

*"Be in love with your life. Every minute of it."
- Jack Kerouac*

September 2023

The Shadow Lake Letter

A monthly newsletter for Hillcrest Shadow Lake residents

Season of Reflection & Self-Improvement

September is officially Self-Improvement Month, marking the end of summer and start of fall. As the season changes, it's a good time to pause and reflect on all we've accomplished. Then, we can explore opportunities for growth and identify goals to work toward.

Reflect on the important things in life, including the special relationships and bonds you've formed with others. Embrace and welcome the sense of renewal that comes with the changing season.

Growing our relationships with family or friends is always a great goal. We can do this simply by spending more time with those we love. Consider trying to connect more with others around you to develop new friendships or reach out to those you've lost touch with.

Creativity can be linked to living a more fulfilled life. Discovering your creative talents can be a fun and rewarding experience. Even if you don't think you're a good painter or great at writing stories, oftentimes, the effort put in will make you feel better just knowing you tried something new.

Now is the time to explore learning new skills. Never thought you'd be a knitter? Give it a shot! You may even find a friend who wants to learn with you.

Perhaps the best way for self-improvement is to turn inward and really allow yourself time with your thoughts, beliefs, dreams or imaginations.

be the best version of you

SEPTEMBER BIRTHDAYS

Sept. 6: Linda B.	Sept. 19: Lorriane S.
Sept. 8: Dennis C.	Sept. 19: Dorothy M.
Sept. 9: Barbara M.	Sept. 22: Mary F.
Sept. 13: Donald J.	Sept. 22: John L.
Sept. 15: Marjorie A.	Sept. 25: Joyce G.
Sept. 18: Mavis F.	Sept. 26: Richard H.

WELCOME, NEW RESIDENTS!

Mary B. June B. Sharon P.

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!



SEPTEMBER HIGHLIGHTS

Sept. 4: The Price is Right Activity
Sept. 10: Grandparents Day
Sept. 11: Carol Burnette Show Anniversary
Sept. 15: Merrymakers Presents Tim Javorsky
Sept. 15: Make a Hat Day
Sept. 16: World Play-Doh Day
Sept. 18: Let's Bake Something
Sept. 21: World Alzheimer's Day
Sept. 28: Yoga Video Demonstration

WORSHIP SERVICES

Sundays

2 p.m. - Worship (Kelly & Ryan Gray of Good News Church will lead song and prayer on Sept. 10)

Tuesdays

9:30 a.m. - Catholic Communion

Saturdays

2 p.m. - Bible Study

FEATURED EVENT

Grandparents Day Social

Sunday, Sept. 10, 2 p.m.

Join us for a small gathering in celebration of Grandparents Day. Snacks will be served.

Barry's Column



Greetings, all!

After being your administrator for a month, I realize there is always so much happening here at Hillcrest Shadow Lake.

We are busy building our team and have recently welcomed several new team members. This

will help with providing consistent quality care for our residents.

I am reminded of a quote from Dau Voire: "Confidence and intelligence will never stop being beautiful." Here at Hillcrest Shadow Lake, we aspire to grow in confidence and understand the Hillcrest Way. Through the Hillcrest Way Star Award program, we recognize outstanding team members that go above and beyond for our residents and team. If you catch a team member going above and beyond the expected job tasks, please feel free to fill out a nomination form by going to hillcresthealth.com/star.

We are in the process of converting to a new software for clinical records. This process has pulled many away for training. We go live with this new software on Sept. 6. It will be great to have this in place but will take time for us to become proficient. Thank you again for your patience and communication. We value your insight and are committed to continuing to enhance the experiences our residents deserve.

-Barry Emerson, Administrator

RESIDENTS IN ACTION

September will bring lots of activities to Hillcrest Shadow Lake residents. The arm chair travelers activity is quickly becoming a resident favorite. This month we are traveling to Milan, Italy, from the comfort of our chairs. On Grandparents Day, we will have a social after our worship service to celebrate all of the grandparents who call Hillcrest Shadow Lake home. We'll gather, share stories and enjoy snacks.

Friday, Sept.15 is Hat Day, so we will wear hats during happy hour. We also plan to celebrate Johnny Appleseed Day by doing an apple tasting and learning the day's history. Then, on Yoga Day, we will try our hands at yoga as we follow along with a video. Everyone is excited for all of the great activities we have planned this month!

-Michelle Jolley, Director of Recreation



Char, Jean, Sally and Phyllis share conversation after a game of bingo.



Mary Lou and Joanne color together.



Red Raven Orchestra performs a great polka show.



Makala spends time with John on Pajama Day.



Residents watch Red Raven Orchestra perform.



Jeanette, Marlene, Phyllis, Makala and Char enjoy entertainment.

A MONTH IN REVIEW

We have been busy having fun at Hillcrest Shadow Lake! To close out July, Red Raven Orchestra performed for us. This five-person orchestra put on a spectacular show for our residents and team. Then, we enjoyed Western Movie Day with movies and popcorn. It was also Bugs Bunny's birthday, so we had to watch some old cartoons and share memories.

To start August we ate some delicious cookies for Chocolate Chip Cookie Day. Residents loved seeing our team dress down on Pajama Day. August was full of indoor activities to beat the heat. Residents participated in a lot of crafting and played games such as bowling and bingo.

-Michelle Jolley, Director of Recreation



Marilyn B., Liz and Marilyn J. play dominoes.



Nurse Tech Maya and Helen enjoy conversation.



Betsy, Char, Makala, Mary Lou, Joann and Deb work together on art projects.



Liz leads Dorothy, Mark, Jean and Marian in a game of bowling.



Sally and Makala get started on a new art project.