

"The magic in new beginnings is truly the most powerful of them all."
- Josiyah Martin

March 2023

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

The First Day of Spring

March 20 marks the first day of spring. The vernal, or spring, equinox is something many people look forward to each year. It means days start to get longer and weather begins to get warmer. On this day, the hours of daylight and hours of darkness are close to equal. Here are some more interesting facts about the spring equinox.

- **Date of spring equinox**

The spring equinox doesn't fall on the same day each year. It can either fall on March 19, 20 or 21. This year it falls on March 20. The 2024 spring equinox will fall a day earlier on March 19, and the next time it will fall on March 21 will be 2101.

- **Astrological vs. Meteorological**

Astronomers use March 19, 20 or 21 as the official first day of spring. This is the date where the sun is positioned directly above the equator, something that only happens twice a year. However, meteorologists tend to use a different date as the start of spring, March 1. This date is based on annual temperature cycles. Which first day of spring will you celebrate?

- **Holidays**

The spring equinox is tied to spring holidays such as the Persian New Year, Easter and Passover. Holidays like these are timed to be celebrated on or after the spring equinox. Easter, specifically, is determined to be the first Sunday after the first full moon after the vernal equinox.

The spring equinox is celebrated as a time of rebirth and renewal in many cultures. Now that you know a little more about the vernal equinox, you can prepare yourself for a new season.

MARCH BIRTHDAYS

March 3: Rebecca F.	March 19: William B.
March 4: Julio C.	March 20: Thomas D.
March 5: Marilyn K.	March 21: Mary D.
March 5: Joann S.	March 23: Joan M.
March 6: Gwendolyn H.	March 24: Linda A.
March 15: Phillis K.	March 30: Merrill H.
March 16: Wesley E.	March 31: Sally W.

WELCOME, NEW RESIDENTS!

Susan K.	Clara H.
Rosalita C.	Dorothy J.
Nancy C.	Juanita D.
Sidney M.	

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Chris Sobrilsky, (531) 365-2661

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!



MARCH HIGHLIGHTS

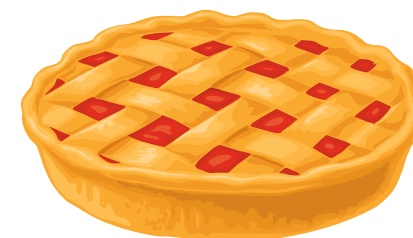
March 2: Dr. Seuss Day
March 6: National Oreo Cookie Day
March 17: St. Patrick's Day Party
March 20: National Corn Dog Day
March 24: Chip and Dip Day
March 31: Birthday Party

FEATURED EVENT

Pie Fundraiser

Thursday, March 23
9:30 a.m. – 2:30 p.m.
Treehouse

A variety of pies will be sold as we raise money for the resident Christmas and haircut funds.



Chris's Comments



Hello, Hillcrest Shadow Lake family and friends! We are all hoping to enjoy a continuation of our mild winter season. I wanted to once again express our deepest thanks for your patience and continued support during COVID-19. We still ask that if you

are considering a visit, please ensure you are mindful of any symptoms you may have for the cold, flu or RSV. If you are experiencing any symptoms for these illnesses, we respectfully ask you postpone your visit until such time as the symptoms are no longer present.

We are asking for assistance so we may better serve you or your loved ones. All clothing and items of value must be labeled and inventoried. All items may be brought to the front desk during normal business hours and to the nurses clinic for Aspen/Birch after hours and on weekends. Please make sure all items are bagged and that the name of the resident is written on a document and placed in the bag. This will ensure all items are inventoried and labeled appropriately. 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

March is going to be a busy month for our residents! We have lots of fun planned this month. Residents will celebrate many special days including Dr. Seuss' birthday, National Corn Dog Day and National Chip and Dip Day. We also have a St. Patrick's Day Party planned for March 17. We are excited to be

trying out new games and activities with our residents for each of these occasions. We will end March with our monthly resident birthday party. This event is always a fun time for team members and residents. We love to celebrate with each other.

-Dawn Penner, Recreation Leader



Hannalore and Sally check their bingo cards.



Rosemary works on her Valentine's Day craft.



Gwen H. has fun decorating her craft with hearts.



Brenda E., Marian B. and Dorothy P. play bingo.

A MONTH IN REVIEW

February was a short month, but it was packed with a lot of activities for residents. Early in the month, residents enjoyed a Super Bowl party with many tasty game-day snacks. We also celebrated Valentine's Day by playing valentine bingo. We also handed out boxes of candies and stuffed animals. During our Valentine's

Day fundraiser, residents received valentines from family and team members. It was great to share the love with each other. We ended our Valentine's Day celebration with cookies and punch. Love was definitely in the air on Feb. 14!

-Dawn Penner, Recreation Leader



Donna L. and Deb C. enjoy conversation during a game of bingo.



Morgan and Amanda serve cheese and sparkling juice on National Cheese Lover's Day.



Megan is excited to share Valentine's Day treats.



Carol works on her Valentine's Day craft with a smile.