

# COMMUNITY MATTERS

VOL. 11  
ISSUE 2

MONTHLY NEWSLETTER

www.elderhealthandliving.com



## Words of Wisdom



What's the key to a happy, long-lasting relationship?



*Dawn*, Family Nurse Practitioner: When asked this very question at his 50th year anniversary celebration, a dear friend told me the key is "stick-to-it-tiveness." My husband and I interpreted this as loving, respecting, communicating and laughing.



*Alicia*, Lead @ Willow Home: The key to a long-lasting relationship is communication, mutual respect, compromising and making sure you don't go to bed upset at each other!



*Velma*, Resident: The key to a long-lasting relationship is just being together, raising children together, making each other happy, and making your relationship grow with lots of love.



*Dona*, Resident: The key to a long-lasting relationship is being honest, loyal and respectful of one another.

Memory Loss Solutions®  
EHL Campus Support Group

Tuesday, Feb 17th  
12:30-1:30pm

@ Main Campus

**NOTE:** Feb. 2nd Support Group is Cancelled

Alzheimer's Support Group  
Facilitator: Liz von Wellsheim, GNP

Thursday, Feb 5th & 19th  
2:00-4:00pm

@ Good Samaritan Society  
3500 Hilyard Street, Eugene



We are excited to announce that we are now offering a 30 min. Tai Chi class at 'The Club', every other Monday. Erica

Johnson leads the class and does an amazing job of teaching the basics of Tai Chi and the benefits of mindful movement.

Club Members: Please contact Bridget for more information.

EHL Residents: Please contact your loved one's Resident Coordinator to sign them up for this class.

## 9TH ANNUAL SWEETHEART PARTY

It's almost that time of the year again! Save the date!

All families and loved ones are invited!

February 12th, from 5:30-7:00pm

Healthy desserts, treats & sparkling cider will be served.

R.S.V.P. to your loved one's Resident Coordinator by Jan. 30th





**Jim Ellison** was born in Deadwood, South Dakota in 1935. Jim had a wonderful childhood and speaks very fondly of his family and growing up years. After graduating from OSU in 1962, Jim taught at Irvington High School in Fremont, CA then Churchill High School in Eugene, OR. Jim was offered a position at Lane Community College in 1967 in the Study Skills Department. Jim worked at LCC until his retirement in 1995.

Jim and his beloved wife, Julie Aspinwall-Lamberts, met at LCC where Jim was the Department Head of Study Skills and Julie was the Educational Researcher. They often found themselves attending the same meetings and working on joint projects. While they didn't always agree on issues or approaches, they shared a strong commitment to LCC's students and community college values.

Jim and Julie married on June 30, 1981 in a small, backyard event. Their families traveled from Montana, Michigan, California and Eugene to help them celebrate, and this gathering culminated in a 3 week long celebration that included a lot of swapping stories and site seeing.

Jim and Julie decided to keep their separate last names as symbols of their family ties and individuality. Throughout their lives, they have traveled extensively throughout the U.S., Hawaii Islands, Cook Islands, Panama, Costa Rica, Mexico and Canada. They value exercise, both together and individually. Over the years, Jim and Julie have both volunteered on various boards and commissions, with community non-profit agencies and elementary schools. Community service has been very important to both of them.

When asked what makes for a happy relationship, this is what Jim and Julie have to say:

"The enduring basis for our relationship is that we truly like and respect each other. Each of us has brought unique skills, backgrounds and rhythms to our marriage. We didn't try to re-make the other person into an idealized "Partner", but realized our diversity strengthened us as individuals. We blended our beliefs and activities in some areas and maintained individual interest in others. Our mutual love continues to flow from this deep friendship. We share core values such as: respecting the dignity and worth of all people, giving back to one's community, being open, honest and flexible and accepting the need for individual alone time."

Jim was a participant with our Adult Day Health Program and is now a resident at EHL. Julie visits Jim everyday and they are both very loved members of our EHL community.



## Come Join Us!

### EHL ACTIVITY CORNER

Friday, Feb. 6th @ 1:45 hosted by Aspen Home  
"The Man in Black" - Johnny Cash Impersonator

Thursday, Feb. 12th @ 1:45 hosted by Aspen Home  
Valentine's Day Sweetheart Party

Friday, Feb. 20th @ 1:45 hosted by Mt. Hood Home  
Mardi Gras Gathering

Friday, Feb. 27th @ 1:45 hosted by Birch Home  
Zany Zoo



#### Education / Information

Speaker: Liz von Wellsheim, GNP  
Monday, Feb. 2nd  
6:00pm-7:30pm  
@ Planned Parenthood  
Eugene, OR

Topic: Physiological Changes as  
You Age  
Senior Sexuality Series

Speaker: Liz von Wellsheim, GNP  
Thursday, Mar. 5th  
8:30am-9:30am  
@ OHCA

Topic: Understanding Different  
Types of Dementia

