

*"If we have the attitude that it's going to be a great day, it usually is."
- Catherine Pulsifier*

October 2023

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Halloween Around the World

In the U.S., Halloween is typically celebrated by wearing costumes and going trick-or-treating for candy. However, the holiday looks much different in other parts of the world.

Ireland

Ireland is typically considered the birthplace of Halloween. Its origins stem from an ancient festival called Samhain, which celebrated the beginning of winter. Today, Ireland and Scotland celebrate Halloween with trick-or-treating, bonfires, games and traditional foods such as barnbrack, an Irish fruitcake.

Mexico

Halloween in Mexico acts as a primer for another celebration, Día de los Muertos, or Day of the Dead. From Nov. 1 to Nov. 2, Mexico honors those who have passed away. It is believed the gates of heaven open, allowing deceased loved ones to be reunited with their families for 24 hours. Family members prepare the deceased's favorite foods and leave gifts on their graves.

Italy

On Nov. 1, Italians celebrate Ognissanti, or All Saints' Day. In Sardinia, children go door to door to ask for offerings from the deceased. In Abruzzo candles are placed in pumpkins to make lanterns, and in Sicily it is believed deceased loved ones bring gifts to well-behaved children.

Portugal

Day of the Witches or Dia Das Bruxas is the equivalent of Halloween in Portugal. Children go trick-or-treating, but instead of receiving candy, they ask for bread, fruit or nuts. Families also visit their loved ones' graves and leave flowers and candles.

How do you celebrate Halloween? Share memories and traditions with your friends and family.

OCTOBER BIRTHDAYS

Oct. 4: Peggy G.	Oct. 18: Mark B.
Oct. 10: Catherine G.	Oct. 23: Roberta H.
Oct. 14: Hannelore G.	Oct. 27: Patsy L.
Oct. 15: Sharon N.	Oct. 28: Bernard D.

WELCOME, NEW RESIDENTS!

Linda A. Leroy B.

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!



OCTOBER HIGHLIGHTS

Oct. 6: World Smile Day
Oct. 9: Discoverers' Day in Hawaii
Oct. 10: Cupcake Decorating
Oct. 17: National Geographic Day
Oct. 18: Read the Funnies First Day
Oct. 19: Think Positive Thursday
Oct. 22: Trick-or-Treat Event
Oct. 26: Pretzel Day
Oct. 30: Candy Corn Day
Oct. 31: Pumpkin Carving

WORSHIP SERVICES

Sundays

2 p.m. - Worship (Kelly & Ryan Gray of Good News Church will lead song and prayer on Oct. 8)

Tuesdays

9:30 a.m. - Catholic Communion

Saturdays

2 p.m. - Bible Study

FEATURED EVENT

Trick-or-Treat

Sunday, Oct. 22, 2-4 p.m.

Join us for Halloween music, movies, trick-or-treating and desserts! Wear a fun costume and bring a bag for all of your goodies!

Barry's Column



Greetings, all!

Football season has started and pumpkin spice treats have returned. Fall is officially upon us!

Fall is a wonderful time to take in the beauty of nature and enjoy some fall flavors. Many families have different traditions when it

comes to fall foods. It seems this time of year brings about a great dilemma. What does your family pair with chili? Cinnamon rolls or cornbread? Share your family's recipes with a team member, and you may even see one of them added to the menu!

As expected, weather will begin to change and days will soon be cold and brisk. We retire our shorts and t-shirts, and sweaters and heavy coats will take their place. If you are like me, things don't always fit the same way they did the fall before. Please take a moment with your loved one and review existing clothing options to see if any alterations need to be made. This also is a good time to get rid of the items we have not used in a long time. Of course, it is always fun to have something fresh and new.

-Barry Emerson, Administrator



RESIDENTS IN ACTION

We have a lot of great things planned for the month ahead. Throughout October we will celebrate Cake Decorating Day, Think Positive Day and Candy Corn Day. We'll also participate in games such as bowling, bingo and trivia, as well as have some spooky Halloween fun.

We are hosting a Trick-or-Treat event on Sunday, Oct. 22. Wear a fun costume and trick-or-treat throughout our community from 2-4 p.m. We hope to

see you there! On Halloween, residents will also get the chance to carve their own pumpkins. We can't wait to see all of the spooky creations. Throughout the month, we will also watch Halloween movies, tell spooky stories and have a costume contest.

This is just a short list of all of the happenings at Hillcrest Shadow Lake. Check out our activity calendar for so much more.

-Michelle Jolley, Director of Recreation



Alice H. celebrates her 90th birthday.



Pastor Jerry sings with Lonnie S. and Sandra C.



Judy T. enjoys the Grandparents Day worship service and social.



Sally W. and Char K. attend the Grandparents Day worship service and social.



Marion B. and Marlene V. listen to hymns together at the Grandparents Day worship service.



Recreation Leader Liz and Lois N. dance along to the music.



Lonnie S. and Sandra C. sing along to Pastor Jerry.

A MONTH IN REVIEW

There is always something going on on Hillcrest Shadow Lake! From one-on-one visits, to bingo, to entertainment, residents always have something to do. The end of August brought us live entertainment from Bill Chrastil with Merrymakers Association. We also received a visit from the Fontenelle Forest team, who presented on different ducks in the wild.

We started September with a Grandparents Day celebration. We had a great worship service followed by a social with cookies and punch. Residents unable to attend got treats delivered to their rooms. Later in the month, we made brownies, enjoyed entertainment by Tim Javorsky and played our favorite game, bingo.

-Michelle Jolley, Director of Recreation



Jeanne M. assists with stirring the brownie batter.



Residents come together to make Oreo-stuffed brownies.



Dorothy P. helps make delicious brownies.



Lois N., Sally W., Mark B. and Dorothy W. sway their hands to the music.



Bill Chrastil with Merrymakers Association sings to Lonnie S.



Dorothy W. stirs the brownie batter while Jeanne M. watches.