

COMMUNITY MATTERS

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MONTHLY NEWSLETTER

www.elderhealthandliving.com



What's New @ EHL?

As a community we value feedback on how we are doing and how we can improve. And for that reason, we now have a suggestion box in our front lobby (main business office). This box is for anyone who would like to leave a suggestion, for any reason.

Did you see something or participate in an event that you think would be a nice addition to our community? Simply fill out a slip with your suggestion, put it in the box and we will make sure it gets to the appropriate person/department for consideration.



Wellness Committee

The Wellness theme for May/June was Nutrition & Healthy Eating and to make it fun we came up with a challenge for our employees. For two weeks they could pick from three different challenges to complete, such as no fast food or soda, five servings of fruit or vegetables a day, or dessert just once a week. Congratulations to **Susie Ray, Alayna Harris, Mandie Yarrington, Dawn Brown, Jennifer Littrell, Tamara Davenport, Shana Moss, Laura Mitchell and Kayla Phearson** on completing the challenge!



Coming up, the Wellness Committee will be educating staff, residents, and families about safe sun exposure. Look for the baskets with sunscreen and information sheets coming soon!

For more information about The Wellness Committee, contact Bridget @ 541.747.4858

Save the Date for the Employee Picnic!

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

All EHL employees & 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, **July 6th**
5:00 - 6:00 pm
@ Main Campus

Tuesday, **July 21st**
12:30 - 1:30 pm
@ Main Campus

Alzheimer's Support Group

Thursday, **July 2nd & 16th**
2:00 - 4:00 pm
@ 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 will have live entertainment!

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

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

EMPLOYEE SPOTLIGHT

Marianne @ Columbia Center

We are pleased to announce that Marianne is our July, 2015 Employee of the Month!



Marianne was born in Portsmouth, VA on a naval base, raised on her family's farm in Creswell, OR, and has two older sisters. She is the proud aunt of her two-year-old niece and is also a proud pet parent - she has three cats!

Marianne has been a part of the EHL community since April, 2015. She works as an Admin Assistant in the main business office. "I have several part-time jobs, one of which is working for my Dad on our farm. I handle all the bookkeeping and I also drive tractor and help manage our cattle and 200 acres of land. I enjoy sharing my farm adventures with my co-workers at EHL!" When asked why she likes working here, she states, "The people! I love the atmosphere in the office and I enjoy interacting with our residents and guests."

Words of Wisdom: Live well - Laugh often - Love much!

Thank you, Marianne, for all that you do and being a part of our team here at EHL!

The Willow Home Seeks Canine Companion



The Willow Home is looking for a new furry friend! If you know of a small, easy-going, house-trained dog looking for a forever home, please call 541-747-4858.

(NOTE: the dog must pass a temperament test)

Welcome New Residents!



Nina Martin, arrived at EHL in June, 2015 and resides in our Willow Home. She was born in Grants Pass and lived in Saudi Arabia for 16 years. She loves talking about her crocheting projects and roses from her daughter's garden.



Wilma Luckey, came to EHL in May, 2015. She grew up on a farm and loves talking about gardening, baking and her grandchildren. She resides at our Mt. Hood Home.



Elsie Dean, arrived at EHL in May, 2015 and resides in our Birch Home. She originates from Texas. She loves talking about the weather and her loving son, Del.

In Remembrance

Mabel Nicholls, came to EHL in 2014 and passed away at the age of 95. She was lovingly known as "Mable at the table" at our Mt. Vernon home. "She was the cutest, sweetest thing in the world!" states Barb Suchanek, Resident Coordinator at Mt. Vernon. Mabel will be missed.



"What we have once enjoyed we can never lose, all that we love deeply becomes a part of us."
Helen Keller

NEWS from The Club

As of **June 22nd** the drop off and pick up location for Club members utilizing our van service will change. We will be picking up Club members at the parking lot on **E. 24th and Amazon Parkway**. For questions about The Club, please contact Bridget Kronholm at 541-747-1755.

EHL ACTIVITY CORNER

Come Join Us!

Wed, July 1st @ 1:45 hosted by **Mt. Vernon Home**
Flag Making

Fri, July 10th @ 1:45 hosted by **Birch Home** & 3:00 hosted by **The Club**
Zany Zoo



Wed, July 15th @ 1:45 hosted by **Aspen Home**
Lydia Lord Piano Music

Wed, July 29th @ 1:45 hosted by **Diamond Peak Home**
Woodworking



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