

Stay Cool in the Heat This Summer

We have officially moved on from the winter frosts and into a season of warmth. According to the Centers for Disease Control and Prevention (CDC), older adults are more prone to heat stress for various reasons. They do not adjust well to sudden changes in temperature, are more likely to have a medical condition resulting in unusual responses to heat and can be taking medicines that affect body temperature or sweat. Here are some ways to keep cool as temperatures continue to rise.

Stay hydrated.

Aging adults have a higher risk of becoming dehydrated. Drink cold water throughout the day. Don't wait until you're thirsty to drink something. Dehydration can lead to feeling faint, nauseous and dizzy. Melons, cucumbers and berries, along with other foods higher in water content, help keep you hydrated as well.

Close curtains and blinds.

Many people underestimate how much the sun shining through the windows can heat up a space. By closing curtains and blinds on especially hot days, you can significantly cool down your living area.

Dress for the weather.

Choosing to wear clothing that is lightweight and light in color is the best option for the summer heat. Dark colors absorb the heat and can make you warmer than normal. Wear natural fabrics, such as cotton. Cotton is lightweight and breathable, allowing you to stay cool.

Stay indoors.

As much as you want to spend some time in the sun after being cooped up all winter, it is important to stay indoors on hotter days. If you want to get outside, limit yourself to going outdoors in the early morning or evening to avoid the warmest parts of the day. If you do go outdoors, make sure to wear sunscreen and a hat to keep from burning.

Staying cool and hydrated in the heat of summer is key to keeping healthy all summer long.

HAPPY BIRTHDAY!

May 6: Vernita K. (100)

May 13: Dean C. (90)

May 27: Jim M. (95)

WELCOME TO MABLE ROSE

Mary V.	Bob A.	Dorinda S.
Betty R.	Bob. C	Carol H.

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We distribute the newsletter via email. If you'd like to be included on the distribution list, send us your email address, and we'll keep you posted!

Email us at info@hillcresthealth.com to get started!



SAVE THE DATES

- May 3: Cinco de Mayo Fiesta
- May 10: Mother's Day Tea
- May 24: Memorial Day BBQ
- June 14: Club Father's Day Party
- June 15: Father's Day Celebration
- June 18: Music Bingo w/Elliott
- July 5: Music by the Fountain
- July 16: Pun Fashion Show
- July 23: Music Bingo w/Elliott

SUPPORT GROUPS

Dementia Caregiver Support Group

There will be no support group meetings in May, June or July. For more information, contact Angie at (402) 682-6804.

Parkinson's Caregiver Support Group

This support group has moved to Hillcrest Country Estates Cottages (6082 Grand Lodge Ave., Papillion). The next meeting will be on Monday, June 3 at 4:15 p.m. For more information, contact Stephanie at (402) 885-7011.

The MABLE ROSE Messenger

Angie's Angle



I'm sure everyone is grateful for the beautiful weather. Warm sunshine and a lovely breeze does wonders for the soul.

I hope everyone enjoyed all of the festivities we've had so far this spring. March and April were filled with incredible entertainers, spa days, field trips, pet therapy visits and so much more! Our Director of Lifestyle Carol really does a fantastic job

of enhancing the lives of our residents. I loved hearing about all of the wonderful activities residents participated in for St. Patrick's Day and Easter.

One of my favorite things that happened this spring was our Easter celebration. It was great to have giggling children hunting for eggs at Hillcrest Mable Rose. Adults had a blast, too, having a dance party with the bunnies. My two youngest grandsons were even able to stop by and enjoy the fun, too. It just all made my day.

As we are heading into Midwest tornado season, I urge you to be cautious and plan accordingly for safety. I was reminded of a silly analogy for the difference between a tornado warning and tornado watch. A watch is like, "We have the ingredients for tacos." A warning is like, "WE HAVE TACOS!"

This summer, make time to soak in the sun and spend time with people you love. Make life great!

As always, I continue to be so grateful for the amazing Hillcrest Mable Rose residents, families, Club members and team members that have so graciously welcomed me into the fold. Please don't hesitate to connect with me when you are around. I would love a chance to meet if we have not done so already.

–Angie Wallace, Administrator

MEET THE LEADERSHIP TEAM

Administrator:
Angie Wallace

Director of Lifestyle:
Carol Lowe

Director of Adult Day Services:
Angie Cappellano

Regional Area Director:
Dave Creal

GOLDEN GROOVES: FINDING JOY IN MUSIC AND DANCE



Betty and Scott drum along with Adventures of Social Drumming.

We have been moving, grooving and making our own music. Exercise and music are very beneficial for one's own well-being. Adventures of Social Drumming stopped by to lead a drumming circle. Everyone received a bongo or another musical instrument to play along with the exotic music. We each created our own sounds, but together it was a beautiful masterpiece. Playing these instruments really lifted our spirits!

Another way we stayed active is by ballroom chair dancing. Leeanna Carr from Why Arts, Inc. visited us to get everyone moving in the comfort of their chairs. Residents and Club members really enjoy Leeanna's enthusiasm as she leads choreography to upbeat music. They look forward to her visiting twice a month.

–Carol Lowe, Director of Lifestyle

RESIDENT SNAPSHOTS



Annie dyes Easter eggs.



Carol, Ron and Pam are excited to jam along to Adventures of Social Drumming.



Bruce and Suzanne get dressed up for St. Patrick's Day.

HERE FOR THE SHENANIGANS

Residents and Club members celebrated St. Patrick's Day with many fun festivities. We played St. Patrick's Day bingo, created our leprechaun names with a generator, had a photo shoot and tested our knowledge with green trivia.

A leprechaun surprised us with a visit at our Sham-rocking Social. Residents enjoyed St. Paddy's Day snacks, such as green beer and green cake. We listened to Irish music. Some residents even played the game, Who Has the Shamrock? Residents and team members looked so festive in their green attire, and no one got pinched.

–Carol Lowe, Director of Lifestyle

WELCOME HOME, VETERANS

In March, Hillcrest hosted 15 "welcome home" events, recognizing Vietnam veterans across our locations. It was an honor to host one of these events for the veterans here at Hillcrest Mable Rose.

Vietnam-era veterans were not properly welcomed home as heroes, so we were excited to express our gratitude to the brave men and women who served during one of the most challenging times in our nation's history. This program included a pinning ceremony and remarks from a Vietnam veteran. Thank you to all who planned and organized this special event. Our veterans felt so much love from those around them. Thank you, veterans, for your service.

–Carol Lowe, Director of Lifestyle



Veterans at Hillcrest Mable Rose are honored for their service.



Dean is honored for his military service.



Marilyn grooves to the music.



Don drinks a green beer.



Dave and Jim dress in green for St. Patrick's Day.



Edith enjoys drumming.