

*"Where there is love, there is life."
- Mahatma Gandhi*

February 2024

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Valentine's Day is for Everyone

Valentine's Day is the perfect occasion to celebrate your loved ones. Whether you've been with your spouse for 50+ years or you'd rather celebrate with family and friends, Valentine's Day is for everyone. Some use Valentine's Day as an opportunity to spend quality time with one another, and there are many ways to do just that. Here is a list of some fun activities you can participate in this Valentine's Day.

Have a movie night.

Valentine's Day is a wonderful time to relax, sit back and watch your favorite movie. You can watch a romantic comedy in the spirit of the holiday or watch something else. You could also make a full day of it and have a movie marathon with your favorite movie series. Whether it's just you or a whole family viewing party, grab some movie snacks and enjoy settling into your comfy couch.

Get festive.

Showing your festive spirit is one of the best parts of any holiday. Valentine's Day is the perfect excuse to make some decorations or wear your favorite red or pink clothes. There are a lot of other ways to show your festive spirit this Valentine's Day. Make your own Valentine's Day cards and have a card exchange with friends and family. Cut hearts out of colored paper and hang them up.

Do puzzles and play games.

Puzzles can be a fun activity to do by yourself or with a group. Do a Valentine's Day themed crossword puzzle or word search. Participate in a Valentine's themed bingo game or trivia.

Make homemade treats.

Celebrate love by making cookies, cupcakes or even savory treats. Baking and cooking is a fun activity anyone can enjoy. Show your Valentine's Day spirit by decorating cupcakes or cookies in your favorite red or pink toppings.

No matter how you choose to spend the day, Valentine's Day is a great time to show love to whomever is special to you.



FEBRUARY BIRTHDAYS

Feb. 3: Jacquie S.	Feb. 11: Charlotte K.
Feb. 4: Arlyce J.	Feb. 24: Elaine H.
Feb. 4: Micheal R.	Feb. 27: Howard A.
Feb. 6: Janelle J.	Feb. 28: Helen B.

WELCOME, NEW RESIDENTS!

Beauty J.	Judy B.
Deborah M.	Norma N.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Barry Emerson, (531) 365-2661

DIRECTOR OF CULINARY:

Tim Blair, (531) 365-2686

DIRECTOR OF CLINICAL SERVICES:

Sara Forsberg, (531) 365-2662

DIRECTOR OF ENVIRONMENTAL SERVICES:

Bruce Crabbe, (531) 365-2669

ARE YOU ON THE LIST?

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



FEBRUARY HIGHLIGHTS

Feb. 1: Merrymakers – Mary Link
Feb. 2: Groundhog Day
Feb. 5: Chocolate Fondue Fun
Feb. 9: Chocolate Happy Hour
Feb. 11: Super Bowl Sunday
Feb. 13: Mardi Gras
Feb. 16: Happy Hour with Mark Irwin
Feb. 19: Presidents' Day
Feb. 23: Margarita Day
Feb. 26: Johnny Cash Day

WORSHIP SERVICES

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

FEATURED EVENT

Valentine's Day Bingo
Wednesday, Feb. 14, 2 p.m.

Residents will play a special bingo game with lots of lovely prizes and fun!

Barry's Column



This February, we're focusing on showing love and value to those close to us. We are reminded to take an extra moment and reach out to do something special. Write a note, give a gift, say a kind word or simply smile.

At Hillcrest Shadow Lake we have a real treat this month. Jennifer Kleider, who has been the director of social services at Hillcrest Firethorn in Lincoln, is now serving as our administrator-in-training.

Jennifer has been serving seniors in our area for 20 years. She brings a wealth of experience and knowledge with her, and I know you will find she is down-to-earth and practical in her approach while committed to making your experiences better. We are striving to have passionate team members in the right roles



to best serve you and your loved ones. We feel Jennifer will be a HUGE asset to our team! Jennifer is still assisting the Hillcrest Firethorn team part-time, so she may not always be here – but please take a moment to welcome Jennifer when you see her.

-Barry Emerson, Administrator

RESIDENTS IN ACTION

In the month ahead we have so much planned here at Hillcrest Shadow Lake. To start the month, we will have a performance by Mary Link from Merrymakers Association. We'll have themed happy hours on Fridays for National Wear Red Day and Margarita Day.

On Feb. 13, we will celebrate Mardi Gras all day

long with various activities. For Valentine's Day, we plan to have a special game of bingo.

In Memory Lane, we will continue using the Montessori program to meet residents where they are and hopefully have lots of smiles throughout the day.

There's so much more to come, so stay tuned!



Glenda and Betsy smile for the camera during a game of bingo.



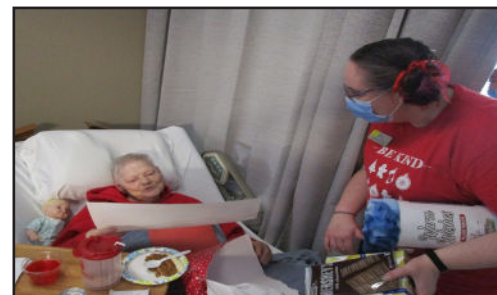
Residents enjoy playing bingo together.



Liz gives Eunice her holiday gift.



Marilyn, Char and Phyllis wait for the next number to be called.



Michelle gives Nancie a handmade holiday placement.



Jody helps Sharon open her present at the holiday party.



Marilyn, Char, Verla and Phyllis celebrate Christmas together.

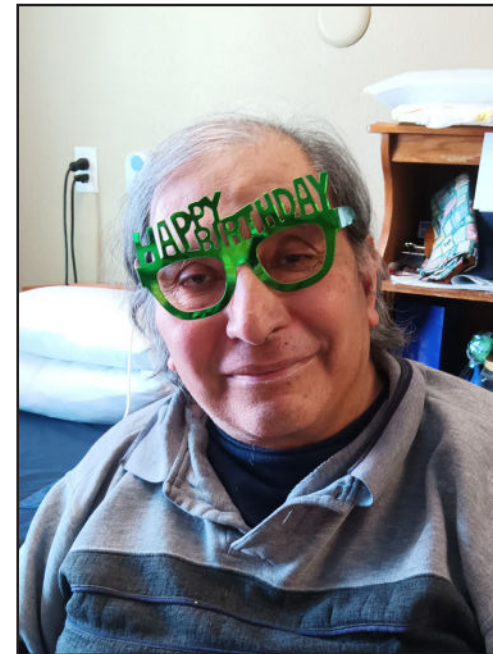
A MONTH IN REVIEW

Despite implementing precautions due to illnesses, we still had a fun month and participated in a variety of exciting activities.

A special visit from a few recreation department elves sure cheered everyone up. We sang and spread joy by delivering handmade cards, presents and special treats for the holidays. As the new year came, we delivered activities to each room so everyone could

still have a great time. Of course, residents loved when we stopped by with snacks! Food is always a big hit around here!

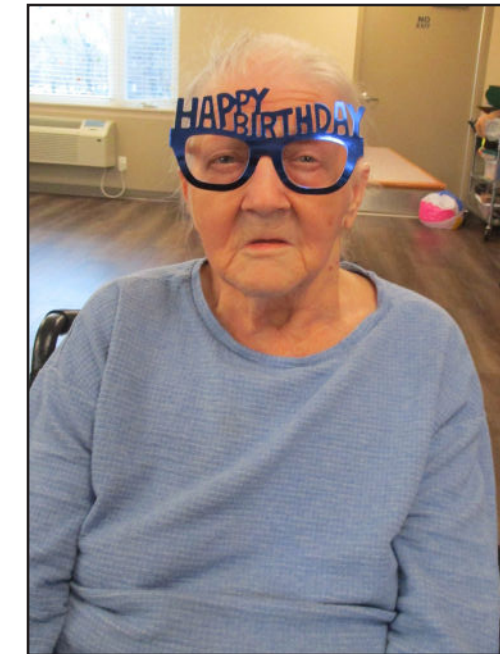
In Memory Lane, we were lucky to keep healthy and continued activities as usual. At the end of December, residents enjoyed our holiday party. As we moved into January, we played many games of bingo, completed puzzles and so much more.



Tony smiles for his birthday photo.



Marilyn contemplates her next move.



Norma puts on fun glasses for her birthday.



Michelle and Sharon enjoy time with the baby doll.



Nancie and Luvina celebrate their birthdays.