The couple celebrated their 60th anniversary on Sept. 28.**

## 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:

TaKeshia Simmons, (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



## OCTOBER HIGHLIGHTS

- Oct. 2: Outing to Bakers Candies
- Oct. 3: Flamingle Happy Hour
- Oct. 4: Lucille's Cinnamon Rolls
- Oct. 14: Common Thread Singers
- Oct. 16: Harvest of Quilts Outing
- Oct. 17: Merrymakers – DeAndre Jones
- Oct. 21: Flamingle Bingo
- Oct. 24: Pumpkin Spice Bundt Cake
- Oct. 24: Party Like a Flock-Star/Flamingo Tattoos
- Oct. 26: Octoberfest Happy Hour
- Oct. 27: Spooky Spa Day
- Oct. 30: Annual Trick-or-Treating

## 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

### Trick-or-Treat

**Monday, Oct. 30, 6–7 p.m.**

Stop by with your little ghosts and goblins for Halloween fun! Wear a costume, bring a bag for trick-or-treating and collect goodies from our residents.



## Nicole's News



September was a fun-filled and busy month! We had a lot of reasons to get together and celebrate. Hillcrest Mable Rose celebrated National Assisted Living Week, which started on Grandparents Day. We kicked-off the week with an ice cream social and entertainment.

This year's theme was 'Season of Reflection.' We offered unique opportunities throughout the week to engage in reflection.

We will be offering our residents and team members the flu shot and the new COVID vaccine this month. We want to be fully prepared for the winter months ahead. If you aren't feeling well, please make sure to wear a mask or consider staying isolated until you are symptom free.

All month long, residents will be preparing for Halloween by making fall crafts, baking pumpkin treats and having spooky spa days. On Monday, Oct. 30, we will be hosting our annual Trick-or-Treat from 6-7 p.m. Our residents are excited to see everyone's costumes and hand out candy.

Our Parkinson's Support Group starts meeting this month. We will be hosting this group on the second Monday of each month at 4:15 p.m. in our fitness center. The goal is to educate, inspire and empower those with Parkinson's and their caregivers. If you have any questions regarding this support group, please contact Natalie at (402) 682-6802.

Thank you for being a part of the Hillcrest Mable Rose family.

-Nicole Ellermeier, Administrator

## A MONTH IN REVIEW

Our annual Hillcrest Mable Rose County Fair Week has come and gone, like the summer. We kicked the week off with Blue Jeans & Boots 4H Club bringing in a petting zoo, which included chickens, lizards, bunnies and a goat. Our pie contest had eight amazing submissions, which turned out to be a battle royale for first place. This year's winning pie, chosen by our residents, was the chocolate caramel pecan. Residents and Club members enjoyed taste-testing all of the delicious pies.

Our quilt and art show was bigger and better this year with so many beautiful quilts and art projects.

Everything was made by our friends, family and residents. We ended the week with a midway in Marv's Place. There were several games to play such as ring toss, duck pull, ball toss, Plinko and Wheel of Fortune. All individuals who played the games won awesome prizes. Everyone loved picking out a new stuffed animal friend when they won. Carnival-themed music was playing and, of course, we had to binge on the great food. We made kettle corn, caramel apples, nachos, cotton candy and the big hit was the funnel cakes. We can't wait for next year's celebration!

—Carol Lowe, Director of Recreation



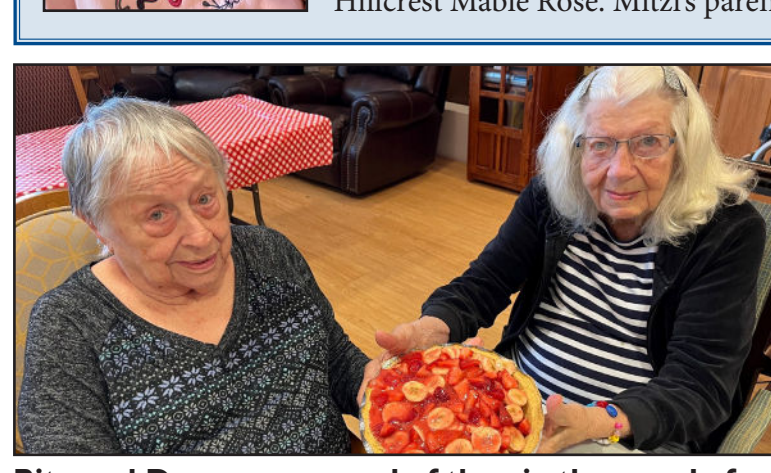
Don visits the Sarpy County Museum.



Neva has fun at the County Fair midway.



Evelyn and Joann win prizes.



Rita and Donna are proud of the pie they made for the contest.



Willis poses for a photo with Happy the Clown.



Rich enjoys some funnel cake.



Lucille holds a chicken during the petting zoo.



Eddith tries her luck at the ring toss game.



Marian shows off her artwork at the quilt and art show.



Nancy, Happy, Gill and Tanner play the duck pond game.

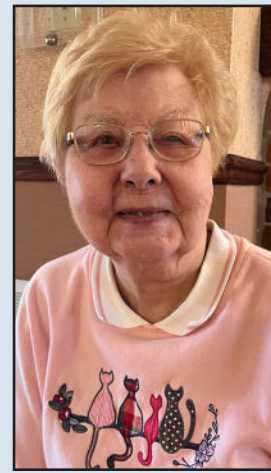


Julio makes a beautiful box craft.



Clarabelle smiles with her finished masterpiece.

## Resident Spotlight: LaVonne (Mitzi) K.



Mitzi graduated from University of Nebraska – Kearney and became a teacher. She met and married Ed. Ed was in the Air Force, so they spent many years traveling around and eventually settled in Omaha.

Mitzi owned and operated the company Diet Center with locations in Bellevue, Papillion, Blair and Lincoln.

She, as well as her family members, has enjoyed Hillcrest Mable Rose's services. Her husband Ed participated in the Club at Hillcrest Mable Rose. Mitzi's parents Lowell

and Leona S. lived at Hillcrest Mable Rose when it first opened. Now, Mitzi herself is living here.

Mitzi and Ed have three kids, six grandkids and three great-grandkids. Mitzi loved to cook and sew. She treasures her family and enjoys spending time with them, and is very proud of her charity work.

In the "twilight" of her life, Mitzi met Jim, and they just celebrated their fifth anniversary.

Thank you, Mitzi, for sharing your story!