

*"Fall is a second spring when every leaf is a flower."  
- Albert Camus*

September 2023

# The Mable Rose Messenger

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

## Season of Reflection & Self-Improvement

September is officially Self-Improvement Month, marking the end of summer and start of fall. As the season changes, it's a good time to pause and reflect on all we've accomplished. Then, we can explore opportunities for growth and identify goals to work toward.

This month, we're also encouraged to reflect on the important things in life, including the special relationships and bonds we've formed with others. National Assisted Living Week, Sept. 10-16, celebrates just this with a "Season of Reflection" theme. We're offered a chance to embrace and welcome the sense of renewal that comes with the changing season.

Growing our relationships with family or friends is always a great goal. We can do this simply by spending more time with those we love. Consider trying to connect more with others around you to develop new friendships or reach out to those you've lost touch with.

Creativity can be linked to living a more fulfilled life. Discovering your creative talents can be a fun and rewarding experience. Even if you don't think you're a good painter or great at writing stories, oftentimes, the effort put in will make you feel better just knowing you tried something new.

Now is the time to explore learning new skills. Never thought you'd be a knitter? Give it a shot! You may even find a friend who wants to learn with you.

Perhaps the best way for self-improvement is to turn inward and really allow yourself time with your thoughts, beliefs, dreams or imaginations.

## SEPTEMBER BIRTHDAYS

Sept. 6: Mary M.	Sept. 23: Marian H.
Sept. 8: Donna B.	Sept. 24: Elizabeth S.
Sept. 13: Carl H.	Sept. 25: Mike F.
Sept. 15: Helen K.	Sept. 26: Maria T.
Sept. 15: Bobbi S.	Sept. 29: Alvin M.
Sept. 17: Marilyn H.	Sept. 29: Scott M.
Sept. 22: Rosemary S.	

## WELCOME TO MABLE ROSE!

Alvin M.	Eddith B.	Richard J.
Bill R.	Gary H.	Rita T.
Carol L.	Helen O.	Rose B.
Carol A.	Jerry H.	Rosemary F.
Carolynn H.	Katherine S.	Vivian A.
Dean C.	Pat F.	

## WEDDING ANNIVERSARIES

Sept. 5: Mike & Kathy M.  
Sept. 25: Bill & Colette V.

## 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 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) 933-4690



## SEPTEMBER HIGHLIGHTS

Sept. 1: Men's Lunch Bunch  
Sept. 5: Ballroom Chair Dancing  
Sept. 6: Hump Day Happy Hour  
Sept. 9: Sarpy Walk to End Alzheimer's  
Sept. 10: Music w/Michael Walker  
Sept. 10: Grandparents Day Ice Cream Social  
Sept. 19: Music Bingo w/Elliot  
Sept. 20: Spiritual Concert Series  
Sept. 22: Happy Hour  
Sept. 27: All Town Meeting/Family Feud  
Sept. 28: Music w/Kim Eames

## CAREGIVER SUPPORT GROUP

Please join us for our Caregiver Support Group on the last Monday of every month at 4:15 p.m.

RSVP to Angie at (402) 682-6804.

## FEATURED EVENT

### Assisted Living Week

Sunday, Sept. 10 – Saturday, Sept. 16

We will be honoring Hillcrest Mable Rose residents, team members and volunteers during National Assisted Living Week. Join us on Sept. 10 at 1:30 p.m. as we kick off the week with music and ice cream.

## Nicole's News



Everyone at Hillcrest Mable Rose had a fabulous August! We hosted National Night Out for our neighborhood and enjoyed our annual County Fair Week. Residents and team members participated in fair fun. We had a pie contest and a quilt and

art show. We took a trip on a Ferris wheel, enjoyed Midway games and ended the week with entertainment and a fair favorite – funnel cakes! We also welcomed Heather, our new director of culinary.

September is going to be another wonderful month with a lot to celebrate. We are excited for National Assisted Living Week, which will kick off on Grandparents Day, Sunday, Sept. 10. This year's theme for the week is 'Season of Reflection.' We will be offering unique opportunities to engage in reflections throughout the week. We will also be hosting weekly Husker football parties and continuing our regular fun of bingo, exercise, bus rides and games.

The Hillcrest team is participating in the Sarpy County Walk to End Alzheimer's on Saturday, Sept. 9 at Prairie Queen Recreation Area in Papillion. We would love for you to join our team or donate to this cause. For more information, visit [hillcresthealth.com/endlz](http://hillcresthealth.com/endlz).

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

**-Nicole Ellermeier, Administrator**

## A MONTH IN REVIEW

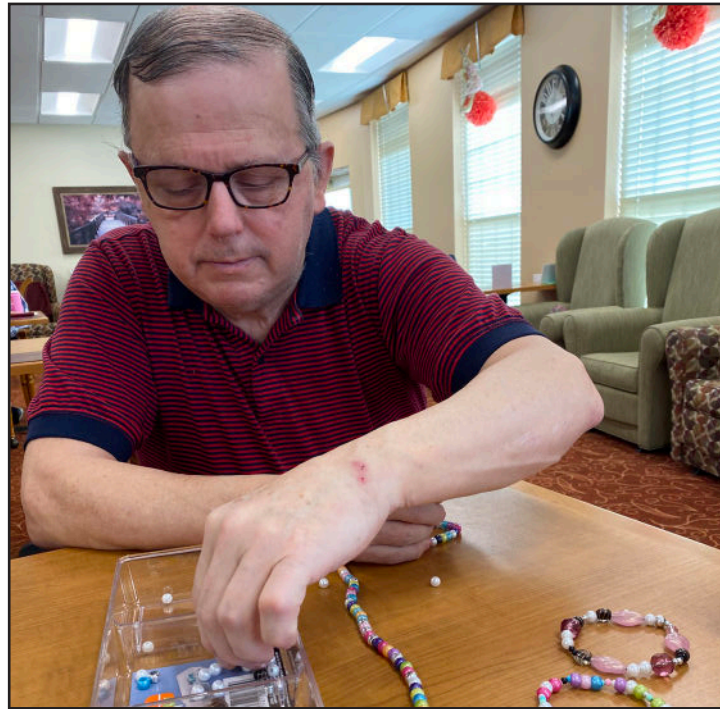
We always enjoy when furry friends from Scatter Joy Acres visit our community. Scatter Joy Acres provides pet therapy once a month for our residents. They bring all kinds of animals such as ducks, dogs, kittens, llamas and more. These guests are always sure to put a smile on residents' faces!

Residents and Club members love to participate in making crafts, especially to display in their home or apartment on ledges and doors. Residents had fun making the "Bee Nice or Bee Kind" wooden craft last

month. Club members enjoyed making homemade necklaces and bracelets for one another to wear. While walking through our neighborhoods, you'll see many of these crafts hanging outside of apartment doors.

The flowers are in full bloom and our courtyards are looking amazing. Thank you to all of the residents and team members who help maintain the grounds by planting new flowers every year and watering them. You all do such an amazing job!

**-Angie Cappellano, Director of Adult Day Services**



Dan makes a beaded necklace.



Evelyn and Georgia are excited to plant a flower.



Gerry takes care of the garden in the courtyard.

## Resident Spotlight: Darlyne M.



Darlyne was born in Alberta, Canada. She grew up in Salt Lake City, Utah and graduated from LDS Business College (currently Ensign College).

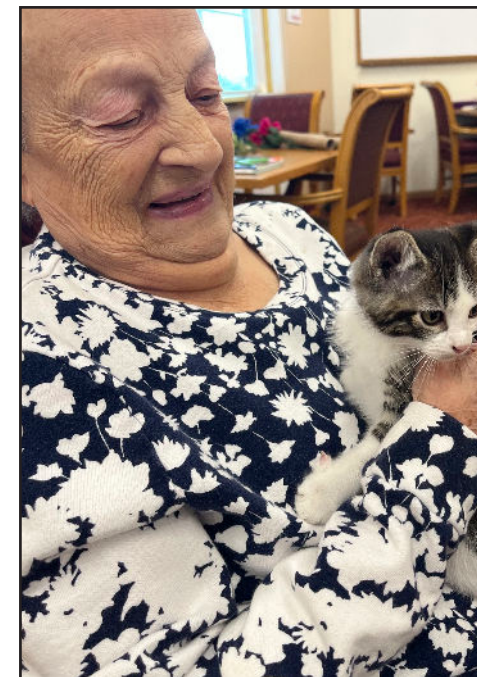
Darlyne married Lee M. He was more than a husband to her. She has two children: Gregory, who is married to his wife Carol, and Michelle, who is married to her husband Tim. Darlyne has three grandchildren and six great-grandchildren.

Darlyne loved raising her family and

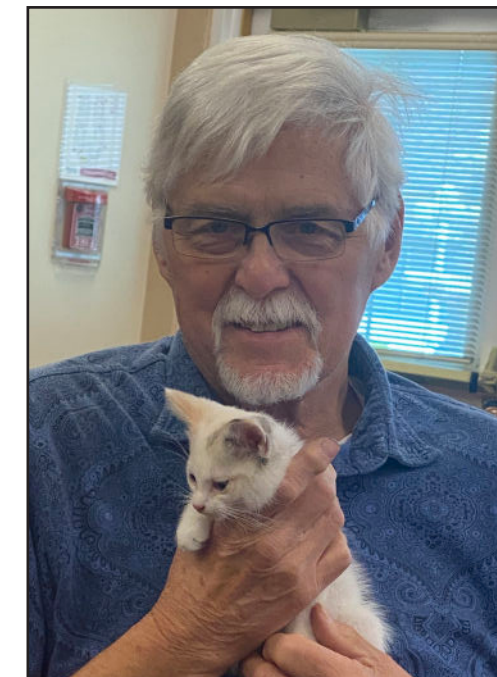
spending her extra time volunteering. Her most valuable life lesson is that family is the most important thing in life. Her greatest success in life was her marriage to Lee and their family.

Darlyne enjoys participating in crafts and Pastor Jerry's worship services at Hillcrest Mable Rose.

This Resident Spotlight was written by Darlyne herself. Thank you, Darlyne, for sharing your story!



Mickey snuggles with a kitten from Scatter Joy Acres.



Dwight cuddles with a furry friend.



Maxine loves when Scatter Joy Acres brings kittens for a visit.

Join the Hillcrest team for the Sarpy County Walk to End Alzheimer's.

**Saturday, Sept. 9**

Prairie Queen Recreation Area – 132nd & Highway 370, Papillion



Scan the QR code or visit [hillcresthealth.com/endalz](http://hillcresthealth.com/endalz) to learn more and join our team! Sign up by Sept. 6.