

"It's not what we have in life but who we have in our life that matters." —Margaret Laurence

August 2020

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

RESIDENTS IN ACTION

The recreation team here at Hillcrest Shadow Lake has been challenged to think in different ways to find new ways to meet recreation needs. The hallway socials and bingo games have been a hit! We have been practicing our new norm of social distancing while crafting, exercising and doing all other activities. A huge thank you to Natasha, Sarah and Dawn, our recreation leaders, for doing everything they can to keep our residents busy and happy!

August will be full of fun with National Joke Day, Red Wine Day and Bowling Day, just to name a few things off the calendar. The recreation team will continue to offer a variety of crafts, puzzles, books and other requested items to keep up with the cognitive and physical needs of our residents. With assistance from other department leaders, we have been able to also keep in touch with loved ones via Facetime and other virtual ways.

—Allie Hobson, Director of Recreation



Helen C. smiles on the Fourth of July.



Verla M. waves some flags on the Fourth of July.



AUGUST BIRTHDAYS

Aug. 1: Nate L.	Aug. 21: Craig F.
Aug. 3: Carolanne C.	Aug. 23: Dorothy G.
Aug. 5: LadDonna K.	Aug. 25: Bill J.
Aug. 11: Alice H.	Aug. 26: Frank B.
Aug. 14: Victoria A.	

WELCOME, NEW RESIDENTS!

Laura Jean O.
Alice A.
Nate L.
Pat S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kevin Sauberzweig, ksauberzweig@hillcresthealth.com

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ARE YOU ON THE LIST?

We would like to start distributing the newsletter each month via email in addition to distributing printed copies in our building. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!



AUGUST ACTIVITIES

Though we've had to modify our regular group activities, we will be filling the month with a lot of entertaining one-on-one activities. The recreation team has been brainstorming and we've come up with a lot of different ways to fill the time. We're going to have fun, despite taking the necessary safety precautions!

- Coffee Cart
- Garden Visits
- Hallway Exercise
- Popcorn Social
- Skyping Family Members
- Independent Cart
- Gardening
- Movies
- Virtual Church
- Hand Massages
- Traveling Happy Hour
- Hallway Bowling

FEATURED EVENT

National Red Wine Day The afternoon of August 28

"Que syrah, syrah! Wine-ever will be, will be." Let's celebrate Red Wine Day with a hallway social! A variety of red (and white) wines and other beverages will be served.



Kevin's Column



I can't believe it is already August. Where did the time go? This year has been an emotional roller coaster ride. I'm thankful that we have a team here at Hillcrest Shadow Lake who has done everything in their power to create a loving, nurturing and uplifting atmosphere. Our team members have kept their spirits high for our residents, day in and day out, for the last five months.

My wish for everyone is to take time and reflect on what these last several months have shown us – that we are strong and able to adapt. Hopefully, everyone has found a way to relax around the house. Be sure to take time away from social media and the news and focus on your loved ones or pick up that old hobby that used to bring you so much joy. It's the simple things that will get us through this. Stay safe out there and remember to wash your hands!

—Kevin Sauberzweig, Administrator



Rebecca F. works on a fun craft.