



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.



Beach Party at Grass Valley

Eskaton Village Grass Valley's (EVGV) life enrichment team donned festive "Beach Party" attire to kick off the community's celebration of summer.

Team members took beach carts to each apartment to share refreshing drinks with the residents, and EVGV's food service director Matthew prepared chicken skewers and tropical fruit cups to serve. Matthew also added the sweet sounds of his ukulele to the party to complete the atmosphere!

Thank you to all our [team members at EVGV](#) for giving our residents a fun way to start their summer!



Brain Power with Trivia Fun

Social distancing has not deterred residents from enjoying a weekly round of trivia, led by Jon H., [Eskaton Village Carmichael's](#) lead driver.

Teams have given way to individual participation, but fun still reigns when you're determined to exercise your memory.

We are so amazed at the adaptability and tenacity of our residents [and staff](#) as they continue to find ways to stay entertained and engaged.



Eskaton Joins "Cruise Around the World"

Chef Michelle, from [Eskaton Village Roseville](#), participated in Del Oro's virtual cook-off fundraiser last week with her entry of Caribbean-inspired pulled pork in plantain boats.

The fundraiser was a great success, raising nearly \$50,000 to support family caregivers in our community.

[Del Oro Caregiver Resource Center](#) is a non-profit agency serving family caregivers of adults with brain impairments and seniors with advanced conditions.

Thank you Chef Michelle for sharing your recipe, [click here](#) or on the left to view video.



[Eskaton Residents Share Words of Wisdom](#)

At [Eskaton](#), we believe that the life experiences and insight of older adults hold immense value.

This week, residents of multiple communities took a moment to share their best pieces of life advice and we couldn't wait to share them!

Here are just a few of these golden nuggets of sage wisdom:

Allan: *Live life to its fullest!*

Pat: *Do not be afraid to get old! Have fun!*

Billie: *Do what you love, or don't do it. Work at what you enjoy.*

Myrtle: *Be kind!*

Bob: *Stay Positive! Learn something new every day. Treat others as you would want to be treated.*



[Age is Beautiful - Glen](#)

Meet Glen Mortensen, architect, dreamer, and perpetual problem-solver. The man once dubbed "Stockton's Leonardo Da Vinci" has been putting his creative mind to good use for nearly a century.

Still actively participating and advising in the development of his [beloved Stockton](#), Glen is filled to the brim with ideas on how to improve and refine the city he calls home.

To learn more about Glen's incredible life and contributions to the San Joaquin Valley, [click here to read his full story](#). Or, click on the left to view his video profile.

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