

"Happiness does not depend on what you have or who you are. It solely relies on what you think." -Buddha

October 2019

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

RESIDENTS IN ACTION

This month we will continue to work on our mural. The residents have been busy painting the temporary wall the construction workers have put up. Each individual has put their own unique spin on the wall to express their own creativity. Residents are having some fun painting team members up on the wall. This month we will be having Husker Happy Hours on Fridays to celebrate the Huskers and will be cheering them on during the games on Saturdays. We will be enjoying the new courtyard area as well, especially with the fall weather approaching. As always please remember you are more than welcome to come and join your loved one for any and all activities. If you would like an activity calendar please let me know. I am happy to help. I can be reached at (531) 365-2668.

-Ashley Walters, Director of Recreation



Eileen Bradford enjoys the popcorn and conversation.



Evelyn Paskevicz traces Corrie on the wall.



Bill Broadhurst leaves his hand on the wall.



OCTOBER BIRTHDAYS

- Oct. 4: Rochelle Herring
- Oct. 8: Evelyn Paskevicz
- Oct. 11: Donna O'Leary
- Oct. 14: Hannelore Greene
- Oct. 15: Janis Straight
- Oct. 18: Mark Bahr
- Oct. 20: Beverly Eells
- Oct. 24: Ana Johnson-Cruz

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!



OCTOBER HIGHLIGHTS

- Oct. 4: Husker Happy Hour, 2 p.m.
- Oct. 5: Resident Run Bingo, 2 p.m.
- Oct. 9: Arts with Ashton, 2 p.m.
- Oct. 22: Merrymakers Presents Jim Javorsky, 2 p.m.
- Oct. 30: Aaron Shoemaker, 10 a.m.
- Oct. 31: Fontenelle Forest, 2 p.m.

FEATURED EVENT

October Birthday Party

October 23, 2 p.m.

Let's get together to celebrate all of the October birthdays! After celebrating everyone's birthday we will play bingo.



Laura Long, Sherry Karras and Beverly Eells show their creative side and paint a tree on the mural.

Kevin's Column



Greetings, all! This month we will finish the third phase of the renovation. This phase is scheduled to be complete by October 20th. The completion of this phase will bring back many areas of the building. After this phase, we just have one to go before the building is complete.

We will have processes and plans in place to go through the final phase of the renovation.

I would also like to point out that we have our courtyard area open and available for families to use. During a visit, you can sit outside and enjoy the fall weather, along with the visual changes fall brings. There are several sitting areas, and a new sidewalk. There is a covered area of the courtyard as well.

I would also like to add that we are moving into cold and flu season. Please remember the importance of hand washing. If you are not feeling well, please wait to visit your loved one. The visit will be more enjoyable when all everyone is feeling his or her best.

-Kevin Sauberzweig, Administrator



Cruz Mendoza paints his handprint on the wall. Residents have been working on several art projects.