



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.



Together While Apart

Eskaton Village Placerville care partners know the bonds and friendships made amongst residents are essential to their health and happiness, and that being unable to share a meal or a cup of coffee together can be incredibly difficult.

[To help residents stay connected](#) with friends and neighbors, the team provided notecards so they could stay in touch while apart. The smiles received upon delivery of the notecards demonstrates the significant impact friendships have on the well-being of others. Social distancing does not have to mean being disconnected.



Sweets for All

Eskaton wanted to make the lives of our residents and staff members a little sweeter this week.

Partnering with [Andy's Candy Apothecary](#), a small, local business located in the heart of Downtown Sacramento.

Team members delivered delicious gourmet candies to the doorsteps of every Eskaton community as a "Thank You" for their hard work and resiliency.



Coast to Coast

From 15 California State University students to individuals as far away as Chicago and New York, people young and old are opening their hearts to share a bit of compassionate concern for the most vulnerable among us - older adults. Eskaton's Telephone Reassurance Program is now stronger than ever with new volunteers offering to donate their time and attention to call older adults across Northern California.



Spirit Week at EFWL

Eskaton Fountainwood Lodge staff continue to harness their creativity and out-of-the-box thinking, implementing a "Spirit Week" for residents and staff.

Each day provides a new opportunity to get dressed up and spark joy using different themes like "Nerdy Day", "Pajama Day" and "Super Heroes Day"!

Keep up the hard work and know we appreciate your efforts and the smiles you bring!



Tips for Self-Care

Now, more than ever, we must remember that *self-care* is as vitally important as the care we provide to others.

In order to provide our residents with the daily support they need, it is imperative that you preserve and protect your own levels of energy and well-being so that your personal resources are not depleted in the process.

For tips on how to keep your mind healthy and happy during stressful times, [click here](#).

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