



# COMMUNITY MATTERS

VOL. 13  
ISSUE 1

MONTHLY NEWSLETTER

www.elderhealthandliving.com

## The Gift of Music

Last month, we donated a piano from our Willow Home to a group of Japanese students that our Recreation Assistant, Megan, works with. The students sent us a card with all of them gathered around and a note thanking EHL for the gift of music. The students noted that the piano has been a wonderful study break activity right before finals.

It is wonderful that the piano has found a new home and is being enjoyed.



thank you  
Elder Health & Living!

## Support Groups

### Memory Loss Solutions®

EHL Campus Support Group

Monday, January 2nd

5:00 - 6:00 pm

@ Main Campus

Tuesday, January 17th

12:30 - 1:30 pm

@ Main Campus

Alzheimer's Support Group

Thursday, January 5th &amp; 19th

1:30 - 3:30 pm

@ Good Samaritan Society  
3500 Hilyard Street, Eugene

## SPOTLIGHT

### FOUR QUESTIONS

Liz von Wellsheim  
GNP Medical Director  
ElderHealth & Living



**How did you get started and land in Eugene?**  
EHL just celebrated its 10 year anniversary! Nancy Kall, CEO & Administrator, has been in the field of dementia care since 1978 and moved here in 1988. The EHL campus was initially built by a developer with Nancy being the first administrator and nurse and one being the first geriatric nurse practitioner consultant. Fast forward to 2008 when we decided to purchase and own EHL as a five care campus with ten care homes, one hundred residents and over 125 employees. We are both passionate about care for persons with memory loss and have developed a unique social and medical model of care for persons with memory loss diseases.

**What about your business in Eugene?**  
EHL is a healthy model and operated by a team of professionals in offering local resources whenever possible, such as, serving food from regional vendors. We create a sense of integration on our site, not being campus with a large park and main Adult Day Health Program, the CLUB.

**What night (evening) is surprised to know about your campus?**  
We were the first care community in Lane County to start and continue a compost program. We have

commercial composting as part of our culture! Folks would also be surprised to know that we have a chicken in a beautiful coop, 9 dogs with almost one per home, an apartment of fish, several cats and 45 rabbits and many birds! Pets and animals are part of most of our time and we often bring them into the site as well as allowing visitors to bring their pet with them. We find that it is important to have conversations with our residents and pets. In addition, we have and monitor bring space with large petting parties, garden group and a large central park.

**What do you see facing your industry?**  
The Baby Boomers are aging and the percentage of Americans diagnosed with Alzheimer's or other types of dementia will increase by 40% in the next 10 years. The United States has not adequately prepared for this increase of dementia care in our families, in traditional care communities and in existing memory care communities. The current model of care is a fragmented care with clients often of what they do and do not want as they grow older and as their families are currently aging.

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The December/January issue of OPEN For Business magazine, a publication of the Eugene Chamber, focused on Women in Business and our own Liz von Wellsheim, GNP was interviewed about ElderHealth & Living. In the article she discusses what it is that makes EHL unique, including our five-acre, ten home campus, with our large park and onsite Adult Day Program, "The Club". The article also highlighted that EHL is locally owned and operated and that we were the first care community in Lane County to start a compost program in addition to utilizing local resources whenever possible. These are some of the factors that set us apart from other care communities. We're so pleased to be recognized by the Eugene Chamber as a unique local business with strong ties to our community.

## Private Massage Therapy at EHL!

Jana Lee, LMT will now be offering **private massage sessions** for our residents by appointment. She uses a variety of techniques including Swedish massage, nurturing touch, and Reiki to provide benefits such as relaxation and pain relief. Sessions will be approximately 30-45 minutes long and are given in the comfort of the home. The cost is **\$50 per session**. If you would like to schedule an appointment for your family member, please contact Jana Lee, LMT #15994, at **541-521-4405** or at **janalee.lmt@gmail.com**.



Massage  
therapy

Jana Lee, LMT #15994

Call or email for an appointment:

541-521-4405

janalee.lmt@gmail.com

### FOUR QUESTIONS

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composting during the winter months is a challenge, but the idea of having the composting program in Eugene is a great one. We are now looking for ways to make the composting program more sustainable and to make it a part of our culture.

**Why would I recommend the Chamber to a friend?**  
EHL is a unique local business and a great place to work. We are a team of professionals who are passionate about care for persons with memory loss and have developed a unique social and medical model of care for persons with memory loss diseases.

**What do you see facing your industry?**  
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**non-hospital support network.**  
A local chapter of the Alzheimer's Association is a great resource for information and support. We are also looking for ways to make the support network more sustainable and to make it a part of our culture.

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## EMPLOYEE SPOTLIGHT

### Holly @ Recreation/The Club



Holly was born in Alton, Illinois and moved to Springfield, OR when she was three. She has one brother who is expecting his first daughter in January. Holly has been playing the viola for the last 13 years, was a competitive swimmer for eight years, and a fencer for five years.

Holly has been a part of the EHL community since November 2016. She works as a Recreation Assistant in the Recreation/The Club Department. When asked why she likes working at EHL, Holly replied, "I love being able to come to work and know that I'm making a difference and bringing happiness to the people who need it most."

*Holly's Words of Wisdom: "Trust in the lord with all your heart. Lean not on your own understandings. In all your ways, acknowledge Him and He will make your paths straight."*

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

## In Remembrance

### Mary "Gigi" Brewer

Gigi came to EHL in September of 2016. Amee, Resident Coordinator in our Cascade Home, shared that, "Gigi had a wonderful sense of humor and an incredible laugh. She was a very sweet woman with a spirited personality. We will all miss her so much." Gigi passed away at the age of 82.

### Harry "Ted" Ranlett

Ted came to EHL in September of 2013. Margie, Resident Coordinator in our Mt. Hood Home, commented that, "Ted had a larger than life personality and always had some witty comebacks. We will miss him signing to us in the home." Ted passed away at the age of 92. We will miss him greatly.

### Shirley Warner

Shirley came to EHL in February of 2016. Vanesa, Resident Coordinator in our Mt. Vernon Home, shared that, "Shirley was an amazing woman. Staff was always able to go to her if life advice was needed. She was funny, loving, and caring. It was an honor to care for her." Shirley passed away at the age of 79.



from  
all of us at  
**Elder Health  
& Living!**



## EHL Activity Corner

**Monday, Jan. 2nd @ 1:45** hosted by **Aspen Home**  
**Jeopardy!**

**Friday, Jan. 13th @ 1:45** hosted by **The Club**  
**Birthday Bash with Elvis!**

**Saturday, Jan. 21st @ 1:45** hosted by **Redwood Home**  
**Bingo!**

**Tuesday, Jan. 24th @ 1:45** hosted by **Mt. Hood Home**  
**Balloon Volley!**



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