



COMMUNITY MATTERS

VOL. 14
ISSUE 3

MONTHLY NEWSLETTER

www.elderhealthandliving.com

A Moment To Remember

We want to share with you a very powerful story about a moment between Winifred, a resident at our Mt. Vernon Home, and Vanesa, the Resident Coordinator in that home. The story is from Vanesa's perspective:

Winifred seemed troubled so I went in her room and asked her if she was okay. She told me no, so I asked her what was going on. She said, "You know it's the pits." I asked what and she said, "This disease, the way it makes me feel inside." I replied, "I know." Immediately she said to me, "No, no you don't know. You watch us, take care of us, feed us, and you know how we are and what we do all day. You might know us but you have no idea what goes on inside of us." I had no words after that so I just listened.

Winifred then stated, "You know my brain is deteriorating, smaller and smaller every time and I can't do anything about it. I am speaking to you now and I know you are here now but in five minutes I will not remember that you were even here or that we spoke of this." I said that she could count on me, that when she forgets, we will be there for her. She replied, "I know it now but I won't in a few minutes, I trust you because I am forced to and because I see you have good hearts. Whoever invented this disease is cruel and had no idea what they were doing or how this would affect us." I tried very hard to hold my tears in. She then promptly stated to me, "I want to thank you from the bottom of my heart for taking good care of us and I want you to know that I love you all. I want to tell you this now because in a few minutes I will forget about this."



Winifred & Vanesa

In my 10 years of being a caregiver I thought I knew what dementia was like, but Winifred showed me that no one really has any idea; not the doctors, not the nurses, and not the caregivers. Only the ones that are going through this know. She shared with me a small sliver of what was going on in her brain at that time and it has changed my life as a caregiver, and most of all as a human. It made me realize that, at times, they may know what's going on inside of them and that when they remember, it really is the "pits". Winifred has changed every way I see dementia. I will never forget those five minutes of real life conversation we had in her room. It is an honor to care for such a great woman.

Thank you for sharing, Vanesa!



Winifred & daughter Carol

Support Groups

Memory Loss Solutions®
EHL Campus Support Group
Monday, March 5th
5:00 - 6:00 pm
@ Main Campus

Tuesday, March 20th
12:30 - 1:30 pm
@ Main Campus

Alzheimer's Support Group
Thursday, March 8th & 22nd
1:30 - 3:30 pm
@ Good Samaritan Society
3500 Hilyard Street, Eugene

ElderHealth & Living presents: **Tools for Working with People with Dementia**

REGISTER
TODAY!

This will be a three-part presentation for families of residents at EHL, presented by our very own Liz von Wellsheim, GNP.

- Part One: Thursday, March 15th
- Part Two: Thursday, May 24th
- Part Three: Thursday, October 18th

All three presentations will be held from 11:00 am to 12:00 pm at The Club on the EHL campus.

Please call 541-747-4858 to reserve your spot!



EMPLOYEE SPOTLIGHT

Zoe @ Recreation Department

We are pleased to announce that Zoe is our March 2018 Employee of the Month!



Zoe was born and grew up in Eugene, Oregon. She shared with us that, "I am close to my parents, older sister, and grandparents. They are so much fun and devoted to helping our community." Her family also consists of her significant other, Terance, and their cat named Pacha. The three of them live in Eugene with a few of their close friends. Zoe enjoys spending time with friends and family, being outside, and playing music - preferably all at the same time!

Zoe has been a part of the EHL community since September 2017. She is our Recreation Coordinator. When asked why she likes working at EHL, Zoe replied, "There is so much to love! The residents are fabulous, the staff are extremely caring and sure know how to have fun. I am constantly learning and laughing."

Zoe's Words of Wisdom:

"When we let our own light shine, we unconsciously give other people permission to do the same."
--Marianne Williamson

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

In Remembrance

Joan Alef

Joan came to EHL in December of 2013. Dee Dee, Resident Coordinator in our Birch Home, shared with us that, "Joan was a lovable person. She loved her dog, Amber. When her son Eric came to visit her eyes would just light up. They would sit and talk for hours." Joan passed away at the age of 92. We will miss her greatly.

Phyllis Tharp

Phyllis came to EHL in January of 2014. Jackie, Resident Coordinator in our Redwood Home, shared with us that, "Phyllis was one of a kind, that's for sure! She loved all kinds of music from country to rock 'n' roll. She also loved all the pretty things that sparkled." Phyllis passed away at the age of 96. She will be deeply missed.

Celebrating Safety in the Homes

Recently, we had a couple of our Homes honored by our Safety Committee for their safety efforts. Congratulations to the Diamond Peak and Mt. Vernon Homes for going above and beyond in putting Safety First!



Diamond Peak



Mt. Vernon

EHL Activity Corner

Friday, Mar. 9th @ 1:45 hosted by Redwood Home
Shamrock Mosaic Craft! 🌿

Monday, Mar. 12th @ 1:45 hosted by The Club
Memories in the Making Art Class! 🎨

Wednesday, Mar. 21st @ 1:45 hosted by Cascade Home
Floor Hockey! 🏒

Thursday, Mar. 29th @ 1:45 hosted by Mt. Hood Home
Birthday Bash! 🎂



Join us!



ELDERHEALTH
& LIVING

Memory Loss Solutions*



Find us on:
facebook.