



sheldonpark

2440 Willakenzie Rd. • Eugene, OR 97401 • (541) 344-1078

August 2018

August Birthdays!

John Coogan 8/04
Patricia Dover 8/07
Stuart, Joyce Stuart 8/10
Ruth Glennen 8/15
Anita Collins 8/22
William Riley 8/23
Stuart Lay 8/28
Yvonne Bowker 8/29
Rakes, Calvin Rakes 8/30

In astrology, those born between August 1-22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Those born between August 23-31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance.

Resident Spotlight

Resident of the Month

For the month of August, Sheldon Park would like to recognize Richard Draper. Richard was born in Washington, DC in 1934. His mother was a social worker, and his father worked in government. He was an only child.

Richard graduated from high school in Alexandria, Virginia, and went to Virginia Tech, where he earned a degree in forestry and wildlife conservation. While there, he played the clarinet in marching band. His career ended up taking a different path, however, and he went to work in the insurance industry.

Richard worked for Geico Insurance for many years, initially

as a claims adjuster, and later as a fraud investigator.

In 1957 Richard married the love of his life, Janice, whom he had met while on a blind date. Less than a year later, their daughter, Kim was born. They now have three grandchildren and two great grandchildren.

Along the way, Richard and Janice enjoyed several road trips across the US, mainly to the Midwest, and enjoyed vacations to New York and New Jersey, as well as cruises to Mexico and the Caribbean.

Richard and Janice lived in Virginia until 15 years ago, when they moved to the Bay Area in California. They recently moved to Eugene to be near family. When you see him around, why not share a cup of hot chocolate and a story or two. It is a pleasure to have Richard as part of our Sheldon Park Family.

Welcome!

Frances Jensen
Nettie Debill
Barbara West
Sharon Jackson
Joseph Hynes
Janice Guthrie
June Gaddis
John Coogan





Charisa

Dear Sheldon Park Family,

I am so happy to be back!!! I have missed everyone so much. As I transition back, there are many new faces, so I will be ensuring I meet everyone. I can't wait to bring our beautiful baby girl, Charlie, into meet you all. She is such a good baby and is full of personality already! Please remember, my door is always open although I may be out of my office a lot visiting you all and meeting newer residents. The changes here at Sheldon Park are beautiful, it was like coming back to a new building! I just wanted to express how happy I am to be back and how thankful I am for all of you and our family here at Sheldon Park.

Sincerely,
Charisa Parsons
Executive Director

Normal Aging or Dementia?

A common misconception is that memory loss is a normal part of aging. Some occasional forgetfulness is normal for people of any age, but when this becomes a more serious issue and impacts daily life, it is no longer "normal". The cause may be medically related or may be from a form of dementia, such as Alzheimer's disease. Alzheimer's disease is the most common form of dementia that causes problems with memory, thinking, and behavior that progresses over time. The Alzheimer's Association has identified 10 warning signs of Alzheimer's disease. These include: memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing, misplacing things and losing the ability

to retrace steps, decreased or poor judgment, withdrawal from work or social activities, changes in mood and personality. When a person begins experiencing these symptoms, it is important to visit the doctor and find a cause. If the cause is medical then memory and functioning can often be recovered by treating the ailment. If there is no medical cause then it may be Alzheimer's or dementia. Although there is no cure for Alzheimer's, early diagnosis is key to getting the maximum benefit available from current treatments and being able to plan for the future.

We have a Dr. Rob Winningham brain game class on Tuesday's and Thursday's. Please check the calendar.

Sheldon Park Bus!

The dog days of summer might be here, but that hasn't been keeping our adventure loving residents from getting out and enjoying the bus trips.

Our trips to the strawberry patch and the blueberry farms have been the perfect summer time treat. Jennifer is always good at coming up with new and exciting goodies to make with our bounty.

Our covered bridge month was hugely popular. It is nice that we have such a link to our past to enjoy. Trips to Bryce Creek Road, Oakridge, and Crow were especially popular.

This month we will be have "Lake Month" so our country drives will take us to Triangle Lake, Fall Creek, Fern Ridge, and Cottage Grove lake.

Also join us as we picnic at

Bellfountain Park, have lunch at Roaring Rapids Pizza, and visit the Natural History Museum at the University of Oregon.

It is their warmest part of the year, so be sure to grab a cup of water or a water bottle on the way out the door, and don't forget sunscreen if you plan to be out in the sun.

Hope to see everyone on the bus!





The 5 Benefits of Living in a Community.

The 5 benefits of living in a community:

A sense of belonging Many people feel isolated from the world by the fact they have no friends or relatives that live close by. This can lead to loneliness and eventually depression. A community spirit can instill a sense of belonging in these individuals, they are no longer alone, and they lead healthier, happier lives.

Security Living in a community protects the individual from the harshness of having to do everything. (The "every man for himself" mentality.) It can help a person to feel supported, rather than living a corporate lifestyle where a person is only as good as their latest contribution. Community living also means that most of the people know each other.

The sharing of resources Sharing resources can greatly provide more opportunities for folks. Many of the luxuries that people enjoy are not used 24/7, or even if they are used frequently, they can often be shared. The quality of Life goes up and the idle time goes down, and the greatest benefit is being more social which generates better cognitive support and a reason to get up in

the morning.

Cooperation It is natural for individuals to cooperate with each other. We are a tribal species. In fact, cooperation on an individual level is very beneficial, because generally each person is interested in and skilled at different tasks than their peers. As a result close knit groups of individuals whose skills and personalities complement each other can be particularly healthy, happy, and successful.

Employment and fulfillment One of the greatest benefits of living in a community setting is that it gives us the freedom to care for our lives, and our health both at the same time. We can work together as neighbors who share equally in supporting the culture of the community. The needs of a community are numerous, and the avenues that become open to building relationships are so much greater than when we become isolated in our homes. There are many diverse ways in which an individual can contribute. By working within a community each individual's skills and abilities can be applied in a unique way, and no person need feel like a cog. Resident Council, becoming a Sheldon Park Ambassador, or just joining in the many activities are some ways residents contribute to the success and value of our community. And community living is not just something for young families, it makes so much sense for folks who are aging. Living in a community like Sheldon Park offers many options, a place to relax, try new things that are now within our range, and cultivate the relationships that bind us together as human beings.

YES....COMMUNITIES WORK!

Thank you for being part of the Sheldon Park Community!



Facebook

Find us on 

Great Updates!

Please look for us on Facebook and LIKE us! We try to post fun and interesting things that are going on throughout the month. We enjoy seeing you as much as you enjoy seeing us.



Activities!

The Activity Department has a separate Facebook for family members. We have daily sheet posted and photos of residents. This is a closed group only. If you are interested, please talk to Jennifer in activities. You can email her at Sheldon.ad@blueharborsl.com and she will send you the link to join.

At Your Service
Compassionate People,
Exceptional Service

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Thank you for giving us the opportunity to serve you. Please feel free to write us with any comments or new ideas.