

"If we had no winter, the spring would not be so pleasant."
- Anne Bradstreet

April 2023

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Celebrate National Garden Month

Gather your gardening tools, and don't be afraid to get your hands dirty. April is National Garden Month! April became National Garden Month in 2003 after the National Gardening Association realized one week in April wasn't a long enough celebration. Listed below are some activities for you to enjoy for National Garden Month.

- **Plant seeds**

April is the perfect time to grab your friends and some seeds and have a seed-planting party. You can plant your favorite flower or vegetable seeds in small containers and watch them grow throughout the month. When they get too big for their starter container, move them into a bigger pot or outdoor garden.

- **Sit among the flowers**

If you aren't ready to dive into planting seeds or flowers, you can still enjoy gardens this month. As the weather warms up, find time to sit outside in the courtyard, on your patio or wherever you can enjoy the beauty of a blooming garden. You can also visit many gardens from around the world virtually by searching them online. Taking in a garden's natural beauty can be very relaxing and decrease stress.

- **Share your gardening knowledge**

Many gardeners love to share what they know with their friends, family and the next generation. Organize a plant or seed swap with those you're close to and educate them on how you like to care for that plant. There's always more to learn when it comes to gardening.

There are many more ways to prepare gardens for summer or simply enjoy their natural beauty. How will you celebrate National Garden Month?

APRIL BIRTHDAYS

April 2: Nancy C. April 14: Jerry B.
April 4: Marilyn O. April 26: Michael P.

WELCOME, NEW RESIDENTS!

Curtis A. Lois N.
Suzanne M. Constance S.
Jean B. Barbara Z.
Marjorie A. Hilda 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

INTERIM 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!



APRIL HIGHLIGHTS

April 3: Find a Rainbow
April 9: Easter
April 7: Good Friday/Caramel Popcorn Day
April 11: Submarine Day
April 12: Grilled Cheese Day
April 15: Wear Purple Day (Alzheimer's/
Brain Awareness)
April 17: Cheese Ball Day/Stress Awareness Day
April 22: Jelly Bean Day
April 24: Pigs in a Blanket
April 28: Arbor Day

FEATURED EVENT

Arbor Day Tree Planting

Friday, April 28 – 10 a.m.



As we celebrate Arbor Day, residents and team members will participate in a tree planting at Hillcrest Shadow Lake.

Chris's Comments



Hello, Hillcrest Shadow Lake family and friends! We are all looking forward to the beginning of spring and getting outdoors once again.

As we continue to see COVID-19 in our community, your patience and understanding is much appreciated. We ask that if you are considering a visit, please ensure you are mindful of any symptoms you may have for illnesses such as the cold, flu or RSV. If you are experiencing any symptoms for these illnesses, we respectfully ask you postpone your visit until such time as the symptoms are no longer present.

I wanted to take a moment and introduce Interim Director of Clinical Services Sara Forsberg She comes to us from Hillcrest Millard. She is looking forward to meeting all of you and getting to know you and your loved ones! So let's give Sara a warm Hillcrest Shadow Lake welcome!

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 it is our pleasure to do so.

-Chris Sobrilsky, Administrator

RESIDENTS IN ACTION

Spring is officially here! Residents are excited to be able to get outside on warmer days. We have some big events coming up this month. Most of these involve food and treats. Easter celebrations are always a good time with residents and their families. We will also be celebrating National Grilled Cheese Day, National

Wear Purple Day and National Cheese Ball Day.

One celebration we are really looking forward to is Arbor Day. We will be planting a tree on April 28 for residents and future residents to enjoy for years to come.

-Dawn Penner, Recreation Leader



Recreation leaders Dawn and Makala handed out ice cream and 30+ toppings or all to enjoy.



Marlene V., Dorothy W., Phyllis K. and Lois N. paint springtime pictures.



Residents enjoy listening to Pat and Denise during Bible study.



John V., Sally W., Charlotte K., Marian B. and Brenda E. love participating in the weekly Bible study.



Pat and Denise lead residents in a weekly Bible study.

A MONTH IN REVIEW

We had a lot of fun activities and events last month. We celebrated Dr. Seuss' birthday by reading some of his books such as "Green Eggs and Ham" and "The Foot Book." We also learned some facts about Dr. Seuss.

Residents tasted a lot of different Oreo cookies for

National Oreo Cookie Day. We had fun celebrating 33 Flavors Day with ice cream and many toppings.

To top off the fun last month, residents participated in many spring crafts, such as painting springtime pictures.

-Dawn Penner, Recreation Leader



Roberta H. enjoys listening to live music.



Donna L., Sally W. and Roberta H. listen to a reading of a Dr. Seuss book.



Charlotte K., Phyllis K. and Dorothy W. listen as Makala K. reads a book on Dr. Seuss' birthday.



Dennis C., Donna L., Brenda E., Sidney M. and her spouse watch a Merrymakers performance.



Merrymakers performances always draw a large crowd of residents.