

*"June is the gateway to summer."  
- Jean Hersey*

June 2023

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Connections Lead to Understanding

In Canada, June 1st is known as Intergenerational Day. It was created as a way to bridge the gap between young and old, focusing on bringing different generations together.

These connections are important and can benefit all involved, no matter what the day. They can help lower issues of social isolation and loneliness, while giving all individuals involved an increased sense of purpose. These relationships help our elders stay socially connected and involved.

For younger people, their interactions with aging adults can provide a sense of connection to the past. Listening to their elders talk about their lives and experiences can lead to a better understanding of who they are as well. That can be done through in-depth storytelling or simply looking through photo albums together. Strong ties with older adults help youth form a better sense of who they are and how they might fit in this world.

Additionally, connections formed among different generations can also help combat negative stereotyping and ageism. Open dialogues enhance trust and promote inclusion while strengthening bonds and improving engagement.

We encourage you to celebrate Intergenerational Day every day — not just on June 1st — by connecting grandchildren and great-grandchildren to their older relatives, both at Hillcrest and at home. Learning each other's stories can help find common ground and a better understanding of each generation while enriching the lives of the older generations and reducing any feelings of isolation.

## JUNE BIRTHDAYS

June 7: June B.                      June 25: William A.  
June 15: John K.                    June 26: Lloyd C.  
June 16: Sharon A.

## WELCOME, NEW RESIDENTS!

JoAnne H.                      Betsey H.  
Gary W.                         Ronald H.  
June B.                         Michael R.  
Lorraine S.                    Edna P.  
Elsie Dorothy M.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Chris Sobrilsky, (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!



## JUNE HIGHLIGHTS

June 1: Pen Pal Day  
June 2: Donut Day Happy Hour  
June 3: "The Greatest Show on Earth" Day  
June 14: Resident Council  
June 15: Bake Sale Fundraiser  
June 18: Father's Day  
June 19: Hershey's Day  
June 26: Candy Land Day

## WORSHIP SERVICES

### Sundays

2 p.m. - Worship (Kelly & Ryan Gray of Good News Church will lead song and prayer on June 18)

### Tuesdays

9 a.m. - Catholic Communion

### Saturdays

2 p.m. - Bible Study

## FEATURED EVENT



### Mulhearns' Music

Monday, June 12

3:30 p.m.

Join us as this mother-daughter duo play violin and piano for all to enjoy in the Hillcrest Shadow Lake dining room.

## Chris's Comments



Hello, Hillcrest Shadow Lake family and friends! As the COVID-19 public health emergency ends, we thank you for your patience and understanding throughout this time. It is much appreciated! Going forward, wearing masks

will be optional in our community unless you or your loved one would prefer one be worn. This preference will be posted to residents' doors. If there is an active outbreak in our community, signs will be posted at the front entrance, and at that point, masks will be required.

We continue to ask that if you are considering a visit, ensure you are mindful of any symptoms you may have. If exhibiting symptoms, please either wear a mask while in the community or postpone your visit until such time as they are no longer present.

The COVID-19 bivalent booster is available for any resident who has not had a booster in the last four months. If interested, please contact our clinical team for more details.

On behalf of our team at Hillcrest Shadow Lake, I want to wish all of you the very best from all of us! We are pleased to provide for our residents, and it is our pleasure to do so.

**-Chris Sobrilsky, Administrator**

## RESIDENTS IN ACTION

We have a lot of fun planned for the month of June! On the 1st, we'll have a visit from Mike McCracken of Merrymakers. June 2nd is National Donut Day, and we plan to celebrate during happy hour. Carol and Leah Mulhearn will join us on the 12th for more live music. We are looking forward to hearing those sweet sounds.

Of course, on Father's Day we will be celebrating all the dads and granddads in our community. Enhancing the programming in Memory Lane continues to be a high priority, and we have made a lot of progress. We look forward to continuing to serve our aging adults.

**-Michelle Jolley, Director of Recreation**



**Pastor Jerry sings hymns with our residents.**



**Administrator Chris enjoys a turn on the green.**



**Phyllis K. and Margaret M. work on their May Day baskets.**



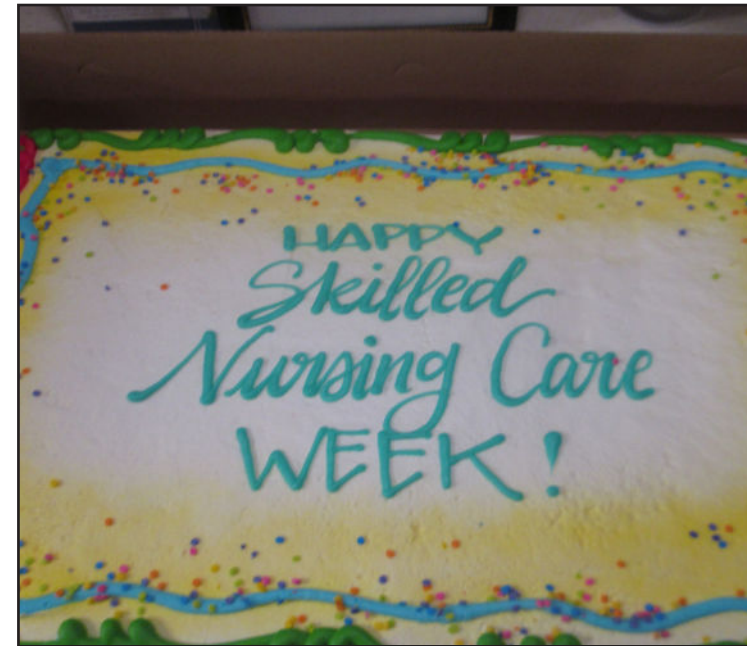
**Phyllis K. and Char K. enjoy listening to Merrymakers' live entertainment.**

## A MONTH IN REVIEW

May brought many exciting happenings at Shadow Lake. We had a fun May Day, making baskets and talking about the history of the holiday. On Cinco de Mayo, we had margaritas for happy hour. During Skilled Nursing Care Week, we had lots of fun events, ending the week with a cookout and a scavenger hunt.

Our Memory Lane neighborhood was also hopping with lots of new activities and excitement, such as aromatherapy hand rubs, more outside time and Connect Four. We will continue to have fun this month, especially as summer starts to set in.

**-Michelle Jolley, Director of Recreation**



**A party isn't complete without a cake! We celebrated Skilled Nursing Care Week with taste.**



**Rosemary M., Susan K. and Carol S. enjoy some sweet outside time.**



**Sharon H. and Makala share a special moment. Also pictured are JoAnne H. and Helen B.**



**Marilyn B. and Marilyn J. have fun choosing the best colors for their projects.**



**Residents enjoy playing bingo together. It's a favorite pastime at Hillcrest Shadow Lake.**