



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.



Kindness Car Parade

Eskaton Monroe Lodge residents and staff were greeted with kindness and cheer by the [Kindness Car Parade](#).

Each week, the Sacramento Chapter of the Elder Kindness Gang along with Right at Home spread cheer to seniors and medical professionals. Every Wednesday, until further notice, the two groups welcome community members to join their line of cars for a fun, social-distancing parade to bring joy and positivity to those who need it most.

Cars are decorated with uplifting messages and cool signs, some drivers wear funny hats, and others play fun music. Every week, their route varies. To view upcoming events and scheduled locations, [click here](#).

Thank you, Kindness Car Parade, for helping bring smiles to our residents and staff.



Carnival Fun

This week, residents at The Trousdale were greeted by mini, mobile carnival carts full of fun games and treats.

One cart held the games, which included tossing balls into a vase, knocking down cans, "Pin the Tail on the Donkey", guessing how many candies were in a jar (the winner took home the jar of candy!), mini basketball, and other fun challenges.

From the second cart, the team gave out circus animal cookies, freshly-popped popcorn, cotton candy, and red fruit punch to match the theme. Just like at the carnival, prizes (and smiles) were plentiful!

Mental Health Awareness Month

As human beings, we are wired for social connection because we are social creatures. With a global pandemic restricting our daily lives and social distancing in place, our



mental health could be negatively impacted.

Front-line workers and health-care providers are especially [vulnerable to mental health](#) problems as a result of the global pandemic.

During this time of uncertainty, allow for self-care and give yourself the time and space to process all that you might be feeling.

Always remember, if you feel like you need help, ask for it.

Many resources are available through telemedicine, and as employees of Eskaton, you have access to our [Wellness Programs](#) and the Employee Assistance Program (EAP) through Concern. Visit their site: employees.concernhealth.com and log in with our company code "Eskaton".



Centenarian Celebration

Eskaton Lodge Gold River resident, Pete Coleman, an Army Air Corps veteran, recently [celebrated his 100th birthday](#).

To commemorate the occasion, Pete's family reached out to their family, distant relatives, and friends to create a message book for him. The book shown in the photo is a collection of pictures and messages from friends and family wishing Pete a wonderful birthday and sharing stories of fun times from the past.

On the day of his 100th birthday, Pete's family and Eskaton staff sang him "[Happy Birthday](#)" and celebrated the special day together. To read more about Pete's life, [click here](#).

From all of us at Eskaton, Happy 100th Birthday, Pete!



Kindness Bestowed

This week, Eskaton Manteca Manor received generous donations from two community partners.

The Crossroads Grace Community Church in Manteca treated all staff to lunch from Panera Bread, and The Commons at Union Ranch MBK senior living donated enough groceries to make a spaghetti dinner with fresh fruit for all 83 residents at EMM.

Eskaton would like to express heart-felt appreciation to our community partners, who demonstrate every day the care and love they have for the older adults in our region.

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