

*"Winter forms our character and brings out our best."*

- Tom Allen

December 2022

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Get into the holiday spirit!

The holiday season is here, and the Hillcrest team is ready to celebrate with all of our residents, elders and guests. Here are some ways to share your holiday spirit with those around you.

### Put up decorations

One fun way to show you're festive is by decorating. Put up lights, garland or a small tree. To make your decorations unique, you can even have fun making your own. Get together with your peers or a family member and make a wreath or paint holiday pictures and hang them up.

### Share holiday recipes

Each family has their own traditions when it comes to baking or cooking for the holidays. Gather with those you're close to and reminisce about your favorite holiday baking or cooking memories, or share a special recipe with someone.

### Have a holiday movie night

Whether you like action, comedy or romance movies, the holiday season has them all. Grab a group of friends and some popcorn and watch your holiday favorites!

### Listen to holiday music

In December, holiday music seems to be the most popular choice. Whether you just like to listen to it or sing along, holiday music has tunes for everyone. If you like to sing along, go caroling around your community and brighten the spirits of those around you.

## DECEMBER BIRTHDAYS

Dec. 5: Carol S.	Dec. 16: Norma O.
Dec. 7: Margaret P.	Dec. 18: Theda C.
Dec. 11: Beverly K.	Dec. 23: Deborah C.
Dec. 11: Bonny M.	Dec. 24: Keith R.

## WELCOME, NEW RESIDENTS!

Helen B.	Deborah C.	Julio C.
Jeanette F.	James J.	Joan M.
Carla S.	Mary H.	Judith T.

## 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!



## DECEMBER HIGHLIGHTS

Dec. 1: Cookie Cutter Day  
 Dec. 8: Pretend To Be A Time Traveler Day  
 Dec. 15: Ugly Sweater Day  
 Dec. 22: Cookie Exchange Day  
 Dec. 24: Christmas Eve  
 Dec. 25: Christmas Day  
 Dec. 26: Candy Cane Day  
 Dec. 28: National Cards Day  
 Dec. 29 Chocolate Candy Day  
 Dec. 31: New Year's Eve

## FEATURED EVENT

### Holiday Party

**Friday, Dec. 23, 2 p.m.  
Main Dining Hall**

Join us for holiday snacks, music, gifts and some festive fun!



## Chris's Comments



Hello, Hillcrest Shadow Lake family and friends! Winter is here and the holiday season is upon us. We hope your holiday season is filled with quality time with loved ones.

As we spend that time with each other, it is best to remember it is now flu season, and we are still contending with COVID-19. I want

to stress safety for all and encourage vaccinations to help provide protection for your loved ones and our residents.

When the community transmission rate for COVID-19 in our area is not high, the signage at the entry will indicate this is the case. Screening is no longer be required. Simply signing in and out on a guest registry will be protocol. During this time, wearing masks will no longer be required. However, if you feel more comfortable and would like to wear a mask, we will have masks available for use.

We are asking for assistance when our county has a high transmission rate. Please wear masks in our building in all common areas. If you have come to share a meal with your loved ones during the holiday season, please wear a mask unless you are eating or drinking. Also, we ask that you have your meals with your loved ones in a private setting and not out in the dining area. Thank you for your cooperation!

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 month will be all about celebrating! Residents will be coming together to participate in all sorts of festive activities. We will be making cookies, playing holiday bingo, attempting an ugly sweater craft and so much more! We are looking forward to a lot of parties



Joyce sits with her friends at the Halloween Party.



Judy L., Judy N. and Marlene enjoy the food!

and socials as well! Closer to the end of the month, we will also have the opportunity to see a magician perform. We can't wait for all of the fun we'll be having this December!.

-Noah McBride, Director of Recreation



Residents wait for food to be served at the party.



Char smiles for the camera after enjoying a delicious Halloween cupcake!

## A MONTH IN REVIEW

We had a lot to be thankful for this November! We started off the month with honoring veterans on Veterans Day. Veterans received a certificate of appreciation and some good food. Throughout the rest of the month, we played a lot of cards and even learned some new games. We also had a performance from



Team members get ready for the pie-eating contest.



Team members chow down on some cherry and apple pies.

the Merrymakers again, and they didn't disappoint! Residents always enjoy live music. They sing and dance along to every song. Finally, we ended the month by celebrating Thanksgiving and playing some bingo. We couldn't have had a better November!

-Noah McBride, Director of Recreation



Recreation Leader Mikala presents a certificate to Dennis for Veterans Day.



Recreation Director Noah presents a Veterans Day certificate of appreciation to Stephen.