



## Good News Heroes

Eskaton's unsung heroes - the essential work behind the scenes

This special edition series of Good News Heroes is designed to keep Eskaton's staff abreast of positive news throughout our communities. To share your stories, please email [creative.team@eskaton.org](mailto:creative.team@eskaton.org).



### Together While Afar

Staff members of one of Eskaton's rural affordable housing communities, Eskaton Washington Manor, share their love and determination to keep their residents safe and well. With positivity and teamwork, Eskaton employees are showing the world that we can tackle anything when we work together.



### A Breath of Fresh Air

O'Connor Woods residents were able to enjoy some much-needed sunshine and movement this week with inventive Life Enrichment programming like "Balcony Release & Stretch!" With uplifting music and guided exercises, residents were instructed in ways to move their bodies, release a bit of stress and take in a breath of fresh air.



### Music to Their Ears

Eskaton Care Center Manzanita offered their residents and clients a particularly special treat this week by bringing a guitarist to play for them in the courtyard below their windows. Riding the gentle breezes of spring, the music he played drifted up to residents, bringing smiles and calls for an encore. Though daily life has changed dramatically for so many, our resourceful Eskaton team is finding pathways that unite us all.



### The Fireside Chat

Eskaton Village Carmichael residents have a new way to stay engaged and informed! Once a week, Executive Director Greg Klick conducts *The Fireside Chat*, a program on Channel 88, EVC's in-house television channel, offering information about topics (including coronavirus updates) that are of interest to residents.

Other programming includes interviews with EVC staff members, trivia games and fitness classes demonstrating exercises residents can do at home. By leveraging technology, all social distancing protocols are observed. Audience feedback has been very positive, as residents are entertained and informed in the safety of their own living rooms.



### "Lean on Me"

Eskaton Village Placerville is swinging and swaying with the cheerful voices of their team members! Performing the iconic song "Lean on Me," staff from all departments joined their voices together to uplift and encourage their cottage residents during these challenging times.

Knowing you have someone you can truly "lean on" can make all the difference. Click the link to watch the video, [click here](#).



### Heroes Work Here

Eskaton is filled with pride when others in the community recognize the commitment and dedication of our team. Family members of an Eskaton Village Carmichael resident delivered this incredible banner to the community and it could not be more fitting! Heroes come in all shapes and sizes these days, and Eskaton is overwhelmed with gratitude to count so many of them among our incredible staff.

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