



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.



Kindness Parade

Kindness knows no boundaries! Team members from multiple Eskaton communities came together to participate in a "Kindness Parade" for our friends, staff and residents at Eskaton Lodge Gold River. The parade brought smiles and joy to our residents and team members at ELGR. We offer a special message of appreciation to our team at Live Well at Home for coordinating these efforts and executing the parade beautifully.

To all who participated, THANK YOU for showing support for our Eskaton family.



Music Brings Joy

Residents at Eskaton Village Carmichael are experiencing new opportunities to gather safely.

Sing-along with masks, limited to eight residents, didn't deter the joy of singing to live piano music, played by fellow resident.

The singing group gathers three days a week around the piano in the dining room foyer. The only requirement is to enjoy singing and early sign up, as participation is limited.



Optimize Brain Health

June is Alzheimer's and Brain Awareness Month.

Not only are we inspired by the pursuit of brain healthy lifestyles, but also by the dedication of family members and care partners who support the well-being of those living with cognitive change.

Eskaton has created the [Brain Health booklet](#), a comprehensive resource for all things brain health. Download and try incorporating these tips into your daily routine to optimize brain health.



The Next Great Adventure

Eskaton Lodge Gold River happily celebrated those staff members who are graduating in 2020.

Congratulations to Connor, Jalen, Peter, Isaiah, and Josh!

The entire Eskaton family wishes you all the best as you head into the next great adventure!



Jewish Food Festival

Life continues to look a little different these days, but that did not stop O'Connor Woods from celebrating the offering the Stockton community has to offer.

Due to current social gathering restrictions, food festivals and fairs have been cancelled. Introducing OCW's Jewish Food Fair!

Residents enjoyed Jewish foods and baked goods, allowing the community to share flavors of the culture and traditional treats.

Great job Team OCW!



Happy Birthday To You

The very first resident to move into The Trousdale, Dale, celebrated his 91st birthday this week!

Back at the beginning of 2020, we had the honor of sharing [Dale's life story](#) through the Age is Beautiful campaign.

For more than 50 years, Dale has followed his passion and has had a remarkable career doing so. Dale's advice to other young people chasing their own dreams: *"Doors will close, so open more. Find more. Create more. But keep pushing! If things look hopeless, and maybe they are, just keep going. Push, push, push!"*

[Click here to read more about Dale.](#) From all of us throughout the Eskaton family of communities, Happy Birthday, Dale!

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