

"If you change the way you look at things, the things you look at change." - Wayne Dyer

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

St. Patrick's Day Traditions

St. Patrick's Day is all about honoring the patron saint of Ireland, Saint Patrick, and embracing the rich traditions and culture of the emerald isle.

Do you know why we wear the color green on St. Patrick's Day? Traditionally, the color green represents Ireland, its lush landscape and shamrocks. Wearing green is a symbol of Irish nationalism. It is also said that wearing green can protect you from getting pinched by leprechauns. According to Irish folklore, leprechauns pinch anyone they see, and they can't see the color green.

Stories say that leprechauns mend shoes for other fairies and hide gold coins at the end of rainbows. They are grumpy, mean and best known for their trickery. The leprechaun has been associated with Irish culture for centuries, longer than St. Patrick's Day itself. The mythical creatures became a symbol of the holiday in the mid 1900s when St. Patrick's Day celebrations became more popular in the United States. Leprechauns are also a symbol of luck. It is said that capturing these small fairy-like creatures will secure luck as well as three wishes.

Another Irish symbol associated with luck is the shamrock. The Celtic druids started this three-leaf clover on the path to becoming a symbol of luck. Celts believed that three was a divine number and everything important in the world came in threes. When St. Patrick brought Christianity in Ireland, he also used the shamrock as a metaphor in his teachings. The three leaves are said to represent faith, hope and love. If someone were to find a rare four-leafed clover, then the fourth leaf would represent luck.

We hope you find a bit of luck this St. Patrick's Day. Just be sure to wear green and be on the lookout for the mischievous leprechaun.



MARCH BIRTHDAYS

| | |
|---------------------|-----------------------|
| March 3: Sally W. | March 12: Marcella M. |
| March 4: Julio C. | March 15: Phyllis K. |
| March 4: Robert E. | March 21: Mary D. |
| March 5: Marilyn K. | March, 24: Linda A. |
| March 6: Gwendol H. | March 30: Merrill H. |

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Barry Emerson, (531) 365-2661

DIRECTOR OF RECREATION:

Taylor Walker, (531) 365-2668

DIRECTOR OF SOCIAL SERVICES:

Ashley Kidd-Wise, (531) 365-2666

DIRECTOR OF CULINARY:

Tim Blair, (531) 365-2686

DIRECTOR OF CLINICAL SERVICES:

Brenda Knutson, (531) 365-2662

DIRECTOR OF ENVIRONMENTAL SERVICES:

Bruce Crabbe, (531) 365-2669

ARE YOU ON THE LIST?

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!



MARCH HIGHLIGHTS

March 1: Merrymakers – Tim Javorsky
 March 6: National Oreo Cookie Day
 March 10: Daylight Saving Time
 March 14: Learn About Butterflies Day
 March 17: St. Patrick's Day
 March 20: World Story Telling Day
 March 21: Poetry Forum
 March 31: Easter Sunday

WORSHIP SERVICES

Sundays
 2 p.m. - Worship

Tuesdays
 9:30 a.m. - Catholic Communion

Saturdays
 10 a.m. - Bible Study

FEATURED EVENT

Welcome Home, Vietnam Veterans

Tuesday, March 26
2 p.m. – Dining Room

Vietnam-era veterans were not properly welcomed home as heroes. Join us as we honor veterans and their families for their service and sacrifice.

Barry's Column



Change is one of those things that seem to be a constant, but change for the better is always positive. As we strive to enhance our services for residents, we're pleased to welcome some new leaders to our team.

Brenda Knutson will be starting in mid-March as our new director of clinical services. She brings years of experience both on the clinical and administrative sides of long-term care. Brenda has been a regional director as well as area vice president. I have had the privilege of working with her prior, and we are blessed to have someone of her caliber taking over our nursing team.

In addition, we have promoted one of our exceptional evening nurses, Ray Pharoah. She will be taking over as our evening clinical care coordinator. Ray has already demonstrated some great interactions and clinical expertise. We are excited to see her excel in this new role.

We are currently looking for a weekend nurse manager to round out this team. This individual's focus would be to provide clinical expertise over the weekend allowing increased communication and accessibility to our residents and families.

With an increased focus on attention to clinical detail and improved communication with our families, we are optimistic that the current changes will yield a new perspective as we look to enhance lives together.

-Barry Emerson, Administrator

RESIDENTS IN ACTION

I'm excited to introduce myself as the new Director of Recreation at Hillcrest Shadow Lake. I'm eager to get to know everyone and plan some fun activities.

I grew up in LeMars, Iowa and started on a path to caregiving after graduating high school. I took a class and received my medication aide certification. While serving as a medication aide, I found a love for recreational activities. Aging adults have a special place in my heart, and it is my passion to serve them better with dignity, respect, compassion and love. I look

forward to having fun with all of you!

This month we'll learn about the history of the Oreo on National Oreo Cookie Day. We will also test our knowledge about butterflies on Learn About Butterflies Day. We'll tell stories and recite poems on March 20 and March 21 as we celebrate World Story Telling Day and World Poetry Day. Everyone is excited for our weekly games of bingo, crafts and movies. It's looking like it will be a great month! Happy spring!

- Taylor Walker, Director of Recreation



Mary is excited to hold the bunny from Scatter Joy Acres.



Anne enjoys a visit from a bunny.



Donald snuggles with the bunny from Scatter Joy Acres.



Verla pets the bunny from Scatter Joy Acres.



Karrin says "hello" to a furry friend.

A MONTH IN REVIEW

We felt the love from our Hillcrest family this month. As we were in the process of hiring a new Director of Recreation, many team members from across Hillcrest's family of services stepped up to help out with activities here at Hillcrest Shadow Lake.

Residents enjoyed seeing new faces for activities such as bingo and trivia. Residents celebrated holidays such as Mardi Gras and Valentine's Day. We had a great

time at our Super Bowl Party and Fondue Party. We rocked out to a performances by Mary Link and Mark Irwin. We also received visits from Chaplain Jerry, who sang hymns with residents and from Scatter Joy Acres, who brought the sweetest little bunny.

Thank you to all who made February a fun month for everyone here at Hillcrest Shadow Lake.

-Barry Emerson, Administrator



Marian gets ready for the Mardi Gras party with a team member.



Hillcrest Shadow Lake Administrator Barry and Judy celebrate Mardi Gras together.



Nancy puts on a Mardi Gras mask for a fun photo.



Dixie and Jean have fun at the Mardi Gras party.