

*"Act as if what you do makes a difference. It does."
- William James*

The Shadow Lake Letter

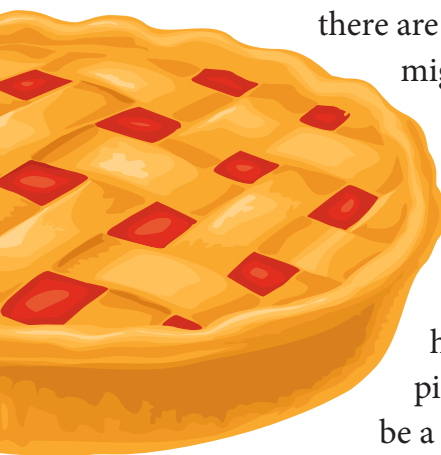
A monthly newsletter for Hillcrest Shadow Lake residents

Pies are a Thanksgiving Staple

After Halloween, everyone starts preparing for the holiday season. Many celebrate with friends, family and good food. This month, people will gather together for a hardy meal of turkey, stuffing, mashed potatoes and more. It's also not Thanksgiving without pie.

Historians date the tradition of serving pie after a Thanksgiving meal to the 18th century. Today, it is still one of the most popular desserts for the holiday. Perhaps this is because pie is a very versatile treat. One can make pie with fruits, vegetables, nuts, custard or even chocolate.

Some of the most popular pies for Thanksgiving include apple, pumpkin, sweet potato, pecan and lemon meringue. Even though these rank highest, there are many other pies you might see at the table this Thanksgiving.



If you're not a fan of pie, you can still participate in this fall tradition by learning how to make one. Baking pies or other fall treats can be a great way to spend time with family or friends. You can also get into the fall baking spirit by simply sharing your family's traditions and recipes with each other. You never know what new treats you may discover.

Whether you enjoy pie after a Thanksgiving meal or another treat, this holiday is a great time to gather together, share stories and reflect on what you're thankful for. Happy Thanksgiving from all of us at Hillcrest!

NOVEMBER BIRTHDAYS

| | |
|---------------------|---------------------|
| Nov. 6: Rosalita C. | Nov. 20: Patti S. |
| Nov. 11: Barbara Z. | Nov. 29: Jean B. |
| Nov. 15: Marilyn J. | Nov. 30: Emily T. |
| Nov. 16: Michael L. | Nov. 30: Barbara M. |

WELCOME, NEW RESIDENTS!

| | | |
|------------|-------------|------------|
| Rita K. | Charles M. | Janelle J. |
| Barbara M. | Charles B. | Mary H. |
| Larry R. | Janis T. | |
| Darlene M. | Lynnette K. | |

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Barry Emerson, (531) 365-2661

DIRECTOR OF RECREATION:

Michelle Jolley, (531) 365-2668

DIRECTOR OF CULINARY:

Tim Blair, (531) 365-2686

DIRECTOR OF CLINICAL SERVICES:

Sara Forsberg, (531) 365-2662

DIRECTOR OF MARKETING:

Daniel Moore, (531) 365-2667

DIRECTOR OF TRANSITIONS:

Vanessa Wright, (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!



NOVEMBER HIGHLIGHTS

Nov. 1: National Cinnamon Day
 Nov. 3: Wizard of Oz Happy Hour
 Nov. 14: American Teddy Bear Day
 Nov. 17: Merrymakers – Joyce Torchia
 Nov. 18: Common Thread Singers
 Nov. 19: Bible Study Sunday
 Nov. 22: Pumpkin Pie Day
 Nov. 23: Thanksgiving

WORSHIP SERVICES

Sundays
 2 p.m. - Worship (Kelly & Ryan Gray of Good News Church will lead song and prayer on Nov. 12)

Tuesdays
 9:30 a.m. - Catholic Communion

Saturdays
 2 p.m. - Bible Study

FEATURED EVENT

Fontenelle Forest Visit

Thursday, Nov. 30, 2 p.m.

Residents will learn about the wide variety of plants and animals who make their homes in and around ponds.



Barry's Column



With the crisp air of fall upon us, we gain a fresh perspective of what lies ahead. After more than 20 years in this field, the labor market has never been like this. With a mass exodus during the pandemic and an environment encouraging people to work from home, we are working to hire dedicated team members who

can meet our residents' needs.

As of July 1, Medicaid initiated a process called "rebasng" that significantly reduced our reimbursement for those residents who rely on Medicaid. In addition, despite a study by Centers for Medicare and Medicaid Services (CMS) that did not validate a correlation between staffing levels and quality outcomes, CMS is still trying to implement unfunded staffing mandates. They are going to require a certain number of registered nurses (RNs), which is unrealistic based on the number of vacancies in the state and the number of RNs that exist today. This will only make the competition for nurses even more competitive and will put great pressure on schools to graduate more RNs (assuming they can find students who are interested in the profession).

With this background information, I encourage you to please voice your concerns to CMS and our State Senators Pete Ricketts and Deb Fischer. If you have more questions about this proposed mandate, please contact me. I appreciate your support and participation and hope to be able to share a positive outcome with you in the future.

-Barry Emerson, Administrator

RESIDENTS IN ACTION

This month kicks off the busy holiday season. While we prepare for Thanksgiving, we will celebrate other special days. Residents are excited for our Teddy Bear Picnic on American Teddy Bear Day. We'll eat some tasty picnic snacks with the company of our favorite stuffed animals. On Favorite Cookbook Day, we will share our best recipes. I can't wait to learn what our residents love to cook!

We love to expand our knowledge here at Hillcrest



Carol S. cuddles her doll during doll therapy.



Betsy enjoys working on word searches.



Liz serves pretzels to Sally, Dorothy and Judy.

Shadow Lake. We will end November with an opportunity to do just that! On Nov. 30 residents will learn from the team at Fontenelle Forest about the life that grows and lives around ponds.

Through these activities, we hope to share our traditions with those around us and learn something new. From all of us at Hillcrest Shadow Lake, have a fantastic November.

-Michelle Jolley, Director of Recreation



Phyllis and Emma work on a puzzle.



Residents socialize during happy hour.



Eunice loves doll therapy.

A MONTH IN REVIEW

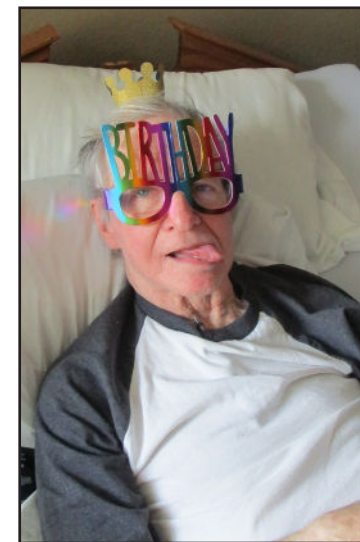
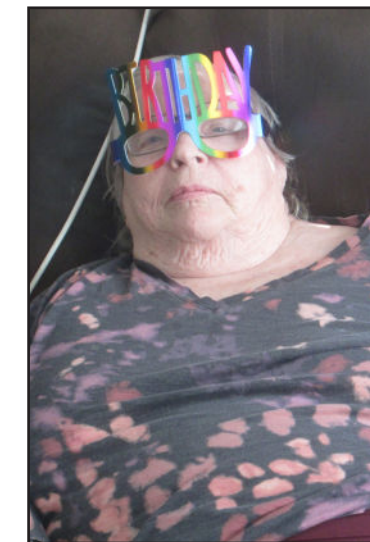
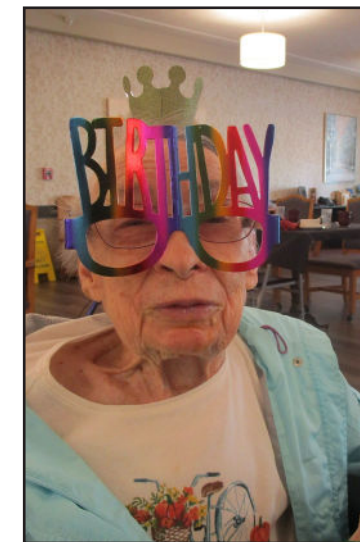
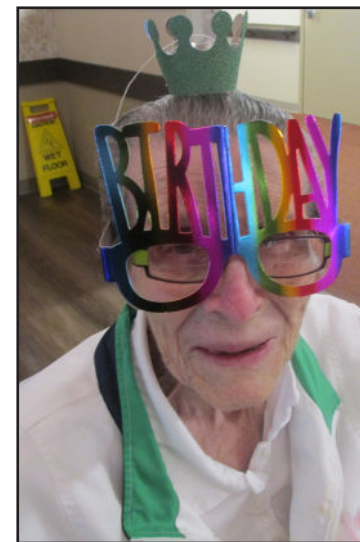
We made many great memories last month. Residents learned the history of Johnny Appleseed and participated in a fun apple tasting activity. Of course we had to have caramel with the apples! During our October arm chair traveler activity, we mentally traveled to Milan, Italy. Residents love learning about a new destination each month.

We also gave yoga a try in October. It's always fun to try something new! Yoga can be a very relaxing activity. Residents were also able to spend some relaxation time outside. We enjoyed the cooler weather

with lemonade and music on the patio. Then we came inside to bake cupcakes. We all had a blast sharing memories of the cakes we've baked throughout the years for holidays and birthdays.

Last month, we started something new for resident birthdays. Along with the monthly birthday celebration, residents receive a special glasses to wear on their birthdays and have their picture taken. Residents seemed to enjoy this new way of celebrating them, and some even took silly pictures!

-Michelle Jolley, Director of Recreation



Lonnie, Dorothy, Joyce and Donald celebrate their birthdays by wearing fun glasses.



Donald and Liz write on a white board while enjoying fresh air.



Marian and Judy bake cupcakes together.



Lloyd, Judy and Bobbie enjoy conversation in the courtyard.