"Some old-fashioned things like fresh air and sunshine are hard to beat." -Laura Ingalls Wilder

May 2019

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

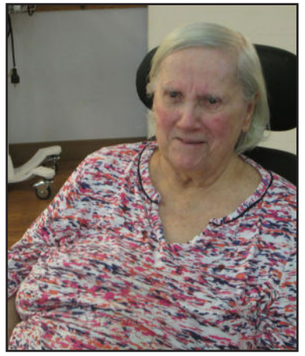
Residents in Action

During the month of May we will celebrate National Skilled Nursing Care Week from May 12-May 18. We have a full week of activities for our residents and team members. On Monday, we will have a bags tournament and the winners will get to throw pie at the faces of two directors. Tuesday, there will be a paint and sip activity planned. Wednesday, we will be grilling and playing yard games, weather permitting. Friday, there will be a water balloon fight among team members, so residents can enjoy some entertainment. We have a couple of different entertainers scheduled throughout the month. If you have any questions about our planned activities I can be contacted at awalters@hillcresthealth.com or by phone at (531) 365-2668.

Laura Long and Beverly Ells dye Easter Eggs.

Sherry Karas waits for her Easter eggs to absorb color.

Mark Bahr enjoys his popcorn during the social.



Margaret Porreca enjoys the entertainment with a smile.

May Birthdays

May 4: Linda Stick
May 4: Lorie Arfman
May 15: Elizabeth Wilms
May 15: Isabel Reagan
May 16: Charlene Chadwick
May 22: Bob Hoham
May 24: Loy Koehler
May 27: Mary Bowne
May 29: Marion Green

Welcome, New Residents!

Marilyn Kouma & Janice Massie

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
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!

Hillcrest Shadow Lake

May Highlights

May 2: Entertainment with Bill Neiderhiser
May 4: Resident Run Bingo
May 5: Cinco de Mayo Social
May 13: Bags Tournament & Pie Eating Contest
May 14: Paint & Sip Activity
May 16: Beer Tasting & Root Beer Float Social
May 22: Birthday Party & Bingo

*All events listed above begin at 2 p.m.

Featured Event

Education From Fontenelle Forest
May 9 at 2 p.m.

A speaker from Fontenelle Forest will visit with us about different shrubs and trees that make the state of Nebraska so beautiful.

Kevin's Column

Spring is here, and the flowers and trees have started to bloom. It is nice to see the green of spring coming back and leading to excitement of summer. This is a reminder that while winter may be cold and dreary, spring is on the way, and with it comes life back to the trees and plants.

Here we have seen some changes to our building as well. The newly remodeled Evergreen Hall is open! If you are here visiting a loved one, take a look down the hall. It looks great! Another hall is being worked on. We are getting closer to having the whole building done and remodeled. During this renovation there will be some temporary room moves. We ask to please refrain from putting nails in the walls. If you would like to hang a picture please see Bruce Crabbe about alternative methods. During this phase of the renovation, there will be less private areas. I do apologize for any inconvenience this may cause, but the wait will be well worth it!

-Kevin Sauberzweig, Administrator

Evelyn brings Easter cheer to crews from Boyd Jones and ECO by making them an Easter basket. The crews worked hard to make sure the Evergreen Neighborhood opened before Easter Sunday.

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Note: If you would like a calendar of events specific to Memory Lane residents, please contact Ashley Walters.	***1*** 10:00 Group Exercise 2:00 Jewelry Making 7:00 Cards	***2*** 10:00 Flute or Sax w/ Don **2:00 Entertainment w/ Bill Neiderhiser**	***3*** 10:00 Group Exercise 2:00 Baking/ Calendar Planning	***4*** 10:00 Bible Study 2:00 Resident Run Bingo
5 9:30 Games & More **2:00 Cinco de Mayo Social** 2:30 Worship Services	***6*** 10:00 Group Exercise 2:00 Popcorn & Movie 6:30 1:1 Pet Therapy	***7*** 9:30 Rosary 3:00 Art Therapy	***8*** 10:00 Baking **4:00 Cake Social** 7:00 Hand Massages	***9*** 10:00 Hymns w/ Don **2:00 Fontenelle Forest** 7:00 Cards	***10*** 10:00 Group Exercise **2:00 Dancing Grannies**	***11*** 10:00 Bible Study 2:00 Jokereno
12 9:30 Games & More 2:30 Worship Services 	***13*** 10:00 Group Exercise **2:00 Bags Tournament & Pie Eating Contest** 6:30 1:1 Pet Therapy	***14*** 9:30 Rosary 2:00 **Paint & Sip Activity**	***15*** 10:00 Group Exercise 10:30 Hymns w/ Chaplain Jerry 2:00 Yard Games 7:00 Cards	***16*** 10:00 Hymns w/ Don 2:00 **Beer Tasting/ Root Beer Float Social** 7:00 Board Games	***17*** 10:00 Group Exercise **2:00 Merrymakers Presents: Paul Siebert**	***18*** 10:00 Bible Study 2:00 Judge for Yourself
19 9:30 Games & More 2:30 Worship Services	***20*** 10:00 Group Exercise 2:00 Popcorn & Movie 6:30 1:1 Pet Therapy	***21*** 9:30 Rosary 10:15 Meal Planning 2:00 Nail Painting	***22*** 10:00 Group Exercise **2:00 Birthday Party & Bingo** 7:00 Art Therapy	***23*** 10:00 Hymns w/ Don 2:00 Bingo 7:00 Cards	***24*** 10:00 Group Exercise 2:00 Baking	***25*** 10:00 Bible Study 2:00 Arts & Crafts
26 9:30 Games & More 2:30 Worship Services 	***27*** 10:00 Group Exercise Memorial Day	***28*** 9:30 Rosary 10:15 Resident Council 2:00 Nail Painting	***29*** 10:00 Group Exercise 2:00 Bingo 7:00 Cards	***30*** 10:00 Hymns w/ Don 2:00 Arts & Crafts **7:00 Wine & Cheese Social**	***31*** 10:00 Group Exercise 2:00 Baking	Hillcrest Shadow Lake

Please contact Ashley Walters with any questions: (531) 365-2668 or awalters@hillcresthealth.com.