

"And all at once, summer collapsed into fall."

- Oscar Wilde

# The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents



## Fall is Just Around the Corner

As summer fades and weather cools, reds, oranges and yellows begin to cover the trees. Sept. 22 marks the first day of fall, and there are many ways to prepare for the new season.

### Football Tailgate Party

Gather your friends and some tasty game-time snacks and watch your favorite team score its way to victory! Football is the sport of the season, so it's the perfect way to get into the fall spirit.

### Autumn Crafting

Whether you're an avid crafter or learning a new skill, a fun way to welcome autumn is to create a fall door sign or wall decorations. Use fall colors like reds, oranges and yellows to craft an autumn masterpiece.

### Delicious Goodies

Another staple of the fall season is its food. Apples, pumpkins, squash and many other fruits and vegetables are used in fall cooking. Try something new or grab a slice of your favorite pie.

### Spend Time Outdoors

The cool weather is refreshing after a long, hot summer. Put on a cozy sweater and enjoy some fresh air. Take in the natural beauty fall has to offer.

Whether you decide to watch your favorite team, make fall decorations, eat tasty treats or get some fresh air, we hope fall is a great season.

## SEPTEMBER BIRTHDAYS

Sept. 4: Thomas S.	Sept. 11: Sarah C.
Sept. 8: Patty S.	Sept. 22: John L.
Sept. 8: Marilyn B.	Sept. 25: Joyce G.
Sept. 8: Dennis C.	Sept. 26: Richard H.
Sept. 9: Barbara M.	Sept. 28: Cynthia W.
Sept. 11: Carol C.	

## WELCOME, NEW RESIDENTS!

Karen B.	Dorothy P.	Thomas S.
Sonja B.	Mary Lou R.	Nan O.
Gary H.	Karen R.	

## 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!



## SEPTEMBER HIGHLIGHTS

Sept. 1: International Cabernet Day  
 Sept. 5: Labor Day  
 Sept. 8: Are You Okay Day  
 Sept. 12: Chocolate Milkshake Day  
 Sept. 15: International Dot Day  
 Sept. 19: Butterscotch Pudding Day  
 Sept. 22: First Day of Fall  
 Sept. 26: National Pancake Day  
 Sept. 29: National Coffee Day

## FEATURED EVENT



### Fall Party

Friday, Sept. 23, 2 p.m.  
Main Dining Hall

Join us for autumn festivities! There will be food and drinks to match the season.

## Chris's Comments



Hello, everyone! As our summer fun comes to an end, our fall plans are blossoming. We have so much planned for the start of the new season. There is a lot to look forward to this month.

As we move out of the summer months, the COVID-19 positivity rate is high in Sarpy County. Group

activities inside and outside of our building are higher risk. To keep everyone safe, we're quarantining residents as appropriate after group activities and periodically testing for COVID-19. As soon as we can, we will start having more group activities for residents. We are also still planning outings during the nice weather September brings.

Visitation is welcome as long as a mask is worn and social distancing is practiced. We are sending updates on our COVID-19 status as new circumstances arise. If you would like more information or clarification on this correspondence, I strongly encourage you to reach out to me directly.

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 September, we have a lot of exciting activities planned! Since fall starts this month, we will be having a Fall Party to celebrate. We also will be observing many national and international holidays.

We are looking forward to the football season. Many of our residents are excited for our tailgate

parties as we cheer on our favorite teams. We can't wait to celebrate National Pancake Day and National Coffee Day with delicious treats. This month has a lot in store for residents and team members. We look forward to all September has to offer.

-Noah McBride, Director of Recreation



### Storytelling

Left: Residents listen to a book about Betty White.  
Bottom Left: Recreation Leader Dawn reads to residents.  
Below: Alice and Eunice listen to a reading about Betty White.



## A MONTH IN REVIEW

Last month, we were able to get together and do some baking. We also had a few small food parties, including a french fry buffet and afternoon tea.

We hosted a resident favorite activity, bingo. It was very popular, and we almost filled the room with residents!

Residents also received many calls from family and friends this month. They are all extra thankful for the much-needed connections as summer comes to an end. We had many fun activities this month and look forward to more as we start the fall season.

-Noah McBride, Director of Recreation



Bill relaxes during afternoon tea.



Char smiles for the camera during the french fry buffet.



Alice enjoys cake on her birthday.



A group gathers together for a game of bingo.



Residents filled the room to play their favorite game of bingo.