



## 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)



### Sweet Treats at The Trousdale

Live Well at Home hosted a courtyard ice cream party for all of The Trousdale residents this past week.

With sweet treats to enjoy and many laughs to share, residents and staff were overjoyed to get a quick break from the heat and spend a little time (socially-distanced, of course) with their neighbors and friends.

Thank you, [Live Well at Home!](#)



### Prep Rally Dance

In preparation for the upcoming Walk to End Alzheimer's, [Eskaton Village Grass Valley](#) (EVGV) performed their traditional "Chicken Dance" as part of the pre-walk prep rally to get the staff and residents excited about this annual fundraiser to support those living with cognitive change.

Even in difficult times, our staff and residents demonstrate that music and laughter are always welcomed friends.

Thanks to EVGV and all our communities for putting so much time and effort in supporting this worthy cause!



### Wonder Woman

[O'Connor Woods](#) LVN charge nurse Akia is truly a healthcare hero and we couldn't be more proud to count her amongst our ranks!

Working tirelessly to afford patients the very best care in the COVID recovery unit, Akia showcased her Wonder Woman shirt under her isolation coveralls. It was certainly a great day for all when the last patient recovered and was able to return to the general population.

Thank you, Akia, for all your dedication and hard work! You truly are our SUPERhero!



### Furry Friends

In honor of National Dog Day, the life enrichment director at [Eskaton Village Roseville](#) brought her beautiful dog Shep and four other Guide Dogs for the Blind puppies-in-training (age 7 months to 20 months) to visit the staff and residents of the community.

The residents had pure joy on their faces being able to see so many furry friends. In these dog days of summer, it is important to remember our four-legged companions and all the happiness they bring to us every day. Thanks so much, Tammie! This visit was a truly special one.



### [Floral Art Creations](#)

[Eskaton Lincoln Manor](#) resident Georgina O. is proving every day that age is just a number, and that it's never too late to discover new talents! Georgina went back to school as a senior citizen and earned her degree in floral design, leading to a whole new career and her own floral design business. Her floral art creations can be seen at [Placerville Flowers](#), our Main Street flower shop, as well as in various locations on the first floor of her senior living community in Placerville, CA.

It's never too late to keep active, to keep learning, to keep growing. It's never too late to keep enjoying life. We encourage all older adults to find their passion. Find something you love to do, and give your new found passion, or re-discovered joy, your whole heart.

Take it from Georgina, "It feels good to be alive!"

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