

"Spring is nature's way of saying 'Let's party!'"

-Robin Williams

April 2022

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents



## The History of Earth Day

In April, we begin to see more rain and less snow. Budding flowers start coming into view, and warmer weather is just on the horizon.

We celebrate all of this amazing beauty happening in the world around us on April 22, Earth Day.

Earth Day began in 1970 in the U.S., but it wasn't until 1990 that Earth Day became a global event to raise awareness about environmental issues. The first Earth Day remains the largest single-day protest in human history. More than 20 million people showed support for the environmental issues the U.S. was facing. In 1990, one of the original coordinators of the event took this international and organized Earth Day events in 141 nations.

Today, people celebrate Earth Day by picking up litter, planting trees, recycling and much more.

Though Earth Day falls in April every year, there are many ways to preserve the beauty of the world around us throughout the entire year. These include conserving energy, limiting water usage, finding transportation alternatives like walking or biking, shopping with reusable bags and drinking from reusable water bottles.

Most importantly, we can spread the word and teach generations to come how important it is to keep our environment and world clean, healthy and happy.



## APRIL BIRTHDAYS

April 14: Jerry B.  
April 14: Carol M.  
April 26: Michael P.

## WELCOME, NEW RESIDENTS!

Michael N.     John V.  
Rosemary M.     John L.  
Loretta D.     Jack K.  
Judith C.     Shirley T.  
Dick Z.     Gene W.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Chris Sobrilsky, (402) 672-4546

### DIRECTOR OF CLINICAL SERVICES:

Cara Gunter, (531) 365-2662

### DIRECTOR OF CULINARY:

Tim Blair, (531) 365-2686

### DIRECTOR OF RECREATION:

Noah McBride, (531) 365-2668

### DIRECTOR OF TRANSITIONS:

Katie Geary, (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!



## APRIL HIGHLIGHTS

April 1: April Fools' Day  
April 4: National Carrot Day  
April 7: World Health Day  
April 11: National Pet Day  
April 14: National Gardening Day  
April 15: Good Friday  
April 17: Easter Sunday  
April 18: Animal Crackers Day  
April 21: High-Five Day  
April 25: National Telephone Day  
April 28: Great Poetry Reading Day

## FEATURED EVENT

### Spring Party

Friday, April 15, 2 p.m.  
Main Dining Hall

We will all be gathering together to celebrate Easter and the spring season! There will be snacks, socializing and games for everyone!



## Chris's Comments



Hello, and happy April! It is my pleasure to finally announce spring is upon us. We all have great hope that our COVID-19 community-spread rate in Sarpy County will continue a steep decline. At this time, we are encouraging you to join your loved ones for indoor and outdoor visitation.

We are asking for your assistance in keeping track of residents' personal items. Please ensure all personal items are added to the inventory list kept for each resident. This will help ensure that all personal items are accounted for and do not get lost or misplaced. Please engage with our Director of Transitions Katie Geary, as she will be responsible for making sure all personal items are checked in on our inventory list. Your cooperation is so very much appreciated!

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 very pleased to provide for our residents and feel extremely privileged to do so!

-Chris Sobrilsky, Administrator



## RESIDENTS IN ACTION

We have several fun activities and parties planned for April! We will be taking advantage of the nice weather and getting outside to do some gardening with the community. We will also be continuing the trend of celebrating many unique holidays this month. We will be celebrating Carrot Day, World Health Day, National

Pet Day, High-Five Day, Easter and more! Our friends here at Shadow Lake will be trying new crafts, new foods and having new experiences together all month long. We are looking forward to an amazing April!

**-Noah McBride, Director of Recreation**



**John proudly displays his wrist tattoo at the Booze and Tattoos event.**



**Hannelore smiles big after getting a colorful temporary tattoo.**



**Residents gather together to play bingo every Wednesday.**



**Alice shows off her new "ink" from the Booze and Tattoos event.**

## A MONTH IN REVIEW

This March, we did fun crafts, celebrated several holidays and had some great parties.

On March 11, we had a great time during our Booze and Tattoos event! Residents were able to enjoy

some drinks while picking out a few temporary tattoos to wear. Everyone was excited to show off their new art to team members and peers!

**-Noah McBride, Director of Recreation**



**Sharon sits with her husband Steven. They enjoy spending time together.**



**Bingo is a very popular event and always fills the dining room.**



**Lucinda is excited about her tattoos and shows them off for the camera.**



**A colorful unicorn tattoo is chosen by a resident at the Booze and Tattoos event.**