

COMMUNITY MATTERS

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MONTHLY NEWSLETTER

www.elderhealthandliving.com



Wellness Matters!!

Our **Wellness** Theme for June is **Nutrition and Healthy Eating**. We have two challenges for this theme.

The **1st** challenge is to do menu planning and grocery shopping for two weeks of healthy eating.

For our **2nd** challenge, we're encouraging everyone to choose one of the following three healthy habits to try for **TWO WEEKS**:

- No fast food or no soda
- 5 Servings of fruit & vegetables per day
- Limit sweets to once a week

NEWS from The Club



The Club has enjoyed welcoming several new members in the last couple of months and we've been having a lot of fun! We have been enjoying the warmer weather, utilizing our outdoor space for activities and meals. Our members and staff really enjoy the visits from our furry friends at Zany Zoo, as they always bring smiles and laughter with their visits.



In the next month we are looking forward to gardening, golfing and enjoying the warmer weather with visits to the parks for nature walks and brushing up on our Frisbee skills.

For more information about *The Club*, contact *Bridget* @ 541.747.1755

Save the Date for the Employee Picnic!

Friday, July 31st - 5:00-8:00pm

All EHL employees and their families are invited to our annual Employee Picnic.

- *Dinner & Beverages provided!*
- *Bouncy House for the Kids!*



Support Groups

Memory Loss Solutions®
EHL Campus Support Group

Monday, **June 1st**
5:00-6:00pm
@ Main Campus

Tuesday, **June 16th**
12:30-1:30pm
@ Main Campus

Alzheimer's Support Group

Thursday, **June 4th & 18th**
2:00-4:00pm
@ Good Samaritan Society
3500 Hilyard Street, Eugene

Music in the Meadow



Family & Resident Picnic

All participants, residents and their families and friends are invited to join us!

- Dinner & Beverages provided!
- We are hoping to have the Springfield Community Concert Band again this year!

Wednesday, July, 29th
from 5:00-7:00pm

@ Thurston Campus

Questions or to **RSVP** w/ Receptionist:
call 541.747.4858

EMPLOYEE SPOTLIGHT

Rosita @ Willow Home

We are pleased to announce that Rosita is our June, 2015 Employee of the Month!



Rosita was born in Eugene, raised in Reedsport and has three brothers and one sister.

Rosita has been a part of the EHL community since December, 2014. "My aunt works here and my mom did caregiving for a while. That's one of the reasons I wanted to start working as a caregiver. Also my grandma has Alzheimer's so that also motivates me to do this work."

Rosita is a valued member of our EHL team. She loves helping people and says, "It gives me satisfaction knowing I'm helping people even if it is just making someone smile."

Rosita's Words of Wisdom: Take it one step at a time
 Thank you, Rosita, for all that you do and being a part of our team here at EHL!

In Remembrance

Shirley Waterman, came to EHL in 2013 and passed away at the age of 83. Shirley loved country music and would dance any time she got the chance. She enjoyed getting her hair done at the salon and walks around campus. We will all miss her warm smile, her sense of humor, her kindness and gentle nature.

Joyce Hunt, came to EHL in 2012 and passed away at the age of 85. Joyce loved visits from her husband Darl, her children and grand-children. She had a warm and sweet smile for everyone and we will miss her very much.

Betty Campbell, came to EHL in 2013 and passed away at the age of 86. Betty was compassionate and always helping others. She continuously stayed busy, loved her chocolate and coffee and had a fantastic sense of humor. Betty was loved dearly here at EHL and we will miss her.

Marjory Stewart-Allen, came to EHL in 2013 and passed away at the age of 102. Marjory loved visiting with the residents and staff and always entertained everyone with her wonderful sense of humor. She is missed by all here at EHL.

Olen Loftis came to EHL in 2014, and passed away at the age of 78. Olen was a gentle giant with a wonderful sense of humor. He loved Lemon Meringue pie and John Wayne. Olen enjoyed visits from his amazing family and joking around with residents and staff. All us here at EHL will miss him.



"Fond Memories brings the light of other days around me." T. Moore



New Summer Menus

As the seasons have changed, our residents will now enjoy delicious summer meals. Here is an example from our summer menu:

- Breakfast** - Oatmeal, Whole Wheat Toast w/ Peanut Butter, Berries
- Lunch** - Hummus, Roasted Zucchini & Cucumber Wraps, Scalloped Cauliflower, Deviled Eggs
- Dinner** - Zucchini Enchiladas w/ Sweet Potatoes & Black Beans, Spanish Rice, Steamed Corn

Come Join Us!

EHL ACTIVITY CORNER

Fri, June 12th @ 1:45 hosted by Mt. Vernon Home
 Tea & Reminiscing Party

Wed, June 17th @ 1:45 hosted by Aspen Home
 Lydia Lord Piano Music

Fri, June 19th @ 1:45 hosted by D. Peak Home
 Elvis Impersonator

Fri, June 26th @ 1:45 hosted by Mt. Hood Home
 Pool Party



Memory Loss Solutions*



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