

"Nothing is impossible. The word itself says 'I'm possible!'"

- Audrey Hepburn

August 2022

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

The History of National Senior Citizens Day

"Throughout our history, older people have achieved much for our families, our communities and our country," President Ronald Reagan proclaimed in 1988, as he marked August 21 National Senior Citizens Day.

President Reagan declared this day with the purpose of increasing awareness of the issues that aging adults face every day and to recognize all they have accomplished.

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute," President Reagan said during his proclamation.

According to the U.S. Census Bureau, there will be 78 million people over the age of 65 living in the U.S. by 2035. This population of elders will surpass the number of those under the age of 18 for the first time in the nation's history. With such a high population of seniors, it is more important than ever to celebrate our aging adults.

One of the best ways to honor seniors on August 21 is to spend time with the aging adults in our lives and learn from them. Whether a friend, family member or neighbor, gathering together and sharing memories is a great way to recognize the many accomplishments of our aging community.

At our communities, every day is an opportunity to celebrate our aging adults. Our team spends a lot of time with residents, elders and guests getting to know them so we can craft unique and special activities. We enjoy working together to create a fun schedule of events that everyone will love.

AUGUST BIRTHDAYS

August 1: Dick Z.	August 20: Bernice S.
August 5: John P.	August 21: Craig F.
August 11: Alice H.	August 28: Rosemary M.
August 19: Eunice W.	August 30: Wayne C.

WELCOME, NEW RESIDENTS!

Jean H.	Mary L.
William L.	Anthony M.
Janice J.	Barbara M.
Richard H.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Chris Sobrilsky, (531) 365-2661

DIRECTOR OF CLINICAL SERVICES:

Cara Gunter, (531) 365-2662

DIRECTOR OF CULINARY:

Tim Blair, (531) 365-2686

DIRECTOR OF MARKETING:

Daniel Moore, (531) 365-2667

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!



AUGUST HIGHLIGHTS

August 1: DOGust 1st
August 4: Chocolate Chip Cookie Day
August 8: Afternoon Tea Day
August 11: French Fries Day
August 15: World Greatness Day
August 18: Ice Cream Pie Day
August 22: Never Bean Better Day
August 25: Banana Split Day
August 29: Lemon Juice Day

FEATURED EVENT

Birthday Celebration

Friday, August 26, 2 p.m.
Main Dining Hall

We are closing out the month with a fun birthday bash! Residents will enjoy snacks, music and more!

Chris's Comments



Hello, everyone! We've had an awesome summer here at Hillcrest Shadow Lake! We plan to continue the fun into August as we celebrate several national days and enjoy some of our favorite activities.

With the COVID-19 positivity rate high in Sarpy County, group activities inside and outside of

our building are higher risk. To keep everyone safe, we're quarantining residents as appropriate after group activities and periodically testing for COVID-19.

We understand how difficult it is to be limited in the ability to have group activities and meals during this time. We continually strive to ensure all residents are living their best lives! Our recreation team is always coming up with new and fun activities to keep residents both engaged and safe. This includes more one-on-one activities as well as some modifications to our favorites.

We encourage family members to notify our nursing team if they notice any significant changes in their loved ones to ensure a complete recovery from COVID-19. Visitation is welcome as long as a mask is worn and social distancing is practiced.

We are continuing to enjoy our summer months by spending as much time as we can outdoors. However, in extreme heat, we encourage residents to remain indoors for their safety.

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

This August will be full of enjoyable and unique activities for everyone! We will be celebrating Chocolate Chip Cookie Day, Ice Cream Pie Day and much more!

August is also National Dog Month so we will be doing some dog-related activities on a few different

days. One way we are celebrating this special month is by observing DOGust 1st, the universal birthday for shelter dogs. We will also share the love on Never Been Better Day by making some puppy paw crafts. We are looking forward to a PAWesome month!

-Noah McBride, Director of Recreation



Fourth of July Celebration

Left: Residents from Aspen Hall enjoy snappers and confetti poppers.

Bottom Left: One of the many fireworks of the night goes off with a bang!

Below: Residents sit outside and enjoy a firework show.

Bottom Right: Sandra and many of her friends patiently await the fireworks.



A MONTH IN REVIEW

During the month of July, we did our best to keep having fun! While we did have to be extra cautious due to COVID-19, we all still enjoyed activities such as hallway bingo, crafts and puzzles. We also did many one-on-one activities like reading our favorite books and playing cards.

We passed out many tasty snacks on our snack carts and went room-to-room for happy hours. We enjoyed some fun fireworks with residents and their families on the Fourth of July. Everyone had a wonderful time watching the show.

-Noah McBride, Director of Recreation



Everyone enjoys some tasty treats and socializing in the dining hall.



Alice and Eunice play a game of noodleball.



Stephen and his wife Sharon smile for the camera.