



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.



[A Love for Music](#)

Eskaton connected with [Virtual Park Bench](#) founder Dan Guo to bring the joy of music to our residents.

Virtual Park Bench is a Stanford University volunteer initiative providing virtual social engagement to older adults during the pandemic. This includes hosting 1-on-1 weekly video calls between Stanford volunteers and community residents, as well as older adults participating in Eskaton's Telephone Reassurance program.

What started as a way to provide musical experiences became so much more -- a chance to build connections that transcend physical distance and unify people from all ages and life experiences under a shared love for music. To read the full story about this incredible show of community support, [click here](#).



[Gorgeous Grandmothers](#)

Residents and team members at [The Trousdale](#) celebrated "Gorgeous Grandma Day" and it was embraced by all.

The community was filled with photos of all the resident grandmothers, and the staff had lots of fun snapping pictures of the ladies wearing silly hats and sparkling tiaras. Family was also invited to submit video message and here is the compilation of their

heartfelt messages.

Click the video on the left, or [click here](#).



Kindness Continues

Thank you [Blue Shield of California](#) for showering us with hundreds of #QuarantineKindness gift bags and encouraging letters for residents.

Your generosity has put smiles on our residents' faces and has spread joy throughout Eskaton.

A great big THANK YOU from all of us at Eskaton.



Meet Yen Lu, Eskaton's Favorite Movement Ambassador

Eskaton Village Carmichael resident Yen Lu believes in the power of movement, and that integrating movement into one's daily routine can change both body and mind.

“People rarely think of motion and emotion as being connected,” she says. “However, motion is the foundation of our being.” To learn more about Yen Lu and how she incorporates movement into her own life, take a look at her profile article in this month's [Sacramento Magazine!](#)

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