

COMMUNITY MATTERS

VOL. 11
ISSUE 4

MONTHLY NEWSLETTER

www.elderhealthandliving.com

What's New @ EHL?

Change is good!

If you visit the Columbia Building (our Administrative Office), you will notice some changes. Here's where you can now find the following departments:

Front Office: Human Resources / Payroll / Employee Benefits

Middle Office: Accounts Receivable / Payable

Back Office: Administrator

Moved to Rogue Building (Health Center): IT / Communications Support

News from The Club

In April The Club will celebrate our 6 month anniversary on the EHL campus. We love our new home with the indoor / outdoor space! Moving our Adult Day Health program to the EHL campus has meant that we have been able to add to and enrich our program in many ways. One of the benefits is having access to a van and driver for all kinds of outings. Some of our favorite outings have been to The Carousel Museum in Albany and the Jordan Schnitzer Art Museum on the University of Oregon campus. We have also enjoyed some lovely scenic drives visiting the covered bridges nearby and the beautiful McKenzie River. We have also learned that inviting campus residents with similar interests and cognitive function has enriched their lives and our members, by enabling us to have activities that benefit from larger groups, while being able to have time for smaller intimate groups as well.

We have enriched our exercise program by adding Tai Chi classes twice a month, taught by Erica Anderson who does a great job of teaching the basics of Tai Chi and mindful movement to our members.

Our ping-pong table has been getting lots of use and we had a fun day with The Blazing Saddles ping-pong club coming and demonstrating and teaching the benefits of this great physical and mental exercise.

We also really enjoy the regular visits of Zany Zoo and Elvis to campus as well as the weekly sing along visits from the recreation dept., always fun days!

With the warmer weather on its way we are looking forward to utilizing our outdoor patio space for gardening, meals, socializing and other activities. As the weather improves we will be visiting parks and other outdoor recreation areas!



For more information about The Club, contact Bridget @ 541.747.1755

Support Groups

Memory Loss Solutions®
EHL Campus Support Group

Monday, **April 6th**

5:00-6:00pm

@ Main Campus

Tuesday, **April 21st**

12:30-1:30pm

@ Main Campus

Alzheimer's Support Group

Thursday, **April 2nd & 16th**

2:00-4:00pm

@ Good Samaritan Society

3500 Hilyard Street, Eugene

CropShare!

pick up @ **ElderHealth & Living**

Sign Up Now! Did you know that we are a CropShare / CSA pick-up location? We are one of the pick-up locations for Organic Redneck Farm which is located in the beautiful McKenzie River area.

What's in a CropShare box you ask? Here is a typical share from last August:

Italian Kale, Romaine Lettuce, Cesnok Red Garlic, Green Beans, Baby Sweet Peppers, Broccolini, Nante Carrots, Cayenne Peppers, Red Beets, Cantaloupe & Basil

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For more information or to sign up for CropShare, contact:

David @ 503.523.8672

Organic Redneck Farm

CSA/CropShare Coordinator

<http://www.ogredneck.com/>





Who is Roma?

Art Instructor @ EHL

Roma Gilman has been working with the members of 'The Club' for the past seven years, creating beautiful pieces of art every week. Roma was raised in Yakima Valley in WA; she always wanted to do art, but her parents thought it was a waste of time. At the age of 26, with 7 children between the ages of 1 ½ and 11 ½, she started school at LCC and received her GED. She then transferred to the University of Oregon receiving her B.S., and started her career as an art teacher at Cal Young Jr. High. She taught art for four years for the school district, then moved on to teaching art with the parks and recreation department.

While she was working with the parks and recreation department her husband was diagnosed with Parkinson's disease. When her husband developed dementia they started attending support groups, and it was through that support group she started teaching art to the participants in the day program Active Lives, Active Minds, which became 'The Club'. Jim Ellison, one of Roma's first students says "Roma's comfortable, positive approach allows me to go at my own speed and develop my own vision. She talks to you like you know what you're doing...and that your work is very good!" Jim's wife Julie adds, "Roma creates a supportive environment, which fosters each person's unique artistic style. Thanks to Roma, I am blessed to have my husband's artwork throughout our home."

Roma says she enjoys each of the people that she works with, that they are very gracious and willing to do whatever project she brings to them. Although they may be hesitant at first, they always give it a try, and as she says, "I think they do their very best when we work together." Indeed "Roma Day" is one of the highlights of the week here at 'The Club', and we are always delighted with the incredible pieces that our members create. Roma will soon start working with our Recreation Dept. to teach them how to do similar art activities with the residents at EHL.



In Remembrance

Margaret Ingram, was born in San Bernadino, CA in 1940. Her family moved to Oregon when she was young, and she grew up in East Side which is near Coos Bay. Margaret was married to her husband, Bill, for 25 years. She has two sons, two step-sons, 2 step-daughters and numerous grandchildren and great-grandchildren. Margaret got to meet her newest great-grandson just days before she passed. Margaret collected variety of things including dolls, figurines and music boxes. Her favorite song was Music Box Dancer. Margaret lived her life for her kids and grandkids and the most important thing to her was building memories with and for her family. Margaret will be missed, very much.

Elmer "Gary" Johnson, was born in Aberdeen, WA in 1937. Growing up he lived in many places in Oregon, Washington and California. Gary was the first in his family to attend college, receiving a B.S. in Business and Engineering from San Diego State University. He married his wife Beth, in 1958. They were married for 56 years and raised three children, Thea, Eric and Inga. They also had two beloved grandsons, Grant and Graham. Gary valued friends and family, and made friends very easily with his outgoing personality and generous nature. Loving husband, father and friend, Gary believed in celebrating life to it's fullest. Gary was kind and creative and we will miss his warm smile and playful nature.

Employee of the Month



Michelle - Recreation Assistant

Michelle is a very reliable employee and picks up shifts all over campus. She also encourages her fellow recreation staff to pick up shifts, when needed. Michelle is a team player, is always upbeat, is great at leading group activities and has a wonderful rapport with our residents. The EHL community is very lucky to have Michelle on our team.

Thanks for all that you do, Michelle!

Come Join Us!

EHL ACTIVITY CORNER

Friday, April 3rd @ 1:45 hosted by Birch Home
Zany Zoo

Wednesday, April 15th @ 1:45 hosted by Aspen Home
Lydia Lord Piano Music

Friday, April 17th @ 1:45 hosted by Aspen Home
"Man in Black" Medley Concert

Friday, April 24th @ 1:45 hosted by D. Peak Home
Harpist Jane Allen



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