

*"Celebrate endings – for they precede new beginnings."
- Jonathan Lockwood Huie*

January 2024

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Celebrate National Hobby Month

The holidays are over, and everyone is looking forward to a new year full of unique opportunities. January is National Hobby Month so it's a great time to get back into an old hobby or dive into a new one.

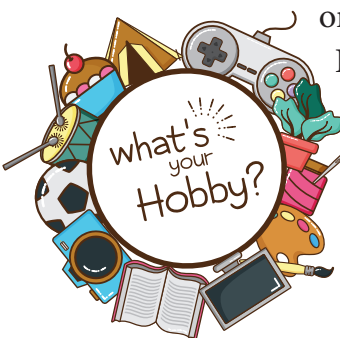
Hobbies can be many things. From crafting to cooking to playing piano, there's something for everyone. These activities are typically something you pursue during your free time and can allow you to have some personal time away from the stress of everyday life.

Spending time doing something you enjoy is great for your mental health. Engaging in these activities can improve mood, confidence and self-esteem. It can also foster friendships.

Individuals who share the same hobby may become close friends and can participate in the hobby together. If you love to read in your free time, joining a book club can create relationships with others who enjoy a good book. You can also spend time with someone who may be interested in your hobby but has not yet tried it. Helping others develop their skills is a great way to build relationships.

Don't have a hobby? As we roll into the new year, this is a great opportunity to try something new. Ask a friend what they enjoy doing in their free time. Step out of your comfort zone and try a new craft project

or learn how to play dominoes. At Hillcrest, there are many unique activities you have a chance to participate in. Ask your recreation team about what fun hobbies you can start your new year off with.



JANUARY BIRTHDAYS

Jan. 1: Judy L.	Jan. 20: Marian B.
Jan. 2: Nathaniel H.	Jan. 22: Clarence H.
Jan. 3: Tony L.	Jan. 24: Barbara W.
Jan. 7: Marlene V.	Jan. 29: Mary H.
Jan. 12: Anne C.	Jan. 31: Rita K.
Jan. 14: John V.	

WELCOME, NEW RESIDENTS!

Nathaniel H.	Nancie B.
Elaine H.	Robert E.

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!



JANUARY HIGHLIGHTS

Jan. 4: Trivia Day
 Jan. 5: Whipped Cream Happy Hour
 Jan. 9: Pet Visit with Rachel
 Jan. 11: Movie & Popcorn Day
 Jan. 19: Birthday Party Happy Hour
 Jan. 19: Merrymakers Presents Mark Irvin
 Jan. 22: Pet Visit with Rachel
 Jan. 22: Arm Chair Travelers – Newfoundland
 Jan. 29: Puzzle Day
 Jan 30: National Draw a Dinosaur Day

WORSHIP SERVICES

Sundays
 2 p.m. - Worship

Tuesdays
 9:30 a.m. - Catholic Communion

Saturdays
 2 p.m. - Bible Study

FEATURED EVENT

Scatter Joy Acres Visit

Thursday, Jan. 25, 10 a.m.



Residents will be visited by one of Scatter Joy Acres' ranch animals.

Barry's Column



Just like that it is 2024! It seems like we were just beginning 2023. The year has flown by.

So many changes have been in the works, and we are now beginning to see the fruits of that labor. Ground has broken outside in preparation of our new sign.

Underground sprinklers have been installed upfront. New furniture for the main family room and dining room has been procured and much has arrived.

In addition to all of these wonderful improvements to our community, we have welcomed some tremendous new team members who will provide the high level of care and services our residents deserve.

Another piece of BIG news is that our nurse practitioner Karie Wesely has accepted another opportunity which will take her away from serving the residents and families at Hillcrest Shadow Lake. While it is sad to see Karie go, we are excited for her in her future endeavors. Lindsey Ackermann, APRN and Caitlin Carlson, APRN have taken over Karie's case load under the direction of our CEO and Medical Director Dr. Anthony Hatcher.

Please take a moment to see all of the beautiful new improvements as well as say "hi" to our great new team. We hope 2024 will be our best year ever!

-Barry Emerson, Administrator

RESIDENTS IN ACTION

The team Hillcrest Shadow Lake has planned a month full of fun activities. We will celebrate Whipped Cream Day at happy hour and have a special treat for residents. We will also remember Martin Luther King Jr. by watching a video of his famous speech and reflecting on it. Mark Irvin with the Merrymakers Association will stop by this month as well. It will surely be a great performance that will get residents moving. We are all so excited!

Later in the month, Scatter Joy Acres will bring a few of our animal friends by for a visit, and our arm chair traveler activity takes us on a trip to the most easterly part of North America – Newfoundland. Finally, on Dinosaur Day, we plan to make a tasty treat and draw dinosaurs. This is only small part of what is happening in January. See our calendar for dates and times for more upcoming activities.

-Michelle Jolley, Director of Recreation



Pastor Jerry visits with Alice H.



The Blossom Homeschool group performs for residents.



Jody gives Phyllis a manicure.



Lois N. plays reindeer ring toss with Donald J.



Michelle and Lois N. decorate the tree for Christmas.



Joyce T. with Merrymakers sings to Luvina S.

A MONTH IN REVIEW

We have been working hard this holiday season. On Black Friday, we had a great Huskers tailgate party with food, drinks and lots of cheering on the team.

We rolled into December with birthday celebrations. Residents with December birthdays took a photo in fun glasses, and our team also sang “Happy Birthday” to them.

Throughout the month, we all participated in holiday festivities. Residents really enjoyed playing a

game of reindeer ring toss. It turned out to be a big hit. Residents also loved decorating for Christmas. It is always so fun to make everything look so festive with lights, trees, wreaths and more.

Everyone’s been smiling whether it’s during a game of bucket ball, playing Jenga, crafting, painting nails or watching a musical performance. We hope you had a fun and magical December. Happy Holidays!

-Michelle Jolley, Director of Recreation



Char K. thinks carefully about her next move in Jenga.



Francis Y., Sally W. and Linda B. work on beautiful crafts.



Michelle and Donald J. pose for a silly picture.



Marlene V. and Lois N. show off their Husker gear at the tailgate.



Sally throws the ball into the bucket as Mary cheers her on.