

*"Embrace the glorious mess that you are."  
-Elizabeth Gilbert*

October 2020

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## RESIDENTS IN ACTION

The garden areas have brought us so much joy these last few months. As the weather cools, we will continue to venture out as often as possible with jackets and blankets to welcome the autumn air. We are so pleased to have so many imaginative residents who welcome change with open arms. This has been an interesting time for the recreation team. It's the smile we see when we deliver a cup of hazelnut coffee with breakfast or the giggles we hear with the joke of the day that remind us why we work so hard to help our residents get through these challenging times. We hope the times get better soon, but we have realized it's the simple things in life that really do matter the most. Those little connections with each other warm us from the inside out.

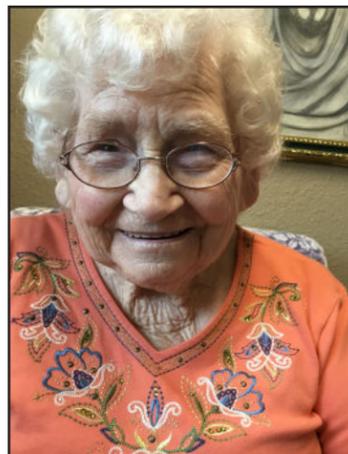
-Allie Hobson, Director of Recreation



Lavonne R. celebrates her birthday.



Marilyn B. enjoys cake on her birthday.



Alice H. shows off her new haircut.

## OCTOBER BIRTHDAYS

Oct. 8: Evelyn P.      Oct. 18: Mark B.  
Oct. 14: Hannelore G.      Oct. 24: Ana J. C.  
Oct. 15: Janis S.      Oct. 30: Wallace M.

## WELCOME, NEW RESIDENTS!

Sharon A.  
Stephen A.  
Theda C.  
Eunice W.  
Wallace M.  
Barbara W.

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

Kevin Sauberzweig, ksauberzweig@hillcresthealth.com

### DIRECTOR OF RECREATION:

Allie Hobson, ahobson@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:

Dave Creal, dcreal@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 ACTIVITIES

As we begin looking forward to the holiday season, the recreation team has thought up a lot of great activities to do this month! It's been an interesting challenge to create fun and engaging socially distanced activities but the recreation team has risen to the occasion. We're going to have fun, despite taking the necessary safety precautions!

- Spooky Crafts
- Garden Visits
- Hallway Exercise
- Popcorn Social
- Skyping Family Members
- Independent Cart
- Gardening
- Movies
- Virtual Church
- Hand Massages
- October Birthday Celebration
- Hallway Bowling

## FEATURED EVENT



### Virtual Visits

### Saturdays & Sundays

Call (402) 339-6010 to set up a video or phone call with your loved one. We can do them through FaceTime and Zoom. 30-minute time slots are available.

## Kevin's Column



As I write this today, the temperature outside is in the 40s! Since that is quite a low, that is hopefully not a sign of what is to come for the remaining part of 2020. As we all know, 2020 has already been a hectic year with COVID-19 and the expectations that the Centers for Medicare/

Medicaid Services continues to mandate for skilled facilities to maintain compliance with changing regulations.

Currently we are required to test all team members one of three ways depending on what the positivity rates are in our county as follows:

- Less than 5% - test all team members once a month.
- 5%-10% - test all team members once a week.
- Over 10% - test all team members twice a week.

Since we are located in Sarpy County, the current positivity rate is at 7.7% at this time. This rate is recalculated every two weeks by the Centers for Disease Control. The rate of 7.7% will place us in the category to maintain weekly testing for all of our team members.

Depending on the results of our testing and what happens with the COVID-19 activity in the Sarpy County, our testing could go up, remain the same or go down.

Thank you so much for your patience and understanding as we continue to provide a safe environment for our residents. While we still can't allow visitors inside the building, please feel free to call (402) 339-6010 to set up a virtual visit with your loved one. This is going to be a great month and everyone at Hillcrest Shadow Lake is looking forward to Halloween and the holiday season!

Please let us know if you have any questions as things constantly change day to day.

-Kevin Sauberzweig, Administrator