



# COMMUNITY MATTERS

VOL. 15  
ISSUE 6

MONTHLY NEWSLETTER

www.elderhealthandliving.com

## ElderHealth & Living's Support Group

*A small group of caring people,  
sharing a similar journey.*



Our support groups are held the first Monday and third Tuesday of every month. Both sessions are held in the conference room in the main office and are facilitated by our Family Services Coordinator, Susie Ray. We feature the dates and times every month in this newsletter. The groups are open to everyone, however it is primarily the friends and family members of current or former residents of EHL that attend.

We are so grateful you and your loved ones are part of our community and family here at EHL. We know transition is not easy. Many of you were cast into the role of caretaker and were well tuned in with your loved one's needs and desires long before we were. Our support group is an excellent opportunity to voice your needs, triumphs, struggles, and questions. All we ask is that you come as you are. Hubert H. Humphrey says it best, **"The greatest healing therapy is friendship and love."**

According to Susie, the topics for discussion are open to whatever is going on with the individual lives and journeys of those who attend - things they are struggling with, things they are celebrating, and so on. Here are some recent topics:

- **Admitting your loved one into a care community and the many emotions associated with this: Relief, grief, guilt, gratefulness, etc.**
- **The decline and/or death of your loved one.**
- **How do you know when it is time?**
- **Missing having someone to share your day and life with.**
- **Giving up plans for your golden years.**
- **Financial issues associated with living in long-term care.**
- **Guilt associated with "moving on."**
- **When is it appropriate to stop wearing your wedding ring after your loved one passes away.**

### Support Groups

**Memory Loss Solutions®  
EHL Campus Support Group**

**Monday, June 3rd**

5:00 - 6:00 pm

@ Main Campus

**Tuesday, June 18th**

12:30 - 1:30 pm

@ Main Campus

**Alzheimer's Support Group**

**Thursday, June 13th & 27th**

1:30 - 3:30 pm

@ Good Samaritan Society  
3500 Hilyard Street, Eugene

*Family Services Coordinator  
Susie Ray*



*Please feel free to call the  
main office at 541-747-4858  
if you have any questions  
about our support groups.*

## EMPLOYEE SPOTLIGHT

Pam C. @ Cedar Home

We are pleased to announce that Pam C. is our June 2019 Employee of the Month!



Pam was born in Eugene and grew up in the Elmira/Veneta area of Oregon. She has lived in both Janesville, Wisconsin and Lewiston, Idaho but now calls Springfield home. Pam comes from a big family with six brothers and a twin sister. She is married to her husband, Jim, and is the proud mother of two sons, Travis and Michael. She is also blessed with four grandkids - Monique, Blake, Abby, and Gunner. Pam states that, "I love my family dearly. My grandkids are my world. My work family is so awesome - they always put a smile on my face!"

Pam has been a part of the EHL community since May 2012. She currently works as Direct Care Staff in our Cedar Home. When asked why she likes working at EHL, Pam replied, "I love working here because helping others and knowing I make a difference in their lives makes my heart happy."

*Pam's Words of Wisdom:*

**"Always treat others the way you would want to be treated."**

*Thank you, Pam, for your hard work and your dedication!*

## In Remembrance

### *Thelma "Nita" Gibson*

Thelma came to EHL in June of 2002. Amber, our HR Coordinator, shared with us, "Nita could be an ornery gal, but if you could win her over she was sweet as could be. She was known for expressing herself without saying a word. She was with us a long time and she is going to be missed very much." Nita passed away at the age of 93.



### *Barbara Hays*

Barbara came to EHL in July of 2014. Erica, Resident Coordinator of our Cascade Home, shared that, "Barbara was such a sweet lady. She had a smile that was simply contagious. She will be missed so very much." Barbara passed away at the age of 86.



### *Viola Dryer*

Viola came to EHL in September of 2016. Erika, Resident Coordinator of our Cedar Home, shared with us, "Viola was a very sweet lady. She had lots of stories that she enjoyed sharing. She also enjoyed singing along with the Recreation team." Viola passed away at the age of 93.



### Recipe Name *Sharon's Cinnamon Rolls*

#### **Roll Ingredients:**

One small pizza or bread dough (thawed)  
1/2 cup sugar  
1 cup raisins  
1/2 cup walnuts  
1 cup brown sugar  
1/2 cup butter (softened)

#### **Frosting Ingredients:**

2 tsp. softened butter  
2 cups powdered sugar  
Pinch of salt  
Dash of milk  
1 tsp. vanilla extract

Preheat oven to 350°. Spray 7x9 pan with non-stick spray (if using 9x13 pan, double the dough). Spread 1/2 cup brown sugar over sprayed pan then place the walnuts on top. Flour counter or board lightly, roll dough to 1/4" thickness, forming a rectangle. Spread softened butter over dough.

*Diamond Peak Resident  
Coordinator Sharon*

In a small bowl, mix together cinnamon, sugar, brown sugar, and raisins. Spread cinnamon mixture over buttered dough, then roll dough tightly to form a log. Cut into 8 rolls, place the dough cut side up on top of brown sugar and walnuts in pan. Bake at 350° for 30 minutes, or until dough is brown. Place parchment paper on a tray or cookie sheet. Turn cinnamon rolls upside down on the tray, let cool slightly. To make frosting, place softened butter with vanilla in a bowl, add powdered sugar, and pinch of salt. Add a dash of milk to reach desired consistency. Spread over warm rolls. **Enjoy!**

  
**ELDER HEALTH  
& LIVING**  
MEMORY VILLAGE

  
THE  
CLUB

 Find us on:  
**facebook**