

*"Summertime is always the best of what might be."
- Charles Bowden*

August 2023

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Reaching Beyond Our Communities

At Hillcrest, our mission of "enhancing the lives of aging adults" extends far beyond the care and services we deliver each day.

We proudly partner with many organizations that align with our mission – from associations advocating for a cure to diseases affecting the aging population, to educational institutions providing opportunities for students. We also believe in supporting our local communities through participation in events and other initiatives.

The Hillcrest Foundation for Enhancing Lives is dedicated to improving quality of life for older adults and has assisted seniors in several of our Hillcrest communities, as well as individuals on hospice. The Foundation's 3rd Annual Golf Tournament is on Aug. 17 at Eagle Hills Golf Course. Many of our Hillcrest teams will be supporting the event, and we'd love to see family members on the course as well! Learn more about the tournament and how to nominate a gift recipient at hillcrestfoundation.org.

On Aug. 19, we'll be participating in the Bellevue Arrows to Aerospace Parade. Hillcrest is a sponsor of the annual event, organized by the Bellevue-Offutt Kiwanis Club, and will have a group of walkers, as well as a few Hillcrest vehicles with residents.

Save the date for the Sarpy County Walk to End Alzheimer's! On Sept. 9, our Hillcrest team will once again be joining the Alzheimer's Association in walking at Prairie Queen Recreation Area. We've been supporting this organization's annual walks for many years and even helped lead the efforts to form the Sarpy County event. Family members are welcome to join.

Talk to your administrator to find out how you or your loved one can get involved. We hope you will support us in enhancing lives.

AUGUST BIRTHDAYS

Aug. 1: Richard Z.	Aug. 21: Craig F.
Aug. 5: John P.	Aug. 21: Lela J.
Aug. 8: Glenda W.	Aug. 22: Susan K.
Aug. 11: Alice H.	Aug. 28: Rosemary M.
Aug. 15: Judy T.	Aug. 30: Wayne C.
Aug. 19: Eunice W.	

WELCOME, NEW RESIDENTS!

Greg G. Howard A. Linda B.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Barry Emerson, (531) 365-2661

DIRECTOR OF RECREATION:

Michelle Jolley, (531) 365-2668

DIRECTOR OF CULINARY:

Tim Blair, (531) 365-2686

DIRECTOR OF CLINICAL SERVICES:

Sara Forsberg, (531) 365-2662

DIRECTOR OF MARKETING:

Daniel Moore, (531) 365-2667

DIRECTOR OF TRANSITIONS:

Vanessa Wright, (531) 365-2666

DIRECTOR OF ENVIRONMENTAL SERVICES:

Bruce Crabbe, (531) 365-2669

ARE YOU ON THE LIST?

We would like to begin distributing the newsletter each month via email in addition to distributing printed copies in our building. If you'd like to be included, call us at (531) 365-2668 and we'll get you on the list!



AUGUST HIGHLIGHTS

Aug. 2: National Coloring Book Day
Aug. 4: Chocolate Chip Cookie Happy Hour
Aug. 10: Merrymakers Presents Joe Taylor
Aug. 11: Elvis Happy Hour
Aug. 14: Arm Chair Travelers – Sahara Desert
Aug. 17: Vacation Memories Day
Aug. 18: Birthday Party Happy Hour
Aug. 21: Bubble Wrap and Slinky Day Fun
Aug. 27: "Wizard of Oz" Happy Hour
Aug. 28: Let's Bake Something

WORSHIP SERVICES

Sundays

2 p.m. - Worship (Kelly & Ryan Gray of Good News Church will lead song and prayer on Aug. 13)

Tuesdays

9 a.m. - Catholic Communion

Saturdays

2 p.m. - Bible Study

FEATURED EVENT

Fontenelle Forest Visit

Tuesday, Aug. 22, 2 p.m.

Residents will learn all about "Delightful Ducks" through Fontenelle Forest's Seniors Understanding Nature program.



Barry's Column



Greetings, all! My name is Barry Emerson, and I am the new administrator here at Hillcrest Shadow Lake.

I grew up in the area and graduated from Millard North. I attended Evangel University in Springfield, Missouri and obtained

a Bachelor of Business Administration in marketing and business management. I continued my education, earning a degree in biblical studies and became a licensed minister.

I have a background in retail, ministry and education, which helps me fulfill my passion for serving and caring for aging adults with excellence and heart. I have been a licensed administrator since 1999 and enjoy the fact that there has never been two days alike. I joined the Hillcrest family in 2020 as the administrator of Hillcrest Firethorn. While I enjoyed my time serving guests and residents in Lincoln, I am excited to start my journey here at Hillcrest Shadow Lake.

I have already begun getting to know the Hillcrest Shadow Lake residents, families and team. I strongly believe in our mission to enhance lives and know that we are committed to being better each day.

I keep my door open unless I'm in a meeting or on a conference call. Stop by and say hi!

-Barry Emerson, Administrator

RESIDENTS IN ACTION

As we begin August, Hillcrest Shadow Lake residents have a lot going on. Our arm chair traveler adventure this month will take us to the Sahara Desert. We also have some very exciting themed happy hours coming up. Themes include chocolate chip cookie, Elvis, birthday and "Wizard of Oz". Happy hour is a favorite weekly activity. It's a great time to socialize

with each other and relax.

In addition, we plan to relive our vacation memories on Aug. 17 for Vacation Memories Day. Everyone is excited to reminisce and share experiences we have had throughout the years. There are so many great activities planned for this month.

-Michelle Jolley, Director of Recreation



Betsey concentrates on her word search.



Team members participate in a game of egg roulette.



Mary Lou, Susan, Marilyn J., Marilyn B., and volunteer Alex enjoy coffee, conversation and coloring.



Michelle and Mark dance together during Mike McCracken's performance.



Dorothy, Liz, Donna and Sally get together for happy hour.

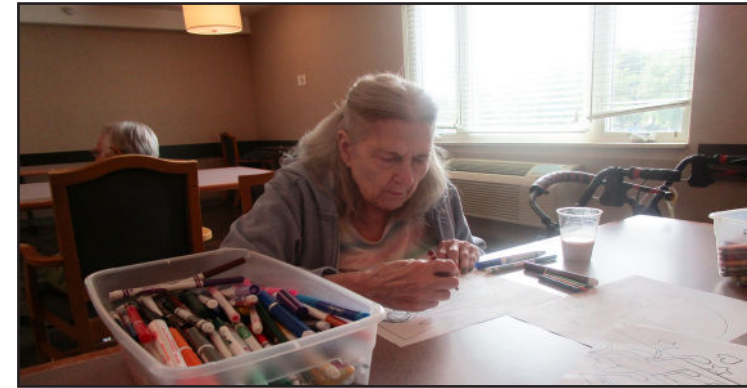
A MONTH IN REVIEW

We ended the month of June with a sweet-filled day! Residents enjoyed learning the history of Candy Land, having a lollipop as a treat and playing the game itself.

As we rolled into July, residents celebrated the Fourth of July with fireworks in our parking lot and patriotic crafts. Later in the month, we set sail on the

high seas for a pirate-themed happy hour. Residents dressed in their best pirate gear and enjoyed fun snacks. We also received many visits from Tink the Kitty and Pluto the Dog last month. They always love to snuggle with our residents. This is only a small sample of the fun we have at Hillcrest Shadow Lake.

-Michelle Jolley, Director of Recreation



Marilyn works hard on her beautiful creation.



Char pets volunteer Rachel's dog Pluto.



Volunteer Coordinator Joan assists Eunice with folding washcloths.



Eunice and Norma enjoy time with the robotic dog.



Verla concentrates on putting her puzzle together.



Char, Phyllis and Carol gather around Rachel and her dog Pluto.