



-Team Members at Eskaton Lodge Granite Bay.

We are *Eskaton*

EMPLOYEE SPOTLIGHT

Bonnie Apple Social Service Coordinator at Eskaton Jefferson Manor

In 2002, Bonnie joined Eskaton. She found her niche helping low-income seniors access vital programs and services. Linking residents to supportive services, leveraging community resources, and engaging volunteers is what Bonnie does best. She gets creative when working with community partners. Jefferson hosts Meals on Wheels, computer classes, a chair exercise program, and much more.

“It’s a joy for me to help resolve problems for the residents I work with,” said Bonnie, who is an Eskaton Guardian Angel. “Often, the problems are simply clerical errors. However, they frequently frighten and overwhelm the seniors. I see their problems much like the story of Chicken Little and Henny Penny — to them the sky falling and to me it’s an acorn.” Bonnie enjoys spending time with her grandson Mason (pictured), playing Native American flute and running marathons.



-Mason and Bonnie

Lead Housekeeper at Eskaton Village Grass Valley **Candice Nutting**

After listening to her own advice 10 years ago, Candice decided to find a job serving seniors. In 2006, she joined Eskaton and it’s still one of the best decisions she has made. “We’ve got a good group of residents and staff. You really do get attached,” Candice said. “It’s fun and interesting. There is always something new. You never have the same day twice.”

Candice gets involved. She is an employee wellness representative and Guardian Angel. Two years in a row she proudly wore the chicken costume and led the “Chicken Dance” at the Walk to End Alzheimer’s. She works hard, engaging with family members like Frank (pictured), to raise awareness and money for causes she is passionate about. “All of us at Eskaton Village Grass Valley adore Candice,” said Paige Ryan, Executive Director. “We all join in the fun events that Candice creates.”



-Frank and Candice

PROMOTIONS
SEPT/OCT/NOV 2016

EAC

KRISTY ELDER
Senior HR Generalist

ECCFO

SHAVINA PARKER
Charge Nurse (RN)

VALERIE LARDY
Charge Nurse (RN)

ECCG

JENNET YANG
Interim Business Office Mgr.

MYRNA YANG
Unit Secretary

KULVINDER KUAR
Charge Nurse (LVN)

BRITTANY SMITH
Discharge Planning Asst.

KYLE LAND
Maintenance Asst.

RODNEY EDWARDS
Maintenance Asst.

ANDREW RENA-DOZIER
Charge Nurse

ECCM

VERONICA GARCIA
Business Office Mgr.

MARY UNGER
Unit Mgr.

SARAH ALVAREZ
Interim Dietary Mgr.

ELCP

MELISSA YNIGUEZ
Resident Medication Asst.

KAITLYN BUYS
Resident Medication Asst.

EVC

DANNY SAECHAO
Prep Cook

ARIOVISTUS ERDMAN
Prep Cook

NAMREETA PRASAD
Charge Nurse (LVN)

ANGELA JACKSON
Activity Coordinator

MARY LYNN GRAHAM
Resident Care Coordinator

SHARON OSBORN
Director Staff Dev.

EVP

JESSIE FLINT
Lead Cook

SHANE DAVIS
Memory Care Coordinator

EVR

SIMESHA MCDONALD
Activities Asst.

SAVANNAH RIVES
Receptionist

TP

KUSAM RATTAN
Resident Medication Asst.



-Megan and Betty Dawson, resident.

GROWING BETTER ALL THE TIME

In 2016, Megan Gallagher had a busy year. She completed a Licensed Vocational Nurse program and was promoted to wellness nurse by Kim Delgado, executive director, Eskaton Lodge Granite Bay.

Megan wants to be an emergency room trauma RN, doing Life Flight. She chose a job in long-term care for the practice. While the ER is a future goal, Megan is enjoying her Eskaton experience. She loves hearing resident stories and learning about their lives. "They become family," said Megan. "Eskaton Lodge Granite Bay is a great place come to work. It's different every day."

Megan started at Eskaton Lodge Cameron Park and transferred to Granite Bay in 2013. While she attended college, she worked two jobs. "Kim Delgado always had it in her mind I would be a nurse in the building," said Megan. "If she didn't keep pushing me I probably wouldn't have done it."

Megan's recipe for success; Find the position you want at Eskaton and talk to that person about what it takes to work up to that job. "Eskaton offers a lot of room for growth," said Megan.

"Megan is an amazing support for ELGB, not only for the residents but staff as well," said Kim Delgado. "She is incredibly dedicated to Eskaton and the care provided to our residents. It has been a lot of fun watching her grow from care to meds to wellness nurse. I'm excited to see where she grows to next."

Interested in education to grow your career in healthcare?

Eskaton partners with Chamberlain College to provide discounted rates on degrees in nursing programs. For more information please contact Teri Tift at teri.tift@eskaton.org.

GO PAPERLESS WITH ULTI PRO A SECURE WEBSITE FOR ESKATON EMPLOYEES

Follow these three simple steps to go paperless.

Register today:

Go to <https://n31.ultipro.com> and log in with your USER ID and password (your 8-digit DOB until you change it). Contact the business office for your USER ID.

Use this portal to:

- Review and print your pay stubs. Pay stubs are available to view and print 48 hours before payday.
- Review and print your W2. Get a jump on filing taxes. Sign up for electronic only W2 to view and print it approximately 10 days early.
- Review and make changes to your State and Federal tax withholdings.
- Update your personal contact information.
- Start direct deposit or update your bank account information.

★ PRIDE ★

These are some of the many employees recognized each month by their peers and residents.



Ben Tiburcio
Maintenance,
ECCM

“For all he does to improve our lives!! He’s a ‘wonder worker’.. Ben has a ‘customer service’ attitude and he never complains.”

-Brenda, resident



Ellen Nassimbene
Campus Patrol/Receptionist/
Housekeeper, EML

“She is always gracious and helpful. Ellen is a real asset to the staff.”

-Linda, resident



Karen Pyle
Receptionist,
ECCG

“Making every family member feel welcome when they come in to see our residents.”

-Melissa, team member



Aminata Bockari
CNA,
ECCFO

“Provided fantastic assistance with numerous tasks. Many times Aminata knew what I needed before I asked.”

-Gary, resident

CELEBRATING LONGEVITY JANUARY THROUGH MARCH 2017



20 Years
Jon Hippenstiel
Driver,
EVC

“Whether it is bringing someone home from the hospital or giving them a fun-filled day at Apple Hill, the heart-felt appreciation the residents convey is what really hits home...and isn’t that what Eskaton is all about!”



20 Years
Lila O'Donnell
Accounts Payable
Specialist, EAC

“I have been with Eskaton for 20 years because I like working for a company that provides services that enhances seniors lives, and I enjoy the people that I work with.”



25 Years
Ken Fisher
Workers' Compensation /
Safety Director, EAC

“It’s been a great place to work because of my colleagues I respect and like, and the pride I have in the organization. It’s a privilege to be part of the management team at Eskaton.”



25 Years
Angeline Tritz
Housekeeping and Laundry
Supervisor, EVC

“My 25 years here in Eskaton Village Carmichael is because of the residents and staff. It’s my family and I would not trade it for anything. Love, love, love them!”



Sylvie and Sharon go for a walk around Eskaton Fountainwood Lodge.

HAPPINESS: Good for your body, mind, and spirit

Try these three tips to create a positive outlook that will allow you to feel happier each day.

1. Build happy habits – Happiness is like any other healthy habit. Add a few simple activities to your daily routine to help boost your mood. For example, listen to music, read a book, window shop, or find a quiet place to enjoy the silence.

2. Create smiles – Smiles are contagious. Look for opportunities to share good news or an uplifting story. For example, give someone a sincere and unexpected compliment such as: “That is a beautiful photo of you and your daughter” or “I really liked the way you handled that situation.”

3. Think happy, feel happy – Develop a positive attitude. If you don’t have anything kind to say, consider a different approach. For example, look for the good in other people. Seek the positive side to each situation.

Not feeling your best? Here are two ways you can address what’s ailing you:

LiveHealth[®]
O N L I N E

LiveHealth Online – Use this app on your cell phone for a face-to-face visit with a physician. Cost = \$20 co-pay if you are enrolled in an Eskaton insurance plan, \$49 if you are not.

Concern Employee Assistance Program (EAP) – Use this phone number, 1-800-344-4222, or website www.concern-eap.com, for expert advice when facing issues around parenting, childcare, eldercare, counseling needs, financial and legal situations. Completely confidential. Cost = FREE



CONCERN:EAP

ESKATON EMPLOYEES ELIGIBLE FOR 19% DISCOUNT WITH VERIZON

- **Join today:** www.VerizonWireless.com/GetDiscounts
- Validate by work email or by paystub
 - Confirm your email within 72 hours; the discount will be applied to your account.
 - Or upload a image of a paystub from the last 60 days.

Not online? Take your paystub to a Verizon store and they will apply your discount.



GOT FEEDBACK OR WANT TO WRITE A STORY?

We invite you to nominate an Eskaton employee to be highlighted. Contact Therese ten Brinke at 916-334-0810 or therese.tenbrinke@eskaton.org. Interoffice article ideas to EAC or send to Eskaton Administrative Center 5105 Manzanita Ave., Carmichael, CA 95608.



2017 CARING STAR WINNERS

Congratulations for receiving the most 5-star reviews on caring.com

- Live Well at Home by Eskaton
- Eskaton FountainWood Lodge
- Eskaton Hazel Shirley Manor
- Eskaton Lincoln Manor
- Eskaton Lodge Cameron Park
- Eskaton Monroe Lodge
- Eskaton Village Carmichael
- Eskaton Village Placerville
- The Parkview