## COMMUNITY MATTERS

MONTHLY NEWSLETTER

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Words of Wisdom what's the key to a happy, long-lasting relationship?





Alícía, 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!



 $\lor$ elma, 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.



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

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**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.

Y

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

Memory Loss Solutions® EHL Campus Support Group

FEB. 2015

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 Society3500 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.

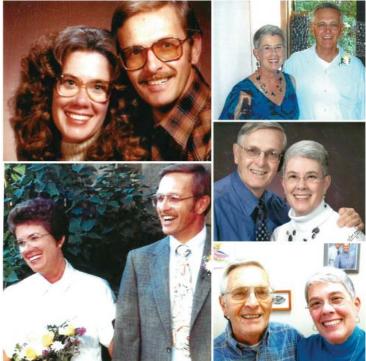
EHL Residents: Please contact your loved one's Resident Coordinator to sign them up for this class.





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., Hawaiin Islands, Cook Islands, Panama, Costa Rica, Mexico and Canada. They value exercise, both together and indvidually. 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 mutal 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	Education / Information
	Friday, Feb. 6th @ 1:45 hosted by Aspen F "The Man in Black" - Johnny Cash Imperso Thursday, Feb. 12th @ 1:45 hosted by Asp Valentine's Day Sweetheart Par	onator en Home	Monday, Feb. 2nd 6:00pm-7:30pm @ Planned Parenthood Eugene, OR Topic: Physiological Changes as You Age Senior Sexuality Series
	Friday, Feb. 20th @ 1:45 hosted by Mt. Ho Mardi Gras Gathering Friday, Feb. 27th @ 1:45 hosted by Birch H Zany Zoo		Speaker: Liz von Wellsheim, GNP Thursday, Mar. 5th 8:30am-9:30am @ OHCA Topic: Understanding Different Types of Dementia