

https://www.omaha.com/sarpy/bellevue/adult-day-care-creates-close-relationships-happy-members/article_e7198581-b306-541c-84c2-3098d34672cb.html

Adult day care creates close relationships, happy members

By Cheyenne Alexis Staff Writer Jan 7, 2019



Toni Sidzyik, left, and Joni Wilder, members of The Club, an adult day care at Hillcrest Mable Rose, paint Christmas pictures and answer Christmas trivia questions Dec. 20 at Mable Rose. The Club has about 40 enrolled members who participate in adult day services during the day.

[Buy Now](#)

Photo by Cheyenne Alexis

As the only adult day care service in Sarpy County, The Club at Hillcrest Mable Rose aims to watch over its members and provide activities to keep them busy.

Started in 2005, The Club has almost 40 weekly or drop-in enrolled members who need additional service while their caretaker is away. Members have to be 60 years or older, or, if under 60, have to be diagnosed with dementia or Alzheimer's.

Angie Cappellano, director of adult day services at Mable Rose, said The Club is a great way for members to interact and do fun activities.

"It allows the caregivers a respite so they can go do what they need to throughout the day and [the members] can have fun," she said.

"We provide stimulation, emotional support and religious support activities.

"We really cater to all the needs they have."

The Club has a daily \$75 cost for those staying more than four hours, and \$40 for those staying less than four hours. The Club is open Monday through Friday from 7 a.m. to 6 p.m. Prices lower if a member attends two, three, four or five full days.

Along with free activities, the members also have access to a hair salon; Marv's Place, a billiards room inside the center with various activities and snacks; a fitness room; participate in a walking club; watch movies in the cinema; enjoy the indoor courtyard; take a \$25 bath; and can eat a breakfast, lunch and 3 p.m. snack.

Mable Rose also provides health services such as podiatry, dentistry, optometry and physical, occupational and speech therapy.

Besides activities at Mable Rose, the members also get to travel around the metro area for outings, such as at Papio Bowl, the Durham Museum and monthly outings at various restaurants in Sarpy County and surrounding areas.

Joni Wilder, a member at The Club and who has early-onset Alzheimer's, said she enjoys the stimulating activities she and the other members get to do all day.

"When I'm here, everybody is just so nice and I'm so comfortable," she said. "I like coming here because the activities and the food are awesome. It's an awesome place."

Cappellano, a certified dementia practitioner, also said many of the members with dementia benefit from The Club because they can feel comfortable around friends and caretakers.

Cappellano said all the services offer the members a fulfilled, fun day.

"A lot of times they'll say how it's the best place they've ever been," she said. "We've had some people, when their loved ones come, they don't want to leave."

Cheyenne Alexis

Email: cheyenne.alexis@bellevueleader.com Phone: 402-505-3617

