

"Welcome sweet November, the season of senses and my favorite month of all." -Gregory F. Lenz

November 2021

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## As We Continue to Fight COVID, Don't Forget About the Seasonal Flu

While we were busy fighting the pandemic last year, we experienced far fewer incidences of the seasonal flu. Since we all wore masks and kept our distance, seasonal flu infections remained extremely low.

Things are different this year. The masks are off and — thanks to our COVID vaccines — we can enjoy group activities again. However, the fact that we'll be closer together during the cold-weather months increases the possibility that the flu will make a comeback.

As with COVID, the best way to prevent the flu is to get vaccinated. In addition to advanced cleaning protocols and other safety measures implemented at the onset of COVID, Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents and elders. Our clinical team will be contacting you about your flu vaccine. If you have any questions, please reach out to your Director of Health Services.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID. Wash your hands often and well. Cough and sneeze into your elbow. If you feel sick, stay away from your friends, and let our team know.

As we continue the battle against COVID, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



## NOVEMBER BIRTHDAYS

Nov. 1: Anita B.                      Nov. 15: Anita Br.  
Nov. 11: Bonnie M.                Nov. 15: Marilyn J.  
Nov. 11: Stephen A.

## WELCOME, NEW RESIDENTS!

Sharon M.                              Michael P.  
Beverly D.                              Charlotte S.

## MEET THE LEADERSHIP TEAM

**REGIONAL ADMINISTRATOR:**  
Tammy Deemer, (402) 982-9376

**DIRECTOR OF CLINICAL SERVICES:**  
Cara Gunter, (531) 365-2662

**DIRECTOR OF RECREATION:**  
Alexy Gillespie, (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!



## NOVEMBER HIGHLIGHTS

Nov. 1: Bonfire Night S'mores & Hot Chocolate  
Nov. 11: National Sundae Day  
Nov. 11: Veterans Day  
Nov. 11: National Lemon Cream Pie Day  
Nov. 12: National Happy Hour Day  
Nov. 25: Thanksgiving  
Nov. 26: Black Friday Shopping  
Every Friday — Happy Hour



## FEATURED EVENT

### Husker Tailgate

Friday, November 5, 2 p.m.  
Main Dining Hall

Join us for a pre-tailgate before the Huskers vs. Ohio State football game.



Enjoy delicious snacks and drinks while socializing with friends and our team!

## Tammy's Take



Hello, and Happy November to each and every one of you! We have been very busy here at Shadow Lake. In October, we had our annual state survey to get recertified for Medicaid. The team did very well, and although we haven't received the results as of yet, I am truly proud of each and every one of our caring team members. They are some of the best around! We also had a Halloween Party, and all of the residents loved seeing the different costumes that our team wore.

Later this month we will be celebrating Thanksgiving. Yes, you heard me right! Can you believe that it is that time of the year?! It's crazy thinking about how we are still in a pandemic. All of the team members and residents who chose to receive the COVID-19 vaccination booster shot received theirs in October. As you heard last month, our visitation criteria has changed. You all should have received communication on that; however, should you have any questions regarding this, please reach out to our team. We are happy to answer your questions.

While we are still looking for a new Administrator, please call or email me should you have any questions or concerns. On behalf of all of the team here at Hillcrest Shadow Lake, we want to wish you and your families all a very Happy and Blessed Thanksgiving! This time of the year, especially, makes us all stop and think about what we are thankful for. At Shadow Lake, we are thankful for you allowing us to care for your loved ones and for continuing to be patient with us during these trying times in the pandemic.

Happy Thanksgiving!

-Tammy Deemer, Regional Administrator

## RESIDENTS IN ACTION

Welcoming November means welcoming the holiday season! With the weather getting chilly, we will enjoy hot chocolate, apple cider and s'mores at the beginning of the month.

This holiday season will be filled with lots of baking. We have received some baking recipes from families and will try them out for everyone to enjoy. What a great way for residents to reminisce over the holidays!

We'll also hold two more tailgate events for the Husker football season, featuring plenty of goodies and drinks.

We'll celebrate National Sundae Day by serving ice cream and a do-it-yourself topping bar.

There will be plenty of arts and crafts as well as games throughout the month. I look forward to experiencing this holiday season with all of you!

**-Alexy Gillespie, Director of Recreation**

## A MONTH IN REVIEW

Last month, we kicked off our first Tailgate Party for the Husker game against Northwestern. We will continue to host tailgate parties for every home game, held on the Friday before the game.

Our first tailgate featured various foods and goodies, including puppy chow, cupcakes, cookies, little smokies and cheese dip with chips. We mixed in Happy Hour and served wine coolers,

beer and lemonade. Held in the main dining room, this event brought out many residents who normally don't attend our socials. Everyone was able to eat and drink while visiting. It was great to see everyone enjoying each other's company and having a good time! We look forward to future tailgate parties this season!

**-Alexy Gillespie, Director of Recreation**

## Fall Decorating

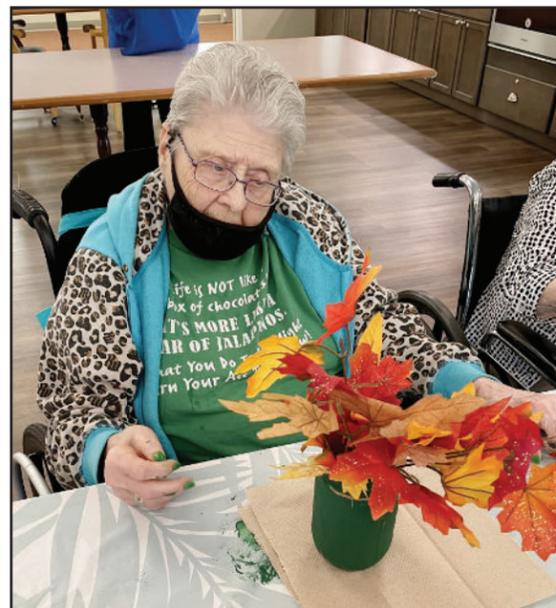
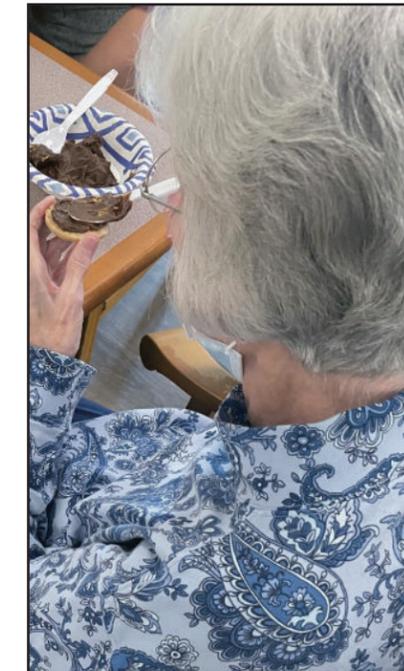
**Right: Verla, Lee and Lucinda** decorate mason jars to make their rooms more festive for the fall season.

**Below: The ladies** show off the beautiful results of their fall art projects.



## Autumn Harvest Cookies

Residents enjoy frosting cookies in harvest themes, including pumpkins, owls and more!



**Gus the Dog** stopped in with his little friend, **Morty**, to visit.



Residents enjoy some fine autumn weather while listening to a live outdoor musical performance by **Joyce Torchea**.