

"Autumn is a second spring when every leaf is a flower."

- Albert Camus

September 2022

# The Mable Rose Messenger

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



## Fall is Just Around the Corner

As summer fades and weather cools, reds, oranges and yellows begin to cover the trees. Sept. 22 marks the first day of fall, and there are many ways to prepare for the new season.

### Football Tailgate Party

Gather your friends and some tasty game-time snacks and watch your favorite team score its way to victory! Football is the sport of the season, so it's the perfect way to get into the fall spirit.

### Autumn Crafting

Whether you're an avid crafter or learning a new skill, a fun way to welcome autumn is to create a fall door sign or wall decorations. Use fall colors like reds, oranges and yellows to craft an autumn masterpiece.

### Delicious Goodies

Another staple of the fall season is its food. Apples, pumpkins, squash and many other fruits and vegetables are used in fall cooking. Try something new or grab a slice of your favorite pie.

### Spend Time Outdoors

The cool weather is refreshing after a long, hot summer. Put on a cozy sweater and enjoy some fresh air. Take in the natural beauty fall has to offer.

Whether you decide to watch your favorite team, make fall decorations, eat tasty treats or get some fresh air, we hope fall is a great season.

## SEPTEMBER BIRTHDAYS

Sept. 1: Van A.	Sept. 13: Marian B.
Sept. 6: Bob C.	Sept. 13 Carl H.
Sept. 6: Mary M.	Sept. 17: Marilyn H.
Sept. 6: Beppie A.	Sept. 23: Marian H.
Sept. 8: Donna B.	Sept. 25: Mike F.
Sept. 10: Mark F.	Sept. 29: Scott M.
Sept. 11: Gerald M.	

## WEDDING ANNIVERSARIES

Sept. 5: Mike and Kathleen M.

## WELCOME TO MABLE ROSE!

Barbara J.	Woody W.
Neva G.	Delois F.

## 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:

Sharon "Shay" Friel, (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!



## SEPTEMBER HIGHLIGHTS

- Sept. 2: Bible Study with Lisa
- Sept. 6: Visit the Apple Orchard
- Sept. 10: Common Thread Singers Visit
- Sept. 11-17: Assisted Living Week - Joyful Moments
- Sept. 11: Ice Cream Social/Concert - Music with Louis
- Sept. 12: Giving Back Brings Joy - Lunch to Bellevue Police Department
- Sept. 13: Making Joyful Moments T-Shirts
- Sept. 14: Joyful Luxury Spa Day
- Sept. 15: Music by the Fountain with George & Jr's
- Sept. 16: Music by the Fountain with Dan Reynolds
- Sept. 16: Oktoberfest Happy Hour
- Sept. 19: Pet Therapy Visit with Paige
- Sept. 21: Second Senior Concert Outing
- Sept. 24: Natalie Playing the Piano
- Sept. 26: Pet Therapy Visit with Louis
- Sept. 28: All Town Meeting & Family Feud

## FEATURED EVENT

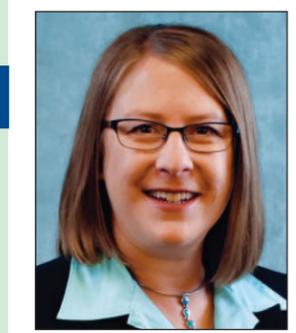
### Sarpy Walk to End Alzheimer's

Sept. 24, 8:30 a.m.

### Prairie Queen Recreation Area

Join the Hillcrest team and walk with us in the Walk to End Alzheimer's. Visit [hillcresthealth.com/endalz](http://hillcresthealth.com/endalz) to learn more.

## Nicole's News



Hillcrest Mable Rose had a fabulous August! We hosted National Night Out for our neighborhood and enjoyed Mable Rose Appreciation Week. We played yard games with residents, dressed in themes and enjoyed tasty treats!

September is going to be another wonderful month with a lot to celebrate and many reasons to get together. Hillcrest Mable Rose celebrates its 25th Anniversary this year, and we are hosting an open house on Sept. 15 from 4-6 p.m. We will have a quartet, appetizers, desserts, wine and refreshments. Please join us for this celebration! RSVP to Amber at (402) 291-9777 or [aderickson@hillcresthealth.com](mailto:aderickson@hillcresthealth.com).

National Assisted Living Week kicks off on Grandparents Day, Sept. 11. This year's theme is 'Joyful Moments.' We will be offering different and unique opportunities throughout the week that will bring joy to residents and team members.

We will also be participating in the Sarpy County Walk to End Alzheimer's on Saturday, Sept. 24 at Prairie Queen Recreation Area in Papillion. We would love for you to join either by donation or by participating! Visit [hillcresthealth.com/endalz](http://hillcresthealth.com/endalz) to learn more about how you can get involved with our team.

Thank you for being a part of the Hillcrest Mable Rose family. We are honored and privileged to serve you!

-Nicole Ellermeier, Administrator

## A MONTH IN REVIEW

We held our second-annual County Fair in August, and it was a great success! The week started out with exhibits from our 4-H Blue Jeans and Boots Club. They also brought with them a petting zoo that residents and team members enjoyed. We held a pie contest where volunteers and team members made homemade pies. Residents and Club members taste-tested the pies and then voted on their favorite. We had apple, Oreo, peanut butter, cherry, rhubarb and cherry lattice pie, which was the blue ribbon winner! During County Fair Week, we also highlighted an amazing display of quilts for everyone to admire. Marcella E. took home the blue ribbon for her heirloom quilt. We had our fair share of yummy treats. The funnel cakes were the hit

of the day, and the aroma spread quickly throughout the community. We, of course, celebrated by dressing up in our Western best with country music from Christine Coulson. We cannot wait to do it again next year!

To end our week-long celebration, we enjoyed some relaxing time with a spa day. Team members and our wonderful volunteers pampered residents. The room was filled with scents of calming essential oils. Neck massages, hot packs, facials, back rubs and foot massages paired with sparkling cucumber water and soundscapes music were enjoyed by all.

-Carol Lowe, Director of Recreation

## County Fair Week

**Right:** Allan dresses in his Western best for the second-annual Hillcrest Mable Rose County Fair. **Far Right:** Barb shows off her Western hat during County Fair Week.

**Far Right Middle:** Marcella is proud of her winning quilt. **Bottom Right:** Doris, Lucille and Clarabelle make a banana cream pie for the pie contest. **Below:** Carol enters the quilt show with her colorful quilt.



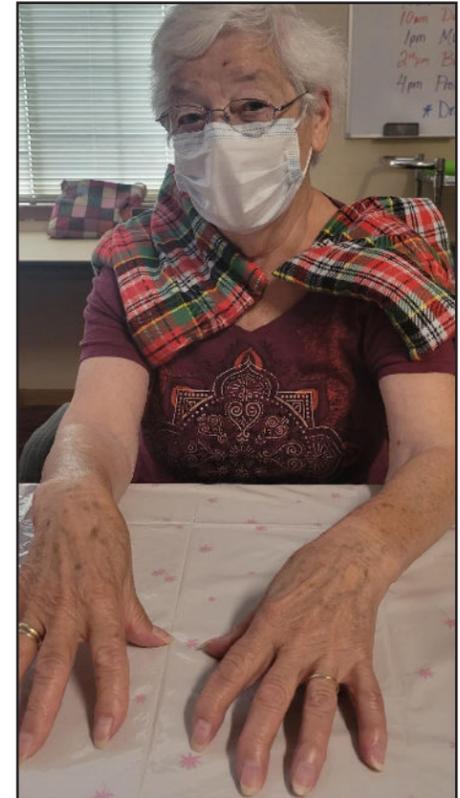
### Resident Spotlight: Virginia E.



Virginia was born on Nov. 15 in Weeping Water. She was married to John for 59 years, and together they have three children, eight grandchildren and 10 great-grandchildren. Virginia worked for the Goodyear plant outside of Lincoln and ironed others' clothes. She also worked as a secretary at Logan Mission Middle School, was the administrative assistant at the Bellevue Chamber of Commerce, was a great stay-at-home mom and ended up selling Avon products. At Avon, she won many awards over the

course of 17 years. She loves to volunteer her time. She's volunteered with First Presbyterian Church, Eastern Nebraska Office on Aging, Boy Scouts and AOKIYA. Virginia has enjoyed spending time with her family at their cabin, going on summer vacations, crocheting afghans and taking care of her plants. She says she strives every day to be valuable to people in some way. She is most proud of her family but also says she tries to do at least one good deed each day. Virginia thinks the younger generation needs to focus on living life to the fullest and sharing peace and love with one another.

Thank you, Virginia, for sharing your story!



## Spa Day

**Top Left:** Carol enjoys a facial during Spa Day. **Above:** Lisa gives Annie a back massage. **Above Right:** Beppie gets her nails done on Spa Day. **Left:** Sarah gives Barb a massage during her facial.