

*"Winter is a season of recovery and preparation."  
-Paul Theroux*

December 2023

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Get into the holiday spirit!

The holiday season is here, and the Hillcrest team is ready to celebrate with all of our residents, elders and guests. Here are some ways to share your holiday spirit with those around you.

### Put up decorations

One fun way to show you're festive is by decorating. Put up lights, garland or a small tree. To make your decorations unique, you can even have fun making your own. Get together with your peers or a family member and make a wreath or paint holiday pictures and hang them up.

### Share holiday recipes

Families often have their own traditions when it comes to baking or cooking for the holidays. Gather with those you're close to and reminisce about your favorite holiday baking or cooking memories, or share a special recipe with someone.

### Have a holiday movie night

Whether you like action, comedy or romance movies, the holiday season has them all. Grab a group of friends and some popcorn and watch your holiday favorites!

### Listen to holiday music

In December, holiday music seems to be the most popular choice. Whether you just like to listen to it or sing along, holiday music has tunes for everyone. If you like to sing along, go caroling around your community and brighten the spirits of those around you.

## DECEMBER BIRTHDAYS

Dec. 5: Carol S.      Dec. 17: Keith R.  
Dec. 10: Luvina S.    Dec. 18: Theda C.  
Dec. 10: Nancie B.    Dec. 23: Deb C.  
Dec. 16: Jerry E.      Dec. 31: Lois N.  
Dec. 16: Norma O.

## WELCOME, NEW RESIDENTS!

Luvina S.      Mary V.      Melvin F.  
Cornelia      Clair B.      Nancie B.  
Chris S.      Norma C.  
Jerome E.      Charles H.

## 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!



## DECEMBER HIGHLIGHTS

Dec. 1: Visit from Students  
Dec. 5: Merrymakers Presents Bill Chrastil  
Dec. 6: Christmas Sing-along  
Dec. 10: Worship with Pastor Laura  
Dec. 11: Making Holiday Treats  
Dec. 12: Breath Mint Day  
Dec. 15: Ugly Sweater Day  
Dec. 24: Egg Nog Tasting

## WORSHIP SERVICES

**Sundays**  
2 p.m. - Worship  
**Tuesdays**  
9:30 a.m. - Catholic Communion  
**Saturdays**  
2 p.m. - Bible Study

## FEATURED EVENT

### Holiday Party

**Friday, Dec. 22**

Memory Lane: 10 a.m.

Cedar Ridge/Evergreen Terrace: 11 a.m.

Aspen Drive/Birch Street: 2 p.m.

Residents will enjoy a holiday celebration with music, treats and fun!

## Barry's Column



With the holidays upon us we look at what we have to be thankful for and turn our gaze to the future with hope and optimism.

Here at Hillcrest Shadow Lake, we have been making many adjustments around the

community. We moved some offices and welcomed a few new residents. If you see any new faces around, be sure to say "hi." The holiday season is a time to cherish relationships and make new friendships.

Our schedule is full of a variety of activities to help spread the joy of the season to all of those who visit or reside here. From sights to sounds and even smells, the holidays are present in our community. Our culinary team is working up a real treat for special resident meals. If you have a recipe for a family-favorite dish, please provide a copy of it to our front desk, and Director of Culinary Tim Blair will see how we can work some of these recipes into our offerings.

With hearts warm and cozy with joy and merriment, we take comfort in the hope and promise this season provides. Regardless of variances in our individual beliefs, we can stand together in uplifting family, fun and hope for a positive tomorrow.

Thank you for being a part of our lives and making a difference in the people around you. May you have a happy holiday and a glorious new year!

**-Barry Emerson, Administrator**

## RESIDENTS IN ACTION

December will be a very busy month here at Hillcrest Shadow Lake. To start the month out, we will have a homeschooling group stop by for a visit. Residents always have a great time sharing stories with this younger generation.

We plan to spend a few days making cookies and other holiday treats. For many, tasty desserts are a highlight of the season. We can't wait for our Christmas sing-along. We are so excited to enjoy the music of the

holiday season together.

The month wouldn't be complete without a time to celebrate. On Dec. 22, we will have three holiday parties within our community. Residents in each neighborhood will enjoy food, music and more holiday fun.

I hope you are able to enjoy the holiday season with your loved ones. Happy holidays!

**-Michelle Jolley, Director of Recreation**



**Betsey enjoys her Diet Pepsi during bingo.**



**Residents socialize during happy hour.**



**Gwen H. and Verla M. share a great story.**



**Liz calls bingo for Dorothy M., Hannelore G. and Lonnie S.**



**Phyllis, Carol and Dorothy play bingo while Alex calls the numbers.**

We have been busy here at Hillcrest Shadow Lake. Throughout November, we've enjoyed entertainment, made tasty treats and celebrated special days.

Residents loved watching a performance by Merry-makers' Louis Watkins, who sings a wide range of music. Decorating graham crackers with frosting was a favorite activity. Residents not only had fun creating them, they also enjoyed eating them! Some of the special days we celebrated include World Kindness Day, Teddy Bear Day, Pumpkin Pie Day and, of course,

Thanksgiving.

With so many warm days, we spent plenty of time sitting outside and watching the leaves fall. It was a great way to take in the beauty of the fall season.

To end the month, we learned some interesting facts from our friends at Fontenelle Forest. Residents heard about the variety of plants and animals that make homes in and around ponds. It was so fun learning something new!

**-Michelle Jolley, Director of Recreation**



**Marian B. and Francis T. snack on autumn graham crackers.**



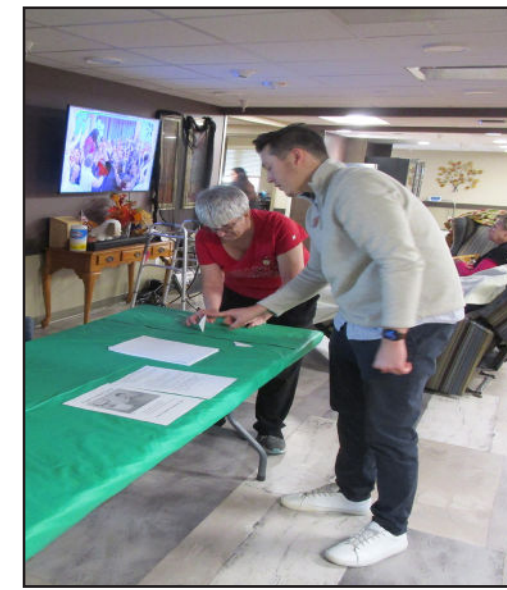
**Louis Watkins from the Merry-makers Association serenades Char.**



**Marian B. and Bobbie H. enjoy the Halloween Party.**



**Lois N. decorates her graham crackers with colored frosting.**



**DJ helps Mary play paper football.**