

"No winter lasts forever. No spring skips its turn."  
- Hal Borland

February 2023

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Five Tips for Better Heart Health

February is American Heart Month. This month, we encourage you to focus on better heart health. Here are some ways to strengthen your heart this February:

- **Know Your Heart Health Numbers**

Know your "good" cholesterol, "bad" cholesterol, total cholesterol, triglycerides, blood pressure, weight and body mass index (BMI) numbers. Ask our clinical team or make an appointment with your doctor to know these numbers and see if you are making the grade.

- **De-stress Your Heart**

Find ways to relax. Individuals who are stressed can experience higher blood pressure, heart rate and levels of the stress hormone cortisol.

- **Get Heart Healthy Support**

Exercise is a great way to keep your heart in shape. Find an exercise buddy. Working out with a friend can keep you more motivated. It's also a great way to spend time with others.

- **Sleep to Your Heart's Content**

The magic number is seven-to-eight. Individuals who sleep fewer than seven hours a night have higher blood pressure and higher levels of cortisol, making the arteries more vulnerable to plaque buildup.

- **Drink More Water**

Staying hydrated keeps all of your organs, including your heart, functioning properly. Substituting sugary or caffeinated drinks with water will reduce calories and allow your heart to stay healthy.

These are just some ways to improve your heart health. A regular check-up is the best way to keep track of your heart health. Talk to our clinical team or doctor to discover more ways you can stay heart healthy.



## FEBRUARY BIRTHDAYS

Feb. 3: Jacquie S.      Feb. 17: Lori W.  
Feb. 4: Arlyce J.      Feb. 25: Nancy O.  
Feb. 4: Charlotte S.      Feb. 27: Alberta C.  
Feb. 11: Charlotte K.      Feb. 28: Helen B.

## WELCOME, NEW RESIDENTS!

Harold J.   Patti G.   Lloyd C.

## 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 TRANSITIONS:

Vanessa Wright, (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!



## FEBRUARY HIGHLIGHTS

Feb. 10: Super Bowl Party

Feb. 14: Valentine's Day

Feb. 20: Presidents' Day

Feb. 21: Mardi Gras

Feb. 24: Tortilla Chip Day



## FEATURED EVENT

### Super Bowl Party

Friday, Feb. 10  
10 a.m.

Main Dining Hall

Join us for refreshments and snacks as we prepare for Super Bowl LVII.



## Chris's Comments



Hello, Hillcrest Shadow Lake family and friends! We are all looking forward to finishing the winter out strong. I want to express our deepest thanks for your patience and continued support during not only COVID-19, but cold, flu and RSV season. They continue to be very active right now.

If you are considering a visit, please ensure you are mindful of any symptoms you may have for the illnesses listed above. If you are experiencing any symptoms, we respectfully ask you postpone your visit until you are symptom free.

We are pleased to announce that we have introduced two suggestion boxes at Hillcrest Shadow Lake. The first is located in the technology center just west of the main dining room. The second is located in the tree house on the desk below the television. Please feel free to drop a suggestion in either box if you have a thought you would like to share. We welcome any ideas that may provide better for our residents. 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

February will be a busy month at Hillcrest Shadow Lake! We are kicking off this month with a Super Bowl LVII party. Residents will get the chance to enjoy tasty game day snacks and drinks. Other parties we have planned this month include a birthday party and a Valentine's Day party. For Valentine's Day, we will have a cookie and punch cart for residents to enjoy. Later

in the month, we will be offering more tasty snacks on National Tortilla Chip Day.

Residents at Hillcrest Shadow Lake love musical entertainment. We are excited the Merrymakers Association will be back this month to bring some musical joy to our residents!

**-Dawn Penner, Recreation Leader**



**Char and Glenda enjoy the New Year's Eve party.**



**Judy tries the New Year's treats.**



**Marian and Sally eat chips and dip at the New Year's Eve party.**



**Bobby and her daughter Susan spend the New Year's Eve celebration together.**



**Donna is ready to ring in the new year with her 2023 glasses.**

## A MONTH IN REVIEW

January came and went fast! Residents and team members rang in the new year at our New Year's Eve party. We had lots of laughs and fun, not only at the party, but throughout the whole month. We baked cookies for residents to enjoy fresh out of the oven, and we played many new games. We also enjoyed many

classic games like bingo.

Each month, residents look forward to the birthday celebration, and January was no different. They're always ready to enjoy the cupcakes, as well as the company of good friends.

**-Dawn Penner, Recreation Leader**



**Char loves wearing her New Year's headband.**



**Bruce pops the party poppers at the New Year's Eve party.**



**Phyllis, Marlene, Polly, Deb and Jeannette ring in the new year together with snacks and sparkling grape juice.**



**Jeanne and Marian enjoy conversation during the New Year's Eve party.**



**Jeanne patiently waits for the party poppers at the party.**