

Village Voice

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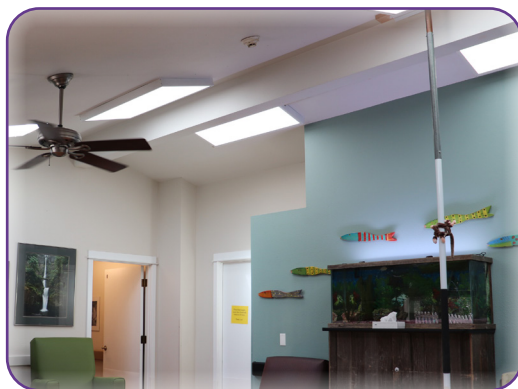
MONTHLY NEWSLETTER

www.EHLMemoryVillage.com

Let There Be Light!

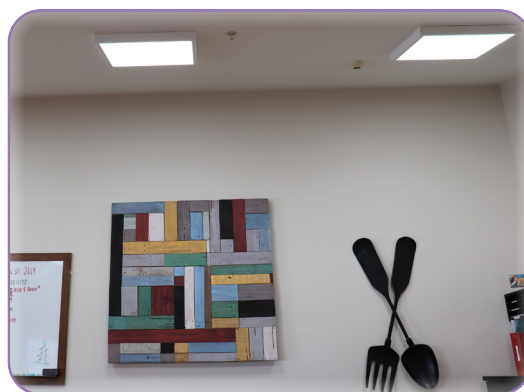
Article by Suzanne Cavanagh, Century Lighting/Lumen Element

What do the astronauts on the space shuttles and the residents and staff in five of the EHL houses have in common? If you answered LIGHT, you are correct! This last fall, Circadian Lighting was installed in the Birch, Aspen, Mt. Vernon, Mt. Hood, and Diamond Peak Homes. The lighting was developed while working with NASA to help the astronauts maintain a healthy circadian rhythm and sleep cycles.



In recent studies this same lighting has been shown to reduce agitation and sundowning, and to also improve the sleep of those living with dementia. It is also beneficial for the staff as they are spending their days and nights inside and we biologically need the changing of color and intensity of light for our own health and sleep.

Upon the completion of the lighting, some residents said they felt like they were outside, and other residents gave my installers and myself a round of applause. Liz, Nancy, and the entire staff have been amazing to work with on this project and have shown that their major concerns are what will be best for the residents. This is an amazing community!



Support Groups

Memory Loss Solutions®
EHL Campus Support Group

Monday, **January 6th**
5:00 - 6:00 pm
@ Main Campus

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

Alzheimer's Support Group
Thursday, **January 9th & 23rd**
1:30 - 3:30 pm
@ Good Samaritan Society
3500 Hilyard Street, Eugene

Happy
New Year

From all
of us at
EHL!



What is circadian rhythm? If you've ever noticed that you tend to feel energized and drowsy around the same times every day, you have your circadian rhythm to thank. What is it, exactly? Your circadian rhythm is basically a 24-hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle. Source: National Sleep Foundation website.

EMPLOYEE SPOTLIGHT

Christine @ Main Office

We are pleased to announce that Christine is our January 2020 Employee of the Month!



Christine was born in Everett, Washington and grew up in both Everett and Colorado Springs, Colorado. She is married to her husband, Josh, and they are proud parents to their furry family member, a dog named Tucker. Christine enjoys rock climbing, running, going to the coast, taking her dog on long walks, and spending time with her family.

Christine joined EHL in March of 2019 and currently works as the Marketing and Staffing Assistant in the main office. When asked why she likes working at EHL, Christine replied, "Not only do I get to spend time with our residents and be a part of their day, but I have the privilege of working alongside some of the most caring and intelligent people I've ever met. It's a family - what can I say?"

Christine's Words of Wisdom:

"The grass isn't greener on the other side, it's green where you water it. No matter where you are in life, be steady, consistent, and grateful."

Thank you, Christine, for your hard work and your dedication!

In Remembrance

Mary Nash

Mary came to EHL in March of 2012. Amee, our Administrator, shared with us, "Mary had the best sense of humor! She would crack the best jokes and would have everyone in the room laughing. She was with us a long time and we will miss her." Mary passed away at the age of 96.



Patricia Bryant

Pat came to EHL in September of 2019. EHL staff shared with us that, "Pat had a wonderful smile that would light up the room. Walking into the Mt. Hood Home, she would smile and welcome you." Pat passed away at the age of 78.



Betty Robinson

Betty came to EHL in January of 2018. EHL staff commented, "Betty was a feisty woman! She would make you laugh but also keep you in line if needed." Betty passed away at the age of 89. She will be deeply missed.



Keith "Chris" Christensen

Chris came to EHL in August of 2017. EHL staff shared with us, "We loved his independent spirit and his good sense of humor. He also had a great taste in food! We will miss this sweet man." Chris passed away at the age of 81.



Caroline Schiele

Caroline came to EHL in August of 2015. Chelsea, Resident Coordinator of our Aspen Home, said, "Caroline had such a warm, loving spirit. We will remember her beautiful smile. I will always cherish singing songs with her." Caroline passed away at the age of 85.



*Always on my mind
Forever in my heart*

