

“Kindness is like snow – it beautifies everything it covers.”  
-Kahlil Gibran

December 2021

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Hillcrest Holiday Food Drive to Spread Cheer Throughout Our Communities

Hillcrest is preparing for a spirited seasonal community service project that has become a happy holiday tradition throughout our communities. We will hold our sixth-annual Holiday Food Drive, Monday, Dec. 6 through Friday, Dec. 17, to collect food and other items. Donation boxes will be placed near the entrance of each Hillcrest location. Items donated will benefit area food pantries.

While all non-perishable food donations are welcome, each pantry has a list of most-needed items:

- **Bellevue Food Pantry** (Bellevue Hillcrest locations) - canned chicken, tuna or salmon (boneless); pasta or pasta sauce; instant sides (rice, pasta, potato); jelly; syrup.
- **Tri-City Food Pantry** (Papillon/Omaha Hillcrest locations) - canned tuna; canned vegetables; laundry or dish soap; cat or dog food; instant sides (rice, pasta, potato).
- **Gretna Neighbors** (Hillcrest Silver Ridge) - canned ham or beef; small packages of coffee, creamer or sugar; peanut butter; jelly; laundry soap, fabric softener sheets or bleach.

The team is always eager to support our local communities, and these efforts are especially heartfelt during the holidays. Last year, Hillcrest donated more than 3,000 pounds of food and other items to assist community members in need.

We hope you will consider making even a small donation. Your generosity will spread holiday cheer by helping to fill the pantries and bellies of those in our communities who most need our help. Thank you for your support!

For additional information and more comprehensive lists of most-needed items, visit [hillcresthealth.com/fooddrive](http://hillcresthealth.com/fooddrive).



## DECEMBER BIRTHDAYS

Dec. 8: Theda C.  
Dec. 10: Marjorie R.  
Dec. 11: Bonnie M.

## WELCOME, NEW RESIDENTS!

Bernice S.	Donna L.
Frank M.	Pat S.
Janice B.	George S.
Donna C.	

## MEET THE LEADERSHIP TEAM

**REGIONAL ADMINISTRATOR:**  
Tammy Deemer, (402) 982-9376

**DIRECTOR OF CLINICAL SERVICES:**  
Cara Gunter, (531) 365-2662

**DIRECTOR OF RECREATION:**  
Alexy Gillespie, (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!



## DECEMBER HIGHLIGHTS

Dec. 2: Business of Popping Corn Day  
Dec. 8: National Brownie Day  
Dec. 13: National Cocoa Day  
Dec. 24: Christmas Eve  
Dec. 25: Christmas Day  
Dec. 31: New Year's Eve  
**Every Friday — Happy Hour**

## FEATURED EVENT

**Holiday Party**  
Friday, December 24, 2 p.m.  
Main Dining Hall

Residents will enjoy snacks and refreshments with their friends. We'll have games to play and gifts to open!



## Tammy's Take



“What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.” -Dr. Seuss. At Hillcrest Shadow Lake, we truly believe the holiday season means *so much more*. We feel it in our hearts when we care for the residents we have the privilege and honor to call “our family.” We feel so thankful and blessed for all of our residents, their family

members and our entire team.

I am very pleased to announce that our new Administrator David Deemer will join us on Dec. 6. David comes to us with more than seven years of experience as an administrator. He has previously served at another Hillcrest location and now returns to lead our Shadow Lake team. Please join me in welcoming David!

Our visitation policy has become less restrictive. Visitors no longer need to make an appointment, and there's no time limit for visits as long as it does not interfere with other residents' rights. Please continue to follow infection control practices and always wear a mask. Depending on our county's positivity rate and different zones enacted within our community, we may ask you to wear additional PPE and practice social distancing.

If your loved one shares a room with someone who is unable to leave the room and is unvaccinated, we ask that you conduct your visit in one of our common areas. If the resident is vaccinated, then two visitors may enter the room at a time with the privacy curtain pulled.

Please continue to screen in by signing the visitor log-in, taking your temperature and filling out the questionnaire. We ask that you are patient with us if visiting outside of normal business hours, as it may take longer to get you screened in. If your temperature is at or above 99.1° and/or if you answer “yes” to any questions, you may not enter our community. Visitors should go directly to the room or area of visitation and not walk around the hallways or other areas. I know this is a lot to take in, so please call us if you have any questions.

Our Hillcrest Shadow Lake team wants to wish each and every one of you a Happy Holiday Season!

-Tammy Deemer, Regional Administrator

## RESIDENTS IN ACTION

Happy Holidays, Hillcrest Shadow Lake family! December is going to be such a fun month, filled with lots of baking! This month you can look forward to plenty of baked goods, hot chocolate and our beloved coffee cart every other week.

We will be celebrating several different days, such as Business of Popping Corn Day, National Brownie Day, National Cocoa Day and others.

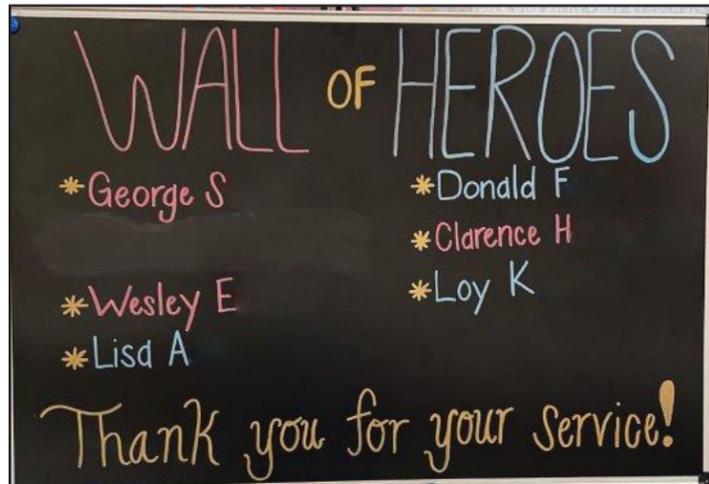
We'll also have plenty of holiday arts and crafts

projects for the month. Residents will be able to help create decorations to display around our community.

Residents will have the opportunity to decorate their own ornaments to hang on our Christmas tree for everyone to see!

The Hillcrest Shadow Lake team looks forward to spending this holiday season with you all!

**-Alexy Gillespie, Director of Recreation**



Verla is determined to win a candy bar at the ball toss.



Don gets a kick out of using the nerf guns to knock down the "ghosts" at our Ghost Hunt Social.

## Honoring Our Vets

In addition to our "Wall of Heroes," Hillcrest Shadow Lake honored our resident veterans with personalized care packages.

Above Right: Lisa A. receives a blanket and teddy bear.

Right: Don F. receives candy and his favorite soft drink.

Far Right: Loy K. loves his snacks!



## Halloween

There were plenty of treats at this year's Halloween festivities.

Far Left: Residents get a laugh out of Morgan's cow costume.

Left: Residents enjoy snacks at the social.

## A MONTH IN REVIEW

November was filled with arts and crafts, games, baking and coffee.

We especially enjoyed our Veterans Day Celebration on Nov. 11. Hillcrest Shadow Lake honored six residents who served our great country. We set up a "Wall of Heroes," displayed in our main dining hall, for everyone to see. Along with this, we put together care packages for our veterans,

which included some essential items, personalized according to their preferences. We rounded up the team and paraded around with patriotic music to present these care packages, along with a certificate of appreciation for their service. It was an amazing experience being able to talk with our veteran residents about their time in the service.

**-Alexy Gillespie, Director of Recreation**