

"A grandparent is a little bit parent, a little bit teacher
and a little bit best friend." —Unknown

September 2021

The Mable Rose Messenger

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



NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12-18, 2021

This month we're celebrating National Assisted Living Week! Established in 1995 by the National Center for Assisted Living (NCAL), this celebratory week gives individuals the opportunity to recognize the role of assisted living in caring for seniors in America.

The theme for 2021 is "Compassion, Community, Caring." NCAL chose this theme to highlight the parts played by team members in assisted living communities during the COVID-19 pandemic. When safety guidelines prevent in-person visits between residents and their loved ones, team members provide that extra bit of loving compassion to each individual under their care.

At Hillcrest Mable Rose, we're going to celebrate in a variety of ways. First, we'll enjoy a concert by Billy Troy and some sweet treats. Then we're going to make a special trip to the police station to deliver lunch to everyone there. We'll go on a pontoon ride on Lake Wanahoo, and to cap off the week, a Neil Diamond impersonator will be serenading us. It's going to be a great week, and we can't wait to celebrate!

SEPTEMBER BIRTHDAYS

Sept. 6: Beppie A.	Sept. 22: Sylvia A.
Sept. 11: Gerald M.	Sept. 23: Marian H.
Sept. 12: Cathy G.	Sept. 26: Doris W.
Sept. 13: Marian B.	Sept. 29: Scott M.
Sept. 21: Jim C.	

WELCOME TO MABLE ROSE!

Dan H.	Betty E.
Bert Y.	Elaine M.
Dolores K.	Lillian R.
Marian H.	Frances C.
Margie M.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Nicole Ellermeier, (402) 682-6810

DIRECTOR OF HEALTH SERVICES:

Jessica Weis, (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

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!



SEPTEMBER HIGHLIGHTS

Sept. 3: Labor Day Cookout
Sept. 7: Ballroom Chair Dancing
Sept. 8: When Swing Was King
Sept. 12: National Grandparents Day
Sept. 13: Making Lucille's Peanut Clusters
Sept. 15: Going on a Pontoon Ride
Sept. 20: Pizza Outing
Sept. 24: Luau Day
Sept. 29: All Town Meeting

CAREGIVER SUPPORT MEETING

Last Tuesday of Each Month

Hobby Shop, 3:30 p.m.

Join Angie Cappellano, Dr. Anna Fisher and Brandy Fisk for a monthly support meeting. RSVP to Angie: (402) 682-6804 or acappellano@hillcresthealth.com.

FEATURED EVENT

NATIONAL ASSISTED LIVING WEEK

September 12-18

Enjoy a full week of events to celebrate National Assisted Living Week! Refer to this month's calendars for the full details.

Nicole's News



September brings so many exciting events and nice weather to look forward to. Labor Day, National Grandparents Day, National Assisted Living Week and football are the ones I'm the most excited about. National Assisted Living Week kicks off on Grandparents Day, on Sunday, September 12. We are looking forward to music by Billy Troy outside by the fountain to kickstart the week of celebration. This year's theme is "Compassion, Community and Caring." We will be making lunch and taking it to our local public service providers including the police and fire departments. We are going to partner with Live Well. Go Fish. to take a pontoon ride and do some fishing. The week will also be filled with entertainment and other activities to support and celebrate National Assisted Living Week.

Last month we had a lot of activities and fun. We started the month off with National Night Out. We enjoyed having our neighbors over for hot dogs, outdoor games and fellowship. We were blessed with beautiful weather. We went on outings that included the Schramm Education Center, the Holy Family Shrine, the Sarpy County Museum and picnics in the park. We also participated in the Arrows to Aerospace Parade in Olde Towne Bellevue. Our residents and team members had a great time! In the last week of August we had our County Fair Week. We had livestock showings, talent exhibits, a quilt show, a craft fair, funnel cakes, corn dogs, a lemonade stand, a pie judging (and eating) contest and a fair staple - the cake walk. We had a marvelous time enjoying the fair and reminiscing about the fair days from our hometowns.

—Nicole Ellermeier, Administrator

A MONTH IN REVIEW

August was full of fun adventures for us here at Hillcrest Mable Rose. One of our favorite activities was going to the Schramm Education Center. We enjoyed seeing the many fish and snakes. We also were hands-on with the exhibits. It was an entertaining and

educational outing.

We were able to hang out with Scout, Brandy Fisk's dog. Brandy is our Dimensions Coordinator. Scout is so much fun to interact with. We are always happy when Brandy brings him with her.



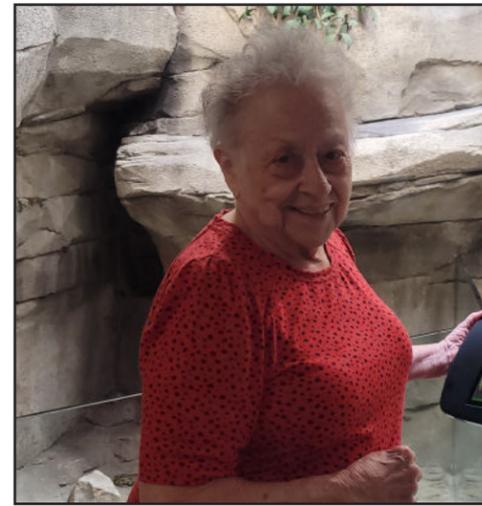
Annie poses in front of an interactive nature display.



Marilyn looks at an exhibit about underground wildlife.



Janelle snuggles with Scout.



Rita interacts with a display.



Marilyn smiles while petting Scout.



Beppie looks at a turkey exhibit.



Carol gets an up-close look at a display.



Julio plays with Brandy's dog, Scout.

2021 Sarpy County Walk to End Alzheimer's

Sunday, October 17

8:30 a.m. - Registration

9:30 a.m. - Ceremony

10:00 a.m. - Walk Begins

Join us in supporting the Alzheimer's Association by walking on our team! Visit

tinyurl.com/TeamHillcrest to join our team. We will also be hosting a raffle fundraiser. More details on that to come.



Residents spend the day at Schramm Education Center.



Bob compares his wing span to an eagle's.

Resident Spotlight



Don is our Resident Spotlight for September! He and his wife Joan were married for 69 years and have two children and two grandsons. He says that his greatest success was marrying Joan, who he calls his angel. The best advice he can provide is to have faith in God and never lose it.

He is a huge Jayhawks fan and enjoyed going to games with his wife. One thing that Don is determined to do in life is to learn how to play the piano. Thank you for sharing your story, Don.