

# COMMUNITY MATTERS

VOL. 11  
ISSUE 8

MONTHLY NEWSLETTER

www.elderhealthandliving.com

## Introducing...

## Starhood!

We are implementing a new employee recognition system! Anyone can participate in nominations. If you see an employee going above and beyond, nominate them as a star! You can acquire a star from the home in which your loved one resides or at the front desk in our main office. Write the reason you feel they are a star and we will post it in our office door for all to see!

This will take the place of our Employee of the Month system. We will enter all nominees for the month into a random drawing and the winner will be featured in the next month's newsletter.

## What's New @ EHL?



## Support Groups

**Memory Loss Solutions®**  
EHL Campus Support Group

Monday, **August 3rd**

5:00 - 6:00 pm

@ Main Campus

Tuesday, **August 18th**

12:30 - 1:30 pm

@ Main Campus

**Alzheimer's Support Group**

Thursday, **August 6th & 20th**

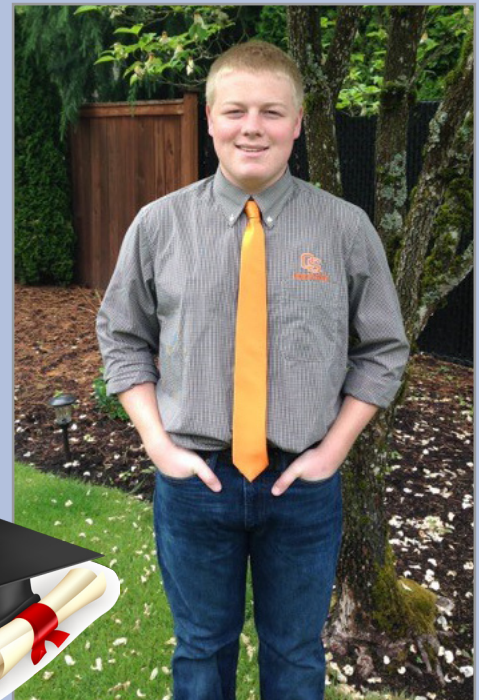
2:00 - 4:00 pm

@ Good Samaritan Society  
3500 Hilyard Street, Eugene

## Community Service at EHL

Christopher Keylock is a recent graduate of Marist High School and in his end-of-the-year baccalaureate speech he spoke about his time of community service at ElderHealth & Living in 2013. We asked him to tell us a little bit more about his experience and what he learned and how the learning has stuck with him.

Christopher helped out with the recreation department for 12 weeks, participating in rise and shines in the mornings and sing along and one-on-one activities in the afternoon. He talked about how working in a memory loss community was an eye opening experience for him, as he didn't have any previous experience in working with elders. Some of what impacted Christopher in his time working with our residents and staff was the hard work and dedication of the staff. He came to understand that for caregivers this work is a calling rather than just a job. He came away with a lifelong learning of how important it is to serve and help people that are in need.



*Congratulations on your graduation  
Christopher and good luck to you as you study  
Engineering at **Oregon State University!***

## EMPLOYEE SPOTLIGHT

Alicia @ Willow Home

We are pleased to announce that Alicia is our August, 2015 Employee of the Month!



Alicia was born in Mexico City, Mexico. She has a big family and states that family parties last for days! She has been married for 21 years and has two sons, as well as three dogs. In her free time, Alicia loves music and dancing.

Alicia has been a part of the EHL community since February, 2014. She works as Direct Care Staff for the Willow Home. She is always willing to pick up extra shifts and steps in to train new employees when needed. This is Alicia's second Employee of the Month nomination! Way to go, Alicia!

*Words of Wisdom:* "Give 100% and have a good attitude."

*Thank you, Alicia, for all that you do and being a part of our team here at EHL!*

## Wellness Matters!

This month our health and wellness focus has been on safe sun exposure and how to protect yourself from the sun. Every morning our staff stops on sunscreen on our residents that enjoy wandering outside during the summer months. The American Cancer Society's awareness campaign for skin cancer prevention promotes the slogan "**Slip! Slop! Slap! and Wrap**", which is a catch phrase that reminds people of the 4 key ways they can protect themselves from UV radiation:

*Slip on a shirt,  
slop on some  
sunscreen,  
slap on a hat,  
and wrap on  
sunglasses.*



Next month the Wellness Focus is on smoking cessation. We are excited to announce that our own Katy Clifford, Administrator at our Summit South home, is starting up a group for employees who are interested in decreasing or stopping smoking. Any employees who are interested are encouraged to contact Katy about this free program.

## In Remembrance

*Enid Parrish*, came to EHL in September of 2014. She enjoyed playing cards and singing. She passed away at the age of 86. We will miss her presence greatly.

*Carl Forsbeck*, came to EHL in March of 2014. Carl was a gentleman; he loved to dance and always had a spring in his step. He passed away at the age of 86. "He brought a light to EHL that will never be extinguished. He will be missed." states EHL employee Travis @ Birch Home.

*Elizabeth Staley*, came to EHL in September of 2014. She passed away at the age of 88. Elizabeth loved music and had a great singing voice. Amee, Resident Coordinator in our Willow Home, states "We are going to miss her smile and beautiful blue eyes."



*"What we have once enjoyed we  
can never lose, all that we love  
deeply becomes a part of us."  
Helen Keller*

## EHL ACTIVITY CORNER

### Come Join Us!

**Wed, August 5th @ 1:45** hosted by **Cedar Home**  
**Making Scenery**

**Wed, August 12th @ 1:45** hosted by **Cedar Home**  
**Making a Collage**

**Tues, August 25th @ 1:45** hosted by **Cascade Home**  
**Balloon Pong**

**Fri, August 28th @ 1:45** hosted by **Mt. Hood Home**  
**John Jarvie Classical Guitar**



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