



sheldonpark

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

September 2018



- Peachy McNealy 9/9
- Peggy Schwarz 9/12
- Joe Cameron 9/13
- Judy Clancy 9/15
- Dick Walker 9/22
- Lucy Payne 9/25
- Erna Lorig 9/28

In astrology, Virgo's Virgins are those born between September 1-22. 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. Those born from September 23-30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone.



Director's Corner

From Charisa

Dear Residents:
 Don't the changes in the building look great? It is so much brighter and so beautiful. In walking through, I have noticed that we have had an increased amount of resident personal items outside the apartment doors. Some items are beautiful and have certainly added personalization to each room. Unfortunately, some items are too large for the hallways and this really creates a safety hazard for staff and other residents. To clarify what we are allowed to have and not have: if you have an apartment in an alcove of the hallway, you can have a small or

reasonably sized item outside of your door if you wish to do so. The small item should be no larger than a regular sized balloon. If you wish to have something larger than the recommended size, please obtain approval from Administration. Unfortunately, if your apartment is not in an alcove, there shouldn't be anything on the outside ground of your door. You are more than welcome to hang something from your door though.

If you are someone who may have to remove an item, I have already come to chat with you personally to provide explanation and alternative solutions.

If you have any questions/concerns, please let me know. My door is always open and I'd be happy to chat in more detail.

Best Regards,
Charisa Parsons LPN
 Executive Director

Welcome!

- Wende Wiper
- Gus Mohr
- Nadine Parelius
- Luree Wilson
- Tom McCornack

Family Members!

If you are going to be taking your family member to the doctor for a Flu Shot, please let the nursing department know. We will be having a Flu Shot Clinic in September and two in October. Please ask at the front desk for the dates of the clinics.

We Will Never Forget! September 11th

We will be putting together a basket for our firefighter friends that work across the street. If you would like to add to the basket of goodies, you can bring donations to the activity room. We would like to give them some healthy snacks.



Please Join Us!



Alzheimer's Walk

Sunday, Oct. 14th, 2018, there will be an End to Alzheimer's Walk at Alton Baker Park. If you would like to join our team, you can talk to Lisa to register to join the team to walk. There will be a display set up in the lobby for donations from staff, friends, and family. We would love to have a big team this year. ENDALZ Walk team announcement will be in next month's newsletter.



Flu Season

Fall and winter are fast approaching! This means that the flu and cold seasons are also coming. The elderly are more likely to be affected or have complications from the flu.

Prevention is the key to avoiding the flu and colds. Get the flu vaccination when it is available, wash your hands regularly with soap and warm water, and rest. If you are experiencing signs of illness, avoid those who are experiencing signs of illness, and stay well hydrated.

The flu is typically characterized by a fever lasting 3-4 days, headache, severe body aches and pains, fatigue lasting up to 2 or 3 weeks, chest discomfort and cough. The common cold is typically characterized by mild body aches and pains, stuffy or runny nose, sinus congestion, sore throat, hacking cough, and earache.

Should you become ill with the flu or cold, there is no antibiotic treatment,

because these are caused by viruses. The flu can be treated with antiviral medications if treatment is sought within 24-48 hours of onset of symptoms. Antiviral medications can help make flu symptoms milder with shorter duration and can decrease the likelihood of complications such as pneumonia. With the flu, symptom relief can be found with the use of over-the-counter medications. Rest and fluids are also key to getting better faster.



Memory Care

Family Members, we need help! We all have that certain item, song, fragrance, picture that takes us back to a certain day or time. We need the following items for residents' memory boxes. Copies of family pictures, family recipes, awards, cologne, perfume, list of songs, a favorite book or item for the memory boxes.

July WOW

Wanda is one of our Sheldon Park ambassadors and such a pleasure to have at Sheldon Park. Wanda and her boyfriend, Jack, who comes and visits, Wanda, often are seen cuddling and holding each others' hands. We wanted to do something sweet and romantic for them, so we decorated our private dining room in red with rose petals, candlelight, romantic music

and had a special meal brought in from an outside restaurant. They were all smiles and enjoyed their special date. Both of them said that it was an experience they will never forget and that they don't know how much time they have left in this world and it meant the world to them to be pampered.

Eversound

I am very excited to introduce our new Eversound system in Memory Care! We are now using headsets for most of our activities. While using this system, I have noticed a significant increase in participation from our residents. This system helps to drown out background noise, while allowing them to better hear the person leading the activity. Come on in and check it out! The smiles have increased as well!



Living Longer... Living Better Taking Advantage of that Priceless Commodity that Everyone Wants More of...TIME

Pick Up a Hobby: As we continue the aging process, one thing we gain that everyone else wishes they had, is more time. Use it to learn something you always put off before, whether it's photography, knitting, painting, white water rafting, or a new language. By learning a new skill or hobby, you're keeping your mind fresh—one of the key ways to stave off aging.

Do Something Out of Character: Whatever your idea of fun and relaxation, step out of your comfort zone and do something "wild." Do you favor quiet times in your apartment? Every now and then, take a day trip with a friend to enjoy a different environment. Enjoy reading biographies and non-fiction?? Pick up a thriller or romantic love story just to stir up the pot. You may choose not to read that genre again, because it may not be a home run experience, but it *could* be. It would also give you something different to share or talk about with someone else.

Sing and Dance: Turn the music up loud and turn off the TV programs... let go of your inhibitions, after all, your home is your private place. If you're not a natural singer or dancer, all the better, because trying new things really stimulates your brain. If you are not a "dancer"... stretching to the beat of the music in a private setting is very therapeutic. Plus, research is starting to definitely show

the relationship between singing and health: your breathing, speech and posture improve, circulation gets better, and your immunity can become more defensible. Sing right along with your favorite songs...you will feel invigorated and happy, or maybe peaceful and relaxed depending on the music you choose. Singing and music in general definitely release hormones that cause happiness like dopamine. These hormones are proven to improve health and definitely improve mood. Did you know that you television has a music station? Simply turn to Channel 900 something...we can help you find it if you like, and it has many options for the type of music you like the most.

Join a Team, or Share a Hobby:

There's a club or organization for just about any interest. By sharing it with others, you give a structure to your passions and skills, and get the benefit of social stimulation, too. Let Jennifer know what you're passionate about so you can share the joy you have found in past hobbies or experiences with others. Lastly, joining a team can kickstart a bit of competitive spirit and make you feel young again. Have you tried "Beanbag Baseball"?? How about the new shuffleboard?? Grab a partner and hone your skills. A little friendly competition is good for the sole.

All of these ideas can create a very positive mood, generate "Hormones of Happiness" and help you have a great, victorious day...a day you would feel good about sharing the next time someone says to you: "What did you do today?" You now have more time than most...make it a great day. Sandra



Flashback to the '50s

Grab your poodle skirt and join us we travel back in time to the Fabulous '50s on Thursday, Sept. 20th, from 4:30-6:00.



Out & About

Sheldon Park Bus!

Fall is right around the corner, but there's still a little summer left, so why not get out and enjoy the last of it by taking one of our scenic drives?

This month, we will venture to Ingram Island, London, Crawfordsville and Dawson.

The bus was packed for our trip to the Scandinavian Festival last month, and what a good time everyone had.

Check the calendar for more fun and adventures. Hope to see everyone on the bus!

Resident of the Month



For the month of September, Sheldon Park would like to recognize Elisabeth Seifert.

Elisabeth was born in Eiweiler, Germany, in 1928. She had two brothers and two sisters. Her father was a coal miner.

She lived with her extended family in the same home until the age of 29, helping tend the farm and working at a photography studio.

In 1957, Elisabeth married the love of her life, Eugen, and also started a new chapter in her life by moving to Vancouver, BC, Canada.

From then on, she was a homemaker. Elisabeth and Eugen were soon busy raising two beautiful daughters, Ellen and Delia.

Eugen's job in sheet metal took the Seiferts to Santa Monica, and they were able to gain citizenship to the USA, which they had wanted to accomplish for a very long time.

In 1972, they moved to Eugene. Although they loved Oregon, the travelling back to Germany to visit family was

always enjoyed immensely. They also travelled all over the United States, as well as traveling to Holland, France, Hungary, and elsewhere in Europe.

When you see Elisabeth around, be sure to say hello, and perhaps share a story or two. It is a pleasure to welcome Elisabeth to our Sheldon Park family.

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.