

*"I wish that every day was Saturday and every month was October."  
- Charmaine J. Forde*

October 2021

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

## Join Us In Supporting the Walk to End Alzheimer's



This month, Hillcrest Health Services is forming a team to walk in the 2021 Sarpy County Walk to End Alzheimer's. This cause is very near and dear to our hearts, so we're really looking forward to this event.

Alzheimer's is a type of dementia that impacts memory, thinking and behavior. In Nebraska, alone, more than 35,000 individuals live with Alzheimer's or dementia. Additionally, more than 61,000 individuals care for loved ones with some form of this disease.

Across our Hillcrest communities we care for many individuals with dementia and see first-hand the impact of Alzheimer's and dementia. In response, we've invested a lot of time and resources into providing high-quality memory care. One of the results of our efforts is our Dimensions™ program, which implements the Montessori method into senior care. This method enables, empowers and engages individuals at every step of their dementia journey. We also partner with the Alzheimer's Association in their annual walks because we share the goal of helping individuals with Alzheimer's and dementia and hopefully one day finding a cure for this disease.

If you're interested in supporting the Alzheimer's Association by donating or joining our team, visit [tinyurl.com/TeamHillcrest2021](https://tinyurl.com/TeamHillcrest2021). This event will take place at Prairie Queen Recreation Area in Papillion on Sunday, October 17. We will be providing breakfast for our team during the registration period at 8:30 a.m. The opening ceremony will begin at 9:30 a.m., and the walk will begin at 10 a.m. We hope you can join us in supporting this worthwhile cause.



## OCTOBER BIRTHDAYS

|                       |                     |
|-----------------------|---------------------|
| Oct. 8: Evelyn P.     | Oct. 18: Mark B.    |
| Oct. 10: Sandra E.    | Oct. 23: Roberta H. |
| Oct. 14: Hannelore G. | Oct. 24: Ana J.     |
| Oct. 15: Janis S.     | Oct. 27: Patsy L.   |

## WELCOME, NEW RESIDENTS!

Albert B.

## 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 start 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!



## OCTOBER HIGHLIGHTS

Oct. 1: National Homemade Cookies Day  
Oct. 8: Merrymakers Performance  
Oct. 25: National Art Day  
Oct. 26: National Pumpkin Day  
Oct. 29: October Birthday Celebration  
Oct. 31: Halloween  
TBD: Halloween Parade

## FEATURED EVENT

### Pumpkin Painting

Wednesday, October 27

We will be painting plastic pumpkins in preparation for Halloween!



*Please vote for Hillcrest in these categories!*



- Assisted Living Community
- Home Health Provider
- Hospice Care
- Long Term Care Facility
- Skilled Nursing Facility
- Memory Care
- Retirement Community
- Senior Care Services
- Best Place to Work (Over 50 Employees)

**Voting ends October 12**

## Tammy's Take



Hello, and happy October to everyone. We are looking forward to Mother Nature changing its colors to beautiful reds, oranges, purples and yellows! I want to introduce myself I am Tammy Deemer, RN-DC, LNHA. I am the Regional Administrator for Hillcrest Shadow Lake and am currently sitting in as the Administrator. I look forward to being able to serve and enhance the lives of our residents, families and team members.

I also want to announce that we have promoted our Clinical Care Coordinator Cara Gunter, RN, to Director of Clinical Services. Cara has served as a Director of Nursing previously and has been with Hillcrest for a total of 10 years and specifically with Hillcrest Shadow Lake for four-and-a-half years. Cara will carry the torch and continue to lead the nursing team in providing quality of care for our residents.

We are doing our best to keep residents safe and healthy. COVID-19 booster shots will be available to those residents and team members who were completely vaccinated more than six months ago. We ask that you keep their safety in mind when visiting your loved one here at Hillcrest Shadow Lake. With the colder weather coming up, it may make it more complicated to plan visits outside. We will do our best to accommodate for visits both inside and outside, weather permitting. We appreciate your understanding as we continue to comply with mandated safety guidelines.

Happy Halloween, and stay safe everyone!

**-Tammy Deemer, Regional Administrator**

## RESIDENTS IN ACTION

Hello, October! This month will be filled with lots of baking, arts and crafts, games and more! We'll be celebrating National Homemade Cookies Day by baking fresh cookies for everyone to enjoy. We'll also be bringing around our coffee cart this month as the weather will begin to get chilly. We will be serving coffee with various options of creamers as well as hot tea. For National Art Day we will be doing a Halloween

craft to get into the holiday spirit. For National Pumpkin Day, residents will get to paint their own little plastic pumpkin in preparation for Halloween. As always, residents can look forward to happy hour and fresh popcorn on Fridays. I'm looking forward to spending time with all of you!

**-Alexy Gillespie, Director of Recreation**



Lucinda and Gus hang out.



Bob pets Gus.



Bills welcomes Gus to Hillcrest Shadow Lake.

## A MONTH IN REVIEW

September was a fun month filled with lots of arts and crafts and games. We especially enjoyed our paint and sip event. Residents had the opportunity to do a step-by-step painting while drinking some wine and wine coolers. Residents loved testing their creative skills, drinking wine and getting to socialize with other residents as well. When residents were

done painting, they found themselves leaving with a beautiful painting of a blossom tree. Even though they were all painting the same picture, it was fun to see how different everyone's painting turned out!

**-Alexy Gillespie, Director of Recreation**



Verla smiles at Gus.



Janis says 'hi' to Gus.