



COMMUNITY MATTERS 2018



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MONTHLY NEWSLETTER

www.elderhealthandliving.com



Employee Safety Update



Here at EHL, we take safety very seriously... and it shows! We were recently informed that EHL has the number one safety/disaster program with the most extensive training in all of Lane County. Brandi, our Safety Committee Leader, shared with us that, "I am most proud that our facility has one of the leading safety and disaster teams in Oregon - we are one of the only care facilities that has a disaster implementation plan. We not only look at events as they happen but also near misses, which is imperative when designing plans in regards to safety policies. I am excited for 2018 so that we can continue the path of success!"

Check out the below recent feedback from our safety consultant with SAIF Corporation, the company that provides our Workers' Compensation insurance:

EHL has done a great job implementing safety systems which has enabled you to develop new policies and procedures and put countermeasures in place to help keep injuries from happening again. You have also implemented near miss reporting and analysis. Another thing that has played a role in your organization reducing injuries this year is empowering your safety committee members to intervene and coach employees when they recognize unsafe behavior. You have done a great job giving your supervisor's safety responsibilities and setting clear expectations for them.

We applaud your efforts at making safety a value at EHL. The efforts your organization has made implementing safety improvements in 2017 is commendable. The focus your organization has placed on safety has played a significant role helping reduce injury frequency and severity by over 50%.



Safety Champions: Brandi, Ameer, & Amber

Support Groups

Memory Loss Solutions®
EHL Campus Support Group
Monday, January 1st
CANCELLED due to holiday.

*Happy New Year
from EHL!*

Tuesday, January 16th
12:30 - 1:30 pm
@ Main Campus

Alzheimer's Support Group
Thursday, Jan. 11th & 25th
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

Speaker: Liz von Wellsheim, GNP
Monday, February 19
12:00 - 2:00 pm

@ University of Oregon
Biology of Aging Class

Topic: Healthy Aging



"When Coco was gifted to us, we were thrilled! She was so happy, greeted us everyday. She was so smart - she would do tricks when giving her a treat! We were lucky to have had her." -- Sharon, RC @ Diamond Peak

In Loving Memory

In December, we said a sad goodbye to a part of our EHL family: Coco, the dog, passed away. Coco had been with EHL since 2015, when she was gifted to the Diamond Peak home through a resident's family member. She was a loving member of the Diamond Peak & Summit South homes; while at Diamond Peak, she would often crawl into bed or lay by the bedside of residents during the time they were on comfort care. She will be missed by everyone on campus.

"I really loved Coco. I called her 'Tigger' when she would jump straight up in the air when I came in. She followed me everywhere in the house - my little shadow." -- Katy, Administrator @ Summit South



EMPLOYEE SPOTLIGHT

Alayna @ Health Center

We are pleased to announce that Alayna is our January 2018 Employee of the Month!



Alayna was born and grew up in Springfield, Oregon. She has three older sisters and one younger brother. Alayna shared with us that, "My family means the world to me and my Mom is one of my best friends." Her family also consists of her significant other, Robert (her high school sweetheart!), and their two daughters, Jaden and Kylie. Together they enjoy the outdoors - camping, fishing, and nature hikes. Also making up the family are an 11-year-old yellow Lab named Macy and a feisty cat named Jasper.

Alayna started working on campus for Good Neighbor Care in 2004, which became EHL in 2006. After taking four months off to care for her daughter, she returned in November 2007. In her tenure, she worked in several homes before joining the Health Center in 2012. She currently works as the Health Services Assistant. When asked why she likes working at EHL, Alayna replied, "I have always had a special place in my heart for the elderly. The loving, compassionate care you see on campus is inspiring."

Alayna's Words of Wisdom:

"What sunshine is to flowers, smiles are to humanity." – Joseph Addison

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

In Remembrance

John Anderson

John came to EHL in October of 2017. Sharon, Resident Coordinator in our Diamond Peak Home, shared with us that, "John's smile would light up a room and his sense of humor was wonderful! He was a shop teacher, and was always trying to fix things." John passed away at the age of 85. We will miss him.



We would like to wish Bonnie Boe, a longtime member of our EHL family, a very Happy Retirement! After more than eleven years with EHL, she has retired from caregiving.

When asked about what she thought about retirement, Bonnie said, "This has been the best job I have ever had, the Owners really care about us here. I saw this place being built and I will definitely miss it."


Thank you, Bonnie, for your many years of dedication and love.


Helping Hands




Last year, our Recreation department started a weekly group for our residents with Parkinson's disease. Originally the group was started as a way to do some physical therapy exercises and stretches that are designed to increase strength and flexibility for people with Parkinson's. The group quickly evolved when some discussion began to naturally occur among the residents about the struggles they face and what helps them with those struggles. The recreation staff has since added deep breathing, mindfulness and guided imagery exercises to the group and now more and more residents, with and without Parkinson's, are joining in. **The group meets weekly, usually at 3:45 pm at Tuesdays. Please contact Zoe, our Recreation Coordinator, for additional information.**

EHL Activity Corner

Tuesday, Jan. 2nd @ 1:45 hosted by Mt. Hood Home
Yoga! 

Saturday, Jan. 13th @ 1:45 hosted by Cascade Home
 Bingo!

Monday, Jan. 29th @ 1:45 hosted by Cedar Home
Jeopardy! 

Wednesday, Jan. 31st @ 1:45 hosted by The Club
 Cooking!



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