

"Autumn colors remind us we are all one dancing in the wind."  
- Lorin Morgan-Richards

November 2022

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Don't forget your flu shot!

As we roll into the holidays, we also need to remember it's flu season. We'll be close together during the cold-weather months for many fun holiday activities. This increases the possibility we will see some cases of the flu, especially in those 65 and older.

It is important to get a flu shot each year to prevent yourself from getting sick. According to the Centers for Disease Control and Prevention (CDC), flu vaccines have many benefits such as reducing the risk of getting sick and reducing the risk of more serious flu outcomes.

According to the CDC, this year's flu vaccines have been updated to better match current circulating viruses. Flu vaccines are updated each year because the virus constantly changes.

Hillcrest has already begun taking seasonal precautions by offering flu vaccine clinics for residents/elders as well as team members. Please let the clinical team know if you (or your loved one) still need to get a flu shot.

You can help limit the spread of flu infection, too, by practicing the same familiar precautions we use to prevent COVID-19. 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-19, the flu remains a concern. Being mindful of some simple safeguards can help us all remain healthy and safe.



## NOVEMBER BIRTHDAYS

Nov. 11: Stephen A.      Nov. 20: Judy N.  
Nov. 15: Marilyn J.      Nov. 20: Patti S.  
Nov. 18: Michael N.      Nov. 26: Helen C.

## WELCOME, NEW RESIDENTS!

Beverly K.      Linda A.      Dorothy A.

## 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!



## NOVEMBER HIGHLIGHTS

Nov. 3: National Sandwich Day  
Nov. 7: Nachos Day  
Nov. 10: National Vanilla Cupcake Day  
Nov. 14: Loosen Up, Lighten Up Day  
Nov. 18: Apple Cider Day  
Nov. 21: Gingerbread Cookie Day  
Nov. 24: Thanksgiving Day  
Nov. 28: French Toast Day

## FEATURED EVENT

### Thanksgiving Party

Wednesday, Nov. 23, 2 p.m.  
Main Dining Hall

We're coming together on the afternoon before Thanksgiving to celebrate all that we are thankful for here at Hillcrest Shadow Lake. There will be food and drinks as well as some Thanksgiving Bingo!



## Chris's Comments



Hello, everyone! With winter just around the corner and changes in COVID-19 protocols, I want to stress safety for all. When the community transmission rate in our area is not high, the signage at the entry will indicate this is the case. Screening will no longer be required. Simply signing in and out on a guest

registry will be what is required. During this time, wearing masks will no longer be required. However, if you feel more comfortable and would like to wear a mask, we will have masks available for use.

If the community transmission rate moves to high or there is an outbreak, masks will be required. An outbreak is defined by the Centers for Disease Control and Prevention (CDC) as one or more positive cases of COVID-19 in the last 14 days.

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

This month will be full of many more autumn activities and crafts. We are also looking forward to lots of food, games and parties this month. We will start off the month with National Sandwich Day on Nov. 3, followed by Loosen Up, Lighten Up Day on Nov. 14.



Hannelore listens to William of Merrymakers as he sings.



Donna, Marian and Carol enjoy watching the live performance together.

As we move closer to Thanksgiving, we will celebrate Apple Cider Day with tasty apple treats. To end November, we will be throwing a Thanksgiving Party for residents and their families.

**-Noah McBride, Director of Recreation**



Bonny sings along to an Elvis Presley song.



John watches William perform songs from the 40s and 50s.

## A MONTH IN REVIEW

October was sensationally spooky, and we had as much fun as we could! We had a few live performances from the Merrymakers Association. Residents loved all of the live entertainment! We also celebrated Halloween with a party and some costumes.

Team members had fun with a pumpkin pie eating contest and a pot luck. We all joined in the fun at the Halloween Party with residents! We had a great October here at Hillcrest Shadow Lake.

**-Noah McBride, Director of Recreation**



Everyone enjoys another spectacular performance from Merrymakers.



Marlene, Brenda, Rebecca and Hannelore enjoy listening to Merrymakers performer Joyce.



Jody and Paige pose for a photo at our photo booth during one of our Fun Friday events.



Marian and Pat give Joyce a round of applause at the end of her show.