



## Good News Heroes

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

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).



### Kindness Parade

Multiple Eskaton communities came together this week and participated in a Kindness Parade for our friends, staff and residents at Eskaton Lodge Gold River.

To all who participated, THANK YOU for showing support for our Eskaton family. The parade brought smiles and joy to our residents and team members at ELGR.

A special shout-out to Live Well at Home for coordinating these efforts and executing the parade beautifully.



### Class of 2020

Eskaton Village Roseville residents and staff celebrated and honored high school seniors, who work within the community, with a [graduation ceremony](#).

Together, they cheered the Class of 2020, presented the graduates with certificates, gifts and shared words of wisdom.

From all of us at Eskaton, we wish all the 2020 graduates all the best on their next chapter.



### Why Music Matters

Music helps improve mental and physical health by improving mood, brings back happy memories and encourages socialization.

Eskaton FountainWood Lodge has been serenading their residents by hosting [outdoor musical performers](#). Over that last couple of weeks, EFWL has had a harpist, a guitar player and a violinist perform for residents.

Keep up the great work team and follow EFWL along on social media with [#musicmatters](#).

### A Journey of the Heart



*"We're all creative beings, all of us. It's what makes us human. So finding whatever it is that lights you up – that's the ticket."*

Meet Linda Whiteside, a former Eskaton employee and now retired. Before leaving Eskaton, we had the opportunity to learn more about Linda and the Telephone Reassurance Program, which she managed for nearly a decade.

To read her full story and others, [click here](#). Or, click the image on the left to view Linda's video interview.

**Share . Like . Connect**  
**#WeAreOne #WeAreEskaton #EskatonImpact**

Eskaton | Transforming the Aging Experience

