

"I love how summer just wraps its arms around you like a warm blanket." - Kellie Elmore

July 2023

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Hydration Station

Mixing up refreshing beverages is a great way to stay hydrated when things start warming up outside. From something as simple as cucumber water or lemonade to DIY electrolyte concoctions, there are more ways than ever to quench your thirst.

A current widespread social media trend involves flavored powders and syrups you can add to plain water to give it some flavor. While some question whether this is still considered "water," the hydrating factor is there.

Adding simpler ingredients, such as citrus, melon, mint, ginger, lavender and the aforementioned cucumber, can inspire you to drink more water. Mixing and matching is encouraged. Flavors, such as mint and lime or watermelon and basil, can be incredibly revitalizing, while giving you a little vitamin boost.

Hydration is essential to your health, especially during the heat of the summer. While most beverages can help meet your required daily fluid intake, some are better for you than others. For example, did you know that if you're dehydrated, milk is one of the best ways to restore hydration? This is due to its carbohydrates and electrolytes, which help your body absorb that all-important fluid better.

Drink your water in whatever form you prefer whether it's juice, coffee or by adding powders and syrups. Stay safe and have fun. Cheers!



JULY BIRTHDAYS

July 6: Donna L. July 15: Karrin T.
July 7: Verla M. July 21: Brenda E.
July 9: Betsey H. July 21: Jeannette F.
July 15: Mary Lou R. July 30: Harold J.

WELCOME, NEW RESIDENTS!

Mavis F. Catherine G.

MEET THE LEADERSHIP TEAM

INTERIM ADMINISTRATOR:
Spencer Morris, (402) 934-2333

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!

Hillcrest Shadow Lake

JULY HIGHLIGHTS

July 3: Rubber Stamp Day Craft
July 4: Independence Day Activities
July 7: Merrymakers – DeAndre Jones
July 7: Pirate Day Happy Hour
July 10: Arm Chair Travelers
July 12: Resident Council
July 24: Western Movie Day & Snack
July 27: Bugs Bunny's Birthday

WORSHIP SERVICES

Sundays

2 p.m. - Worship (Kelly & Ryan Gray of Good News Church will lead song and prayer on July 9)

Tuesdays

9 a.m. - Catholic Communion

Saturdays

2 p.m. - Bible Study

FEATURED EVENT

Red Raven Orchestra

Friday, July 21, 2 p.m.

Residents will enjoy a six-piece band performing a variety of music including polka, waltz, foxtrot and country.



Spencer's Spotlight



Hello, Hillcrest Shadow Lake friends and family! We hope you are enjoying your summer so far.

We would like to say thank you to Chris Sobrilsky, former administrator, and wish him the best as he moves on to other endeavors.

I am pleased to announce that Barry Emerson, LNHA, will be starting as our new Hillcrest Shadow Lake administrator on July 5. With



more than 20 years of health care experience, Barry has been part of the Hillcrest family since 2020 when he joined as the administrator of Hillcrest Firethorn. We look forward to all Barry has to offer our residents and team.

The last couple of months have been a whirlwind of activity here at Hillcrest Shadow Lake. We celebrated Mother's Day in May with cards and carnations for the ladies, and everyone got to enjoy filet mignon for dinner! Father's Day was close behind, and all residents enjoyed a good old-fashioned cookout in celebration of all the dads and grandads.

Please don't hesitate to reach out with any questions. Thank you, and enjoy this patriotic month!

-Spencer Morris, Regional Area Director

RESIDENTS IN ACTION

As we start July, we have a lot to look forward to at Hillcrest Shadow Lake. We plan to celebrate Pirate Day with a pirate-themed happy hour on July 7. Then, on July 10, we will be introducing a new activity, arm chair travelers. In this activity, residents will travel to Key West, Florida, from the comfort of their chairs. I think this will be an exciting addition to our already busy calendar.



Dorothy P., Dorothy M. and Dorothy W. enjoy coloring together.



Mike McKraken with Merrymakers plays music for a group of residents.



Mike McKraken with Merrymakers plays for Marlene and Dorothy.

On July 21, the Red Raven Orchestra will join us for some entertainment. Everyone is thrilled to see a six-piece band perform. Later in the month, we will celebrate Bugs Bunny's birthday by learning some fun facts about him. These are just a small handful of the fun activities planned for July. There is so much more to look forward to.

-Michelle Jolley, Director of Recreation



Bobbi H., Sally W., Marion B. and Phyllis K. paint rainbows.



Carol S. and Kaliki C. wear matching shirts on Twin Day.

A MONTH IN REVIEW

We have been busy having fun at Hillcrest Shadow Lake. We started the month writing letters and putting together a small package to send to another senior community. We hope to create new friendships and continue to write them.

We also stayed busy planting flowers in our raised



Residents enjoy spending time gardening in the courtyard.



Makala assists Char K. in planting beautiful flowers.

garden bed. It was so much fun. Residents shared memories and smiles while planting. We didn't just plant flowers, we also spent time coloring flowers and painting rainbows. Residents really enjoy crafting and socializing with one another.

-Michelle Jolley, Director of Recreation



Marilyn watches as Verla plants a flower.



Marilyn and Verla work together to plant a flower.



Deb, Phyllis, Char, Marilyn and Verla get their hands dirty to plant some flowers.