

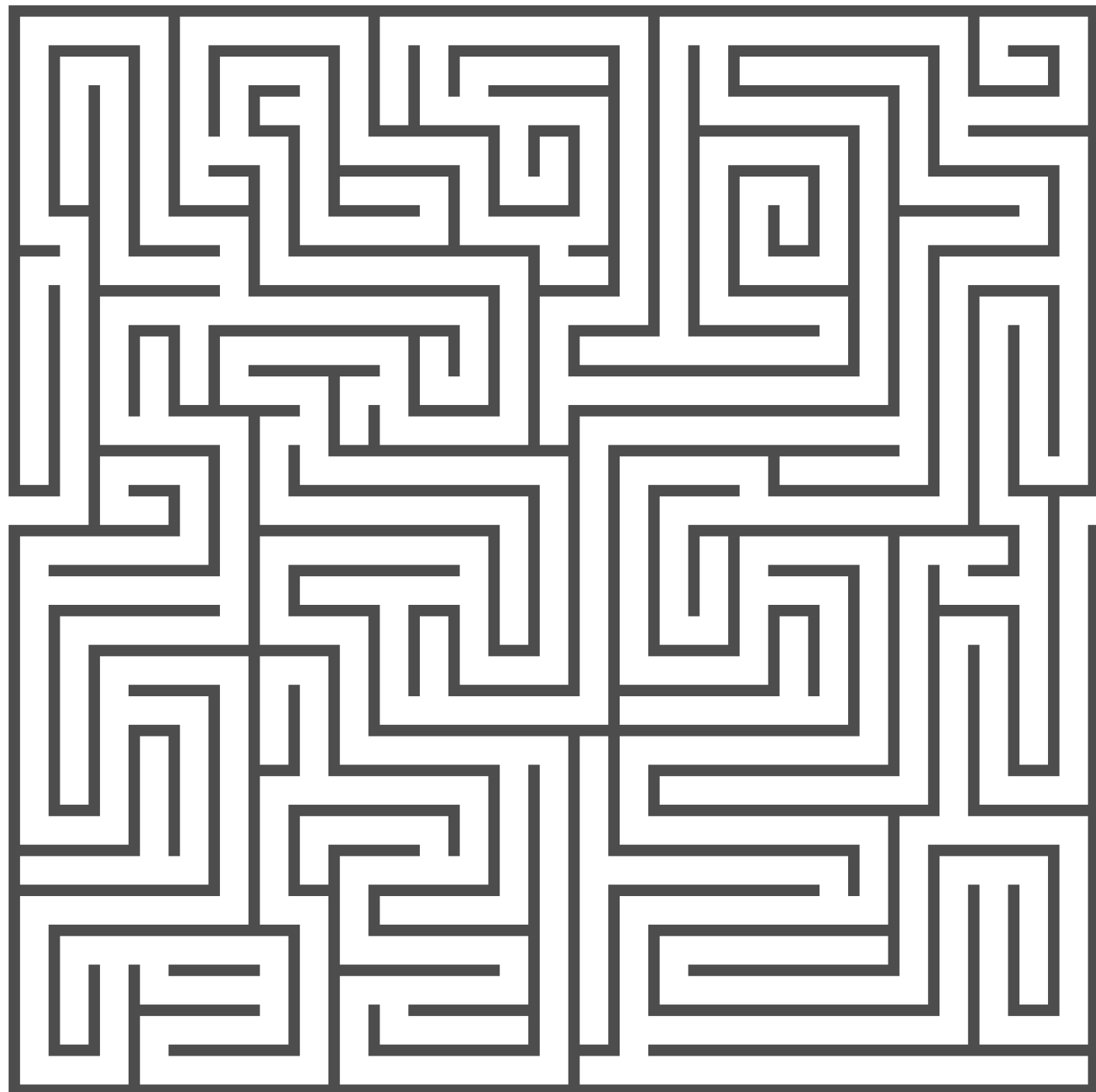
"The best way to predict your future is to create it."
- Abraham Lincoln

September 2020

The Mable Rose Messenger

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

Activity Page



SEPTEMBER BIRTHDAYS

Sept. 6: Edward Fricke
Sept. 6: Elisabeth Aube
Sept. 11: Gerald Mach
Sept. 13: Marian Bailey
Sept. 16: Elaine Melcher
Sept. 24: Murat Akyurek
Sept. 26: Doris Westman
Sept. 28: Barbara Siggins
Sept. 29: Scott Mathews

WELCOME TO MABLE ROSE!

Mary Stankiewicz, Norma Murabito,
Janelle Jourdan, Catherine Schutz

WEDDING ANNIVERSARIES

Ron and Joan Roberts

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

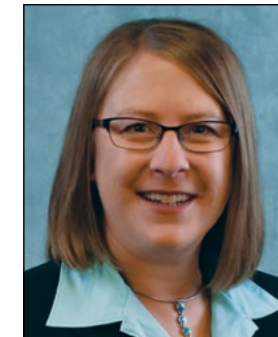
DIRECTOR OF ENVIRONMENTAL SERVICES:

Eric Schmader, (402) 682-6809

REGIONAL ADMINISTRATOR:

Dave Creal, (402) 933-4690

Nicole's News



This month we are privileged to celebrate National Assisted Living Week! The theme this year is "Caring is EssentiAL." We will kick off the week of celebration on National Grandparents Day, Sunday the 13th, with modifications to our past traditions. We want

to encourage connections and celebrations of our grandparents here at Hillcrest Mable Rose by painting or drawing beautiful messages on their windows. We will provide window paints and crayons from 10 a.m. to noon on Sunday for friends and family members to join us in decorating our residents' windows with bright pictures and messages.

The rest of the week will be filled with fun activities and events for our residents that will revolve around our theme. We know that this year has proven to be very challenging for everyone. Our team members and residents have been directly affected and continue to demonstrate resilience. We refuse to let the pandemic get in the way of finding and providing moments of joy every day. We realize that we are not only resilient but also creative. Our team has been so wonderful at thinking of ways to modify our activities and events so that they can continue to occur, even if they look a little different from years past. I am proud to work with a team that has such great passion and talents and so grateful for our residents, who we are blessed to serve.

—Nicole Ellermeier, Administrator

A MONTH IN REVIEW

The Beauty Shop at Hillcrest Mable Rose has reopened, and everyone is excited to finally be able to get their hair done. Some of our residents have even tried new hairstyles. We sure have a bunch of beautiful residents at Hillcrest Mable Rose!

We have also enjoyed the vegetables from the

large garden in our courtyard. Residents have been a big help in the garden and even kept a coordinated schedule for who was in charge of watering the veggies each day. We are growing tomatoes, cucumbers and green peppers. They taste amazing and were definitely worth the effort of growing them ourselves!



Lucille shows off her haircut.



Beppie smiles after getting her hair done.



Mary Lou tries out a new hairstyle.



Lucy is excited about her haircut.

RESIDENTS IN ACTION

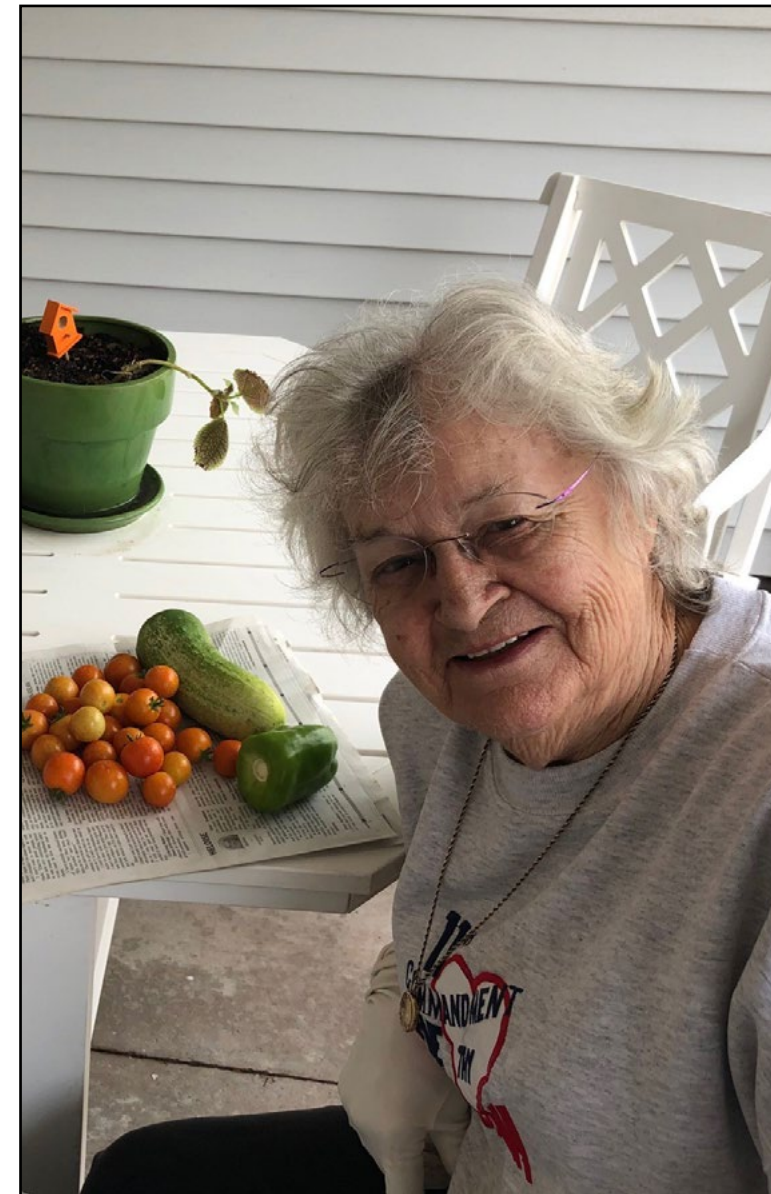
Join us in the fight against Alzheimer's by walking with us in the Sarpy Walk to End Alzheimer's on Saturday, September 12th! This year's walk will be virtual due to COVID-19. To register, go to tinyurl.com/hillcrestwalks. When you register, you will receive a link to share on social media to help you fundraise for this event. Wear your Hillcrest "Enhancing Lives" t-shirt and share pictures of yourself on social media with the hashtags #HillcrestWalks, #Walk2EndAlz and #ENDALZ. If you or your family members need a t-shirt contact Alice, at aswartz@hillcresthealth.com.

If you are unable to participate in the walk, you

can still support us with a donation! There are many prizes and incentives to make a donation. Go to alz.org to learn more.

The opening ceremony, which will be livestreamed on alz.org, will start at 9 a.m., and the walk will officially begin by 9:15 a.m. There will also be an opportunity to drive through the Promise Garden at Prairie Queen Recreation Area from 10 a.m.–3 p.m.

Despite COVID-19, we are still working to make a difference in the lives of individuals with Alzheimer's and their loved ones. We hope to see you (virtually) at this year's Walk to End Alzheimer's!



Pat poses with the veggies from the garden.



The vegetables from the garden look delicious.