

"If I know what love is, it is because of you."

-Hermann Hesse

August 2021

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

An Update on the Delta Variant



I wish I could say that the end of the pandemic is in sight, but sadly I can't. The Midwest is experiencing a surge in the number of new cases and hospitalizations related to the emergence of the Delta variant. Please consider this a completely new virus, as it is considerably more contagious and is causing more

serious infections. Here are some facts about the Delta variant:

- 1,000 times more viral shedding secondary to its ability to quickly replicate
- Much more serious illness secondary to the viral load and overwhelming your immune system, even in the young population
- More than twice as contagious as the original virus
- Estimated 88% protection with vaccine (however, one out of every 10 fully vaccinated individuals exposed could become infected)
 - Symptoms usually very mild with almost no risk of serious illness or hospitalization; remember to protect yourself even if vaccinated
- Spread is now primarily in the unvaccinated

As always, safety is our number one priority. We are constantly reviewing our safety protocols to make sure residents, guests and team members stay safe. As of right now, visitation policies remain the same. Visitation is allowed at all locations as long as the resident does not have COVID-19 and the building is not undergoing testing after an exposure. Please make sure you are healthy prior to visiting a loved one.

Call the building directly for the latest updates on visitation at each location. Thank you for your understanding and support as we make our way through this pandemic.

— Dr. Anthony Hatcher, Chief Medical Officer



AUGUST BIRTHDAYS

August 5: John P.	August 20: Craig F.
August 11: Alice H.	August 22: LaDonna K.
August 14: Victoria A.	August 23: Dorothy G.
August 18: Eunice W.	August 30: Wayne C.

WELCOME, NEW RESIDENTS!

Joyce G., Dorothy W.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Kevin Sauberzweig, (531) 365-2661

DIRECTOR OF RECREATION:

Alexy Gillespie, (531) 365-2668

DIRECTOR OF CLINICAL SERVICES:

Harmony Widman, (531) 365-2662

DIRECTOR OF TRANSITIONS:

Katie Geary, (531) 365-2666

DIRECTOR OF CULINARY SERVICES:

Gottfried Anang, (531) 365-2665

DIRECTOR OF ENVIRONMENTAL SERVICES:

Bruce Crabbe, (531) 365-2669

REGIONAL ADMINISTRATOR:

Tammy Deemer, (402) 982-9376

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, call us at (531) 365-2668 and we'll get you on the list!



AUGUST HIGHLIGHTS

August 4: Nat. Chocolate Chip Cookie Day
 August 13: Happy Hour
 August 20: Merrymakers Concert
 August 27: August Birthday Celebration
 August 30: Pet Therapy
 August 31: Nail Care

FEATURED EVENT

Paint & Sip

Monday, August 16, 1:30 p.m.
Main Dining Hall

Residents will get to enjoy some tasty wines while painting. Non-alcoholic beverages will also be provided.



HILLCREST FOUNDATION



The Hillcrest Foundation for Enhancing Lives, a charitable organization that improves the lives of older adults, is hosting its first-annual Golf Tournament

on Thursday, August 19 at Eagle Hills. There will also be an auction, with prizes including trips to Branson, Missouri, and Breckenridge, Colorado, that can be accessed online starting August 12. Visit hillcrestfoundation.org to register and learn more!

Kevin's Column



Happy August, everyone! I would like to thank you for your continued support and understanding as we continue to work our way through this pandemic. Despite the new variants of COVID-19 in the Midwest, we do not anticipate any changes to our current safety guidelines. Please remember that

all team members, residents and visitors must still wear masks when out in areas with other people. We are still required to schedule all indoor and outdoor visits. You can schedule a visit with your loved one by calling the reception desk. This process will need to continue until the Centers for Medicare and Medicaid Services and the Department of Health and Human Services give us new guidelines.

I would like to remind families that when valuable items are brought to the building for residents, please make sure to fill in the inventory list so that all items can be accounted for.

Thank you so much for your help as we continue to provide care to our residents. As always, if you have any questions feel free to reach out.

-Kevin Sauberzweig, Administrator

Annual Customer Satisfaction Survey

Watch for an email from "Hillcrest Health Services," which is actually from a national survey company, about the Annual Customer Satisfaction Survey. Please take a couple of minutes to complete it so we can know what, if anything, we could be doing better to create an amazing experience for you.

ELDERS IN ACTION

We're kicking off the beginning of August with National Chocolate Chip Cookie Day, and we'll be baking fresh cookies to enjoy with residents and team members. We will be celebrating National Lemonade Day by making lemonade and drinking it out on the patio. For some outdoor fun we'll be having a Merrymakers concert. We're especially looking forward to having a paint and sip activity this month.

Residents will get to participate step-by-step in creating a painting while also sipping wine to bring out their creativity. Fridays will be the day to really look forward to as we'll be having happy hours and fresh popcorn each week. This month will be filled with patio socials, trivia, bowling and so much more! I'm so excited to be spending the month with you all.

-Alexy Gillespie, Director of Recreation

A MONTH IN REVIEW

July was a lot of fun at Hillcrest Shadow Lake. We had such excitement on the Fourth of July. We ate special red, white and blue treats before shooting off our own fireworks in our parking lot. We got a bit messy with a special squirt gun painting craft. While not the most conventional way to create art, it was

extra fun and colorful. Everyone had a great time. For our residents who love music we held an outdoor concert with Merrymakers' Kim Eames. She did a wonderful job, and it was a delight for us to listen to!

-Alexy Gillespie, Director of Recreation



Residents enjoy the fireworks.



Residents listen to live music.



Residents listen to music from Kim.



Fireworks get set up for our party.



Residents get ready for the fireworks.



Kim performs for residents.



Alice paints a canvas with a squirt gun.

VOTE FOR US!
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Best Nursing Home Facility
BestofOmaha.com/20533

