

"One flag, one land, one heart, one hand, one nation evermore."

- Oliver Wendell Holmes

July 2022

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

I scream, you scream, we all scream for ice cream!

July is National Ice Cream Month, which means it's the perfect time to have a scoop or two of your favorite flavor!

Although the origin of ice cream dates back to the second century B.C., the first recorded account of ice cream in the U.S. comes from a letter written in 1744, and it wasn't until 1984 that July was designated National Ice Cream Month by President Ronald Reagan. He also named the third Sunday of July National Ice Cream Day.

Now, ice cream has become the most popular category of frozen desserts worldwide. The average American consumes approximately 23 pounds of ice cream per year, according to the International Dairy Foods Association.

It seems that ice cream shops are getting more and more creative with the flavors and options they offer.

America's five most popular ice cream flavors are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough. many places even offer dairy-free and sugar-free ice cream options so everyone can enjoy this tasty treat!

With a variety of ice cream flavors and options, there are plenty of ways to celebrate National Ice Cream Month. Grab a friend and share your favorite ice cream treat. Make an ice cream sundae, milkshake or root beer float. You can even learn how to make your own homemade ice cream or just be adventurous and try a new flavor!

No matter how you observe National Ice Cream Month, it is sure to be sweet.



JULY BIRTHDAYS

July 3: Sharon M. July 14: Rosalie R.
July 6: Donna L. July 21: Brenda E.
July 7: Verla M.

WELCOME, NEW RESIDENTS!

Sally W. Janice J.
Keith R. Joseph B.
Jean H. Geri B.
William L. Sandra 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 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!



JULY HIGHLIGHTS

July 4: Independence Day
July 7: World Chocolate Day
July 11: Blueberry Muffin Day
July 14: National Mac & Cheese Day
July 18: World Listening Day
July 21: Junk Food Day
July 25: Wine & Cheese Day
July 28: Nature Conservation Day

FEATURED EVENT

Fourth of July Fireworks

Monday, July 4, 8:15 p.m.
Front Parking Lot

Join us for a vibrant fireworks show and snacks! Family members are welcome.



Chris's Comments



Hello, everyone! We are enjoying summer fun and spending as much time as we can outdoors! However, we are encouraging residents to remain indoors in extreme heat for their safety. When the outside temperature reaches 89 degrees or above, we request residents stay inside of our air conditioned building.

We are excited about implementing a new process designed to enhance the meal time experience for residents. Residents will be served from all three of our dining halls, which should ensure a quicker and easier service for all residents. Also, please remember our alternate meal choice menu provides various options to residents. With this menu, residents have the opportunity to choose something they will enjoy eating at every meal.

We encourage you to join your loved ones for indoor and outdoor visitation. When visiting, please ensure you are wearing proper personal protective equipment (PPE) and social distancing when appropriate.

We invite you to join us for our Fourth of July celebration on July 4 at 8:15 p.m. We will enjoy snacks while watching a fireworks show from our front parking lot.

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 filled with celebrations, music and parties for everyone to enjoy. We will be starting off the month with a fabulous Independence Day celebration. After that the month will continue with musical performances, interesting crafts and some fun food-related holidays! We have many new activities on the calendar this month and plan to spend more time

outdoors.

One of our newest activities is Book Club! We are all excited to start this and hope to get as many residents involved as we can. July is bringing many new and exciting opportunities to residents here at Hillcrest Shadow Lake, and we can't wait for a fun-filled month!

-Noah McBride, Director of Recreation

Music to My Ears

Left: Residents watch students from G. Stanley Elementary perform their show choir routine. Bottom Left: A large group gathers in the Main Dining Hall to watch the Merrymakers performance. Below: Residents smile after a wonderful performance from G. Stanley Elementary students. Bottom Right: The Links play guitar and piano for residents.

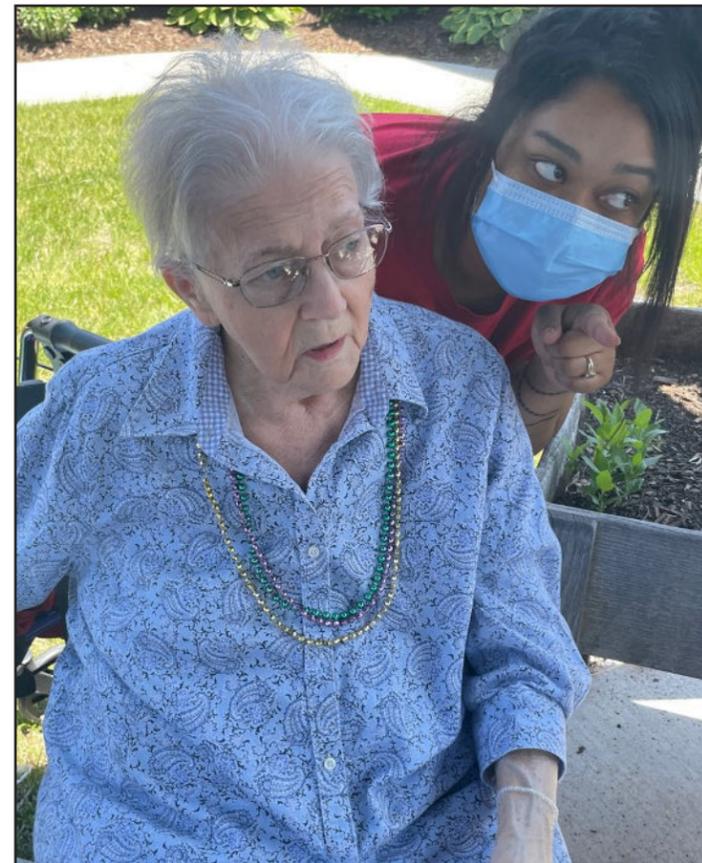


A MONTH IN REVIEW

This June was full of excitement and new experiences! We added a new daily puzzle time to our calendar to allow residents to wind down and relax before lunch. We also had several musical performers put on quite a show! Residents all enjoyed dancing and listening to music.

We were able to enjoy many socials and various crafts. Team members even gave residents a laugh when they participated in egg roulette and an egg toss. We had a great time last month and can't wait to see what joy July will bring.

-Noah McBride, Director of Recreation



Egg-tastic Summer

Top Left: Norma watches the egg toss with a team member. Top Right: Team members participate in an egg toss to give residents a laugh. Above: Char watches team members play egg roulette. Left: Lucinda poses in her best summer attire during the egg toss.