



# COMMUNITY MATTERS

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MONTHLY NEWSLETTER

www.elderhealthandliving.com

## Our Beautiful Mural

We are so happy with the finished mural on the wall of our park, on the side that faces Bob Straub Parkway. Come by and take a look if you haven't had the chance to see it!

Roma Gilman is the amazing artist who created all of our murals on campus. Roma is a retired teacher who keeps busy by volunteering her time to teach art classes for seniors with memory loss.



## Support Groups

### Memory Loss Solutions®

EHL Campus Support Group

Monday, December 4th

5:00 - 6:00 pm

@ Main Campus

Tuesday, December 19th

12:30 - 1:30 pm

@ Main Campus

### Alzheimer's Support Group

Thursday, Dec. 14th & 28th

1:30 - 3:30 pm

@ Good Samaritan Society  
3500 Hilyard Street, Eugene

## Education & Information

Speaker: Liz von Wellsheim, GNP

Tuesday, January 16th

1:00 - 2:30 pm

@ Cascade Home Health

Topic: Presentation on Dementia

## December Spotlight: The Recreation Team

This month we are **Spotlighting** the **Recreation Team**. The recreation team is responsible for facilitating various activities such as social events, singing and musical activities, dancing, walks, reminiscing, crafts, exercise, and other recreational activities for our residents and members of "The Club", our Adult Day Program.

**Zoe** is our **Recreation Coordinator** and is responsible for the Recreation Department. Zoe has been a Recreation Therapist for three years. We welcomed Zoe to our team in September of this year and we are so excited to have her as part of our EHL family.

Our Recreation Team also consists of several Recreation Assistants. Here are some of our favorite photos of the team creating joy for our residents.



Zoe



Tailgate party!



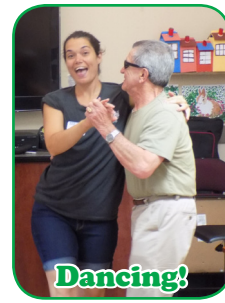
Halloween!



Joy in The Park!



Dancing!



## EMPLOYEE SPOTLIGHT

### Kayla @ Diamond Peak Home



Kayla was born in Reno, Nevada and grew up in Springfield, Oregon. She recently got married in July, but has been with her husband for 15 years. She has two kids, a daughter named Kassidy and a son named Mason. Her family also consists of two Husky puppies, Kyra and Koda. She shared that, "Our family loves the outdoors! In the summer, if we are not at Cottage Grove Speedway racing, we are camping or playing in the water." Kayla also loves spending time with family and friends.

Kayla has been a part of the EHL community since November 2014. She works as Direct Care Staff in the Diamond Peak Home. When asked why she likes working at EHL, Kayla replied, "Every day is exciting, with a challenge, and never the same! I have a great team!!"

*Kayla's Words of Wisdom:*

"Don't cry because it's over. Smile because it happened." -- Dr. Seuss

Thank you, Kayla, for your hard work, your dedication, and for being a part of our EHL team!

We are pleased to announce that Kayla is our December 2017 Employee of the Month!

## In Remembrance

### Alfred Wingerd

Alfred came to EHL in February of 2016. Margie, Resident Coordinator in our Mt. Hood Home, shared with us that, "Alfred was a very caring man. He was so sweet. And he sure loved his coffee! We will miss him very much." Alfred passed away at the age of 99.

### Richard Cronk

Richard came to EHL in July of 2015. Margie, Resident Coordinator in our Mt. Hood Home, shared that, "Richard's nickname was 'Papa' and he was known for his out-of-the-blue comments." He was also known by other staff for his good stories and trying to fix things. Richard passed away at the age of 82. We will miss him.

### Mona Mitchell

Mona came to EHL in March of 2017. Dee Dee, Resident Coordinator in our Birch Home, shared with us that, "Mona had a great smile. She loved her dog Ming and she also loved candy. We are going to miss her." Other staff shared that Mona will be missed for her big blue eyes and big hugs. Mona passed away at the age of 86.

## Harvest of the Month

The Harvest of the Month for **December** is Organic Barley from Camas Country Mill in Junction City, OR.



This Organic Barley is milled at Grain Millers in Eugene, OR and purchased from Camas Country Mill in Junction City, OR. It is served in our Lentil Barley Soup, Beef and Barley Stew, and Rice Pilaf!

## An EHL Tradition!

Every year for Thanksgiving the Owners of EHL give each employee a turkey for their holiday dinner. Liz and Nancy shared that, "it is a pleasure to give each of our employees a turkey to share with their families and to let them know how much we appreciate having them in our EHL family."



Thank you, Liz & Nancy, for your generosity and continuing this amazing tradition every year!

## EHL Activity Corner

Thursday, Dec. 7th @ 1:45 hosted by Diamond Peak Home Veterans Club!

Friday, Dec. 15th @ 1:45 hosted by Redwood Home Ornament Craft!

Dec. 18 - 22 @ 6:00 pm hosted by Recreation Department Holiday Lights Van Rides!

Wednesday, Dec. 20th @ 1:45 hosted by Cedar Home Spa Day!

Monday, Dec. 25th @ 1:45 hosted by The Club Holiday Sing-a-Long!

Happy Holidays  
from  
all of us at  
ElderHealth  
& Living!



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Memory Loss Solutions\*



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