

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold." – Aristotle

January 2020

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## RESIDENTS IN ACTION

This month we will be having several socials. We will celebrate National Cheese Lover's Day on the 20th with a wine and cheese social at 2 p.m. There will be non-alcoholic drinks provided as well. A new speaker, Debbie, will kick off the new year with a nature talk. We will also have arts and crafts, our weekly bingo games and exercise. To close out the month we will have a Merrymakers performance by The Links on January 30th at 2 p.m. Please feel free to come and join your loved one in any recreational activity.

-Ashley Walters, Director of Recreation



Glennis R. and Allie H. arrange centerpieces.



Bill B. smiles and enjoys happy hour.



Victoria A. shows off her floral arrangement.

## JANUARY BIRTHDAYS

Jan. 1: Beth Smith  
Jan. 7: Jane Kopp  
Jan. 11: Emily Guthrie  
Jan. 18: Mary Ann Johnson  
Jan. 22: Clarence Hawkins  
Jan. 23: Julia Chavez  
Jan. 26: Lisa Adams  
Jan. 28: Shirley Sobbing

## WELCOME, NEW RESIDENTS!

Helen Camperud

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Kevin Sauberzweig, ksauberzweig@hillcresthealth.com

### DIRECTOR OF RECREATION:

Ashley Walters, awalters@hillcresthealth.com

### DIRECTOR OF CLINICAL SERVICES:

Harmony Widman, hwidman@hillcresthealth.com

### DIRECTOR OF TRANSITIONS:

Vanessa Wright, vwright@hillcresthealth.com

### DIRECTOR OF CULINARY SERVICES:

Gottfried Anang, ganang@hillcresthealth.com

### DIRECTOR OF ENVIRONMENTAL SERVICES:

Bruce Crabbe, bcrabbe@hillcresthealth.com

### REGIONAL ADMINISTRATOR:

Michelle Yosick, myosick@hillcresthealth.com

## 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 on the newsletter distribution list, get us your email address, and we'll keep you posted!

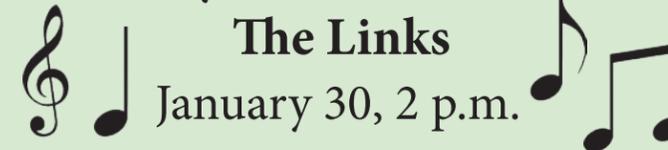


## JANUARY HIGHLIGHTS

Jan. 2: Nature Talk with Debbie, 2 p.m.  
Jan. 8: Art with Ashton, 2 p.m.  
Jan. 11: Bingo, 2 p.m.  
Jan. 20: Wine & Cheese Social, 2 p.m.  
Jan. 22: Birthday Party & Bingo, 2 p.m.

## FEATURED EVENT

### Merrymakers Presents:



The Links will be here for a musical performance. Come ready to sing along!



Evelyn P. and Ana Mae T. cheer on the Huskers.

## Kevin's Column



Happy New Year! With the start of the new year, we have some new regulations coming into effect. Household appliances and equipment in resident care areas must have a grounding conductor or be double insulated. The appliance will need to have

three prongs to ensure they are grounded. You will be able to tell if an appliance or piece of equipment is double insulated because there will be a symbol on the item that looks like a smaller square inside of a larger one. If you have any questions regarding this, please talk to Bruce, the Director of Environmental Services, Vanessa or Christopher of the Transitions team. The Environmental Services team will be checking all electronic devices in all the rooms to make sure they are in compliance. If any appliances are not in compliance with the regulations, family members will be notified and asked to take the appliances home.

As it is cold and flu season, please remember the importance of hand washing. Proper hand washing is the best way to prevent the spread of illness. If you are not feeling well, please wait to visit your loved one. The visit will be more enjoyable when everyone is feeling his or her best.

-Kevin Sauberzweig, Administrator

2020  
happy new year