

"The smallest act of kindness is worth more than the grandest intention." - Oscar Wilde

October 2022

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

It's Spooky Season

Many individuals celebrate Halloween the entire month of October. Spooky decorations start going up on Oct. 1 and stay up until the holiday itself. Here are some ways you can celebrate Halloween all month long.

Door Decorating Contest

Get crafty and decorate your door in ghosts, ghouls and goblins. You can also decorate in traditional Halloween colors like black and orange. Get your neighbors involved and have a friendly competition.

Carve or Paint Pumpkins

Pumpkins are one of the universal symbols of Halloween. Many individuals gather together and make jack-o'-lanterns by carving faces and other spooky designs into pumpkins. If you're not into carving pumpkins, substitute the activity with painting fun sketches onto the pumpkin.

Play a Halloween Game

Gather your friends or family and have an exciting Halloween-themed game night. You can play Halloween charades with classic Halloween characters. Don't like playing charades? Test your Halloween knowledge with some spooky trivia.

Get Dressed Up

Halloween is a great time to be something you've always wanted to be. Get dressed up in Halloween costume – a witch, black cat or even a ghost! If you don't have a spooky costume, wear a Halloween sweater or dress in black and orange.

There are so many ways to get into the Halloween spirit. How will you celebrate the spooky holiday?

OCTOBER BIRTHDAYS

Oct. 4: Peggy G. Oct. 18: Mark B.
Oct. 8: Evelyn P. Oct. 27: Bobby H.
Oct. 14: Hannelore G. Oct. 27: Pat L.

WELCOME, NEW RESIDENTS!

Lee M. Shirley R. Lela M.
Glenda W. Dorothy P.

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!



OCTOBER HIGHLIGHTS

Oct. 6: Mad Hatter Day
Oct. 10 Cake Decorating Day
Oct. 13: National M&M Day
Oct. 17: Dictionary Day
Oct. 20: American Frog Day
Oct. 24: National Food Day
Oct. 27: Chocolate Day
Oct. 31: Halloween

FEATURED EVENT

Halloween Party

Monday, Oct. 31, 2 p.m.
Main Dining Hall

Join us for food, games and more Halloween fun!



Chris's Comments



Hello, everyone! We are once again enjoying group activities and communal dining. We encourage all of our residents to enjoy the social interactions during these activities!

However, the positivity rate for Sarpy County is considered high, which means all indoor activities in the community and outside of

Hillcrest Shadow Lake are considered high-risk activities. All residents who choose to participate in high-risk activities will be assessed for the need to quarantine and periodically tested for COVID-19. We are continuing to encourage you to join your loved ones for indoor and outdoor visitation at Hillcrest Shadow Lake. Please ensure proper masking and distancing guidelines are followed.

We are sending updates on our COVID-19 status as new circumstances arise. Thank you for your continued understanding and cooperation!

As we enter into the fall, we expect to see a wardrobe shift to warmer clothes, coats, gloves, hats, scarves, etc. Please make sure that all new clothing items are delivered to our transitions director for labeling. This will help ensure that these clothing items are accounted for and we properly deliver the clothes to our residents after laundering.

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, we will be enjoying the fall weather, football season and Halloween! We have already started hosting some tailgate parties for residents to enjoy and will continue to do so as the Huskers season progresses!

We will also be enjoying the spooky season with some fall and Halloween crafts! To end the month, we



John and his wife enjoy the musical performance.



Marlene and Rick dance to music.

will be having a Halloween party.

Other fun days residents can enjoy this month include Cake Decorating Day, American Frog Day and National Food Day. We have so many exciting activities planned for October. We can't wait to start another exciting month at Hillcrest Shadow Lake!

-Noah McBride, Director of Recreation



Marlene and Rick put their dancing shoes on for the Merrymakers performance.



Judy and Polly watch a live performer as he sings some classic tunes.

A MONTH IN REVIEW

September was a great month at Hillcrest Shadow Lake! One of the highlights from last month was our live entertainment. We have been trying to enjoy as many performances as possible.

Last month, we had a wonderful time listening to



Magnificent Music

Left: Residents enjoy some music and the beautiful weather.

Below: Mike McCracken of Merrymakers sings his rendition of "Ring of Fire" by Johnny Cash.

Bottom Left: Mike McCracken mesmerizes residents and team members with his wonderful voice.

Bottom Right: Brenda enjoys some music.



the songs from our Merrymakers performer. Everyone was dancing and singing along! It's always great to see everyone having a good time. We can't wait to have more live entertainment this month!

-Noah McBride, Director of Recreation