

# COMMUNITY MATTERS

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MONTHLY NEWSLETTER

www.elderhealthandliving.com

## Love, Kindness, Community & Leadership

In 2008 we started noticing changes in my mother — in her balance, vision and mood. As her symptoms progressed and she continued to deteriorate we moved my mother from California to ElderHealth & Living so I could be closer to her and because I trusted EHL to take good care of her.

I spent time almost every day at EHL with my mother while she was here. I learned about life in the EHL homes and the unique and demanding role of being a caregiver. I recognize and appreciate the excellent services EHL provides and the outstanding care that my mother received in the Aspen House.

After my mother's death last February, my partner, Patty McCourt, and I wanted to stay engaged with the EHL community, and we began talking about how we could link our business services to support their caregivers. Our company, Insight Leadership, is now providing leadership training and personal leadership coaching to Resident Coordinators and other staff. The owners at EHL are committed to expanding the involvement of Insight Leadership to RC's, other Coordinators and select staff to enhance and support continued excellence at EHL!

We are honored to be a part of the EHL Community

Sue & Patty



## Support Groups

Memory Loss Solutions®  
EHL Campus Support Group

Monday, **Mar. 2nd**

5:00-6:00pm

@ Main Campus

Tuesday, **Mar. 17th**

12:30-1:30pm

@ Main Campus

Alzheimer's Support Group

Thursday, **Mar. 5th & 19th**

2:00-4:00pm

@ Good Samaritan Society

3500 Hilyard Street, Eugene

## Wellness Matters

@ ElderHealth & Living

We are excited to announce our partnership with International Fitness! We are offering EHL employees, residents, and their family members a discounted rate at the fitness centers in Eugene or Springfield. International Fitness has three locations in Eugene and Springfield, with a fourth location opening this summer at Gateway.

All clubs include cardio and strength training equipment, as well as a full schedule of workout classes. Membership also includes one free session with a personal trainer to help you set your goals and develop a routine that suits your body and lifestyle. Drop in to the EHL business office to pick up a free two week pass as well as enrollment forms, and get started on the path towards a healthier lifestyle!

## In Remembrance

*Evelyn "Joy" Stiff* was born in Edler, Colorado in 1930. Her family moved quite a bit following the crops for work and ended up settling in Lorane, OR where Joy graduated from Lorane High School in 1948. Joy loved being a mom to her five children, Debbie, Kay, Rhonda, Dan and Toni. She also enjoyed being a grandma and great-grandma. Joy talked fondly of her childhood and really adored and admired her own Grandma. Joy valued her friends and family, reading books, listening to music, bowling, arts & crafts, jewelry and cake decorating. Joy had a beautiful, bubbly personality and had a joke for everything. We will miss her sweet smile and her kind nature.



# EMPLOYEE SPOTLIGHT

## Cheri @ Willow Home

*This month, Cheri will celebrate 13 years here on our campus!*



Cheri was born and raised in "Tuna Capital" Astoria, Oregon. Astoria is a beautiful northern coastal town situated near the mouth of the Columbia River. Cheri loved growing up in Astoria and has fond memories of the fog horns from all the river traffic. She says the fog horns were comforting and always put her right to sleep every night.

Cheri grew up with four older brothers and one younger sister. She herself has raised three daughters and one son. One of the many wonderful things about Cheri is that she has dedicated her life to helping people.

She has not only spent the past 13 years here on this campus caring for our residents but, has advocated and cared for the young as well. Cheri has raised and fostered many children over the years.

Cheri says she truly enjoys her work here at ElderHealth & Living and feels it is very important to make a positive difference in people's lives.

Cheri's Supervisor says, "Cheri brings calm and positive vibes to Willow's residents and staff. She is a huge part of the Willow Home and we are very lucky to have her as a part of our team, and as our friend."

*Secret passion:* See's Candies      *Words of wisdom:* "Go with the Flow" and "Stay Calm."

### Harvest of the Month

#### Leeks



from

Winter Green Farm

### Sweetheart Party



*A big thank you to all of our resident's family and friends who joined us for our annual Sweetheart Party.*

## Come Join Us!

### EHL ACTIVITY CORNER

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

Friday, Mar. 13th @ 1:45 hosted by Aspen Home  
Elvis Impersonator

Wednesday, Mar. 18th @ 1:45 hosted by Aspen Home  
Lydia Lord Piano Music

Friday, Mar. 27th @ 1:45 hosted by Diamond Peak Home  
Harpist Jane Allen



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