



Eskaton Village Grass Valley

Multi-Level Community: Independent Living
with Services, Assisted Living and Memory Care
625 Eskaton Circle
Grass Valley, CA 95945
530-273-1778
888-958-7100 Toll Free
License # 297001933

Grass Valley Administrative Team

Executive Director Alicia Rist
Business Office Manager Sydney Lawson
Resident Services Director Michele Ozanich
Wellness Nurse Chloe Powers
Resident Care Coordinator Becca Deges
Environmental Service Director Lee Wight
Dir. of Culinary Experience Evan Lawrence
Residential Living Advisor Brianna Phillips
Residential Living Advisor Shannon Yeoman
HOA President Liz Coots
HOA Vice-President Norm Westmore

Mother's Day Lunch Sunday, May 12th

We are excited to host Mother's Day Lunch on Sunday, May 12th. As a reminder, please sign your guests up by May 6th by calling the front desk. Brunch with complimentary mimosas will be served at regular meal time for \$25 per homeowner or guest.

Memorial Day Monday, 27th

Burgers and hot dogs will be served at lunch time along with traditional picnic sides. Join in for a patriotic sing along at 2:00PM in the Highlander and show gratitude for those who sacrificed for our freedoms.

May 2024

Message From Alicia Rist, Executive Director

As Mother's Day approaches, I reflect on the profound influence of my mom, whose kindness and strength have been the cornerstone of my foundational values. From the early days of my childhood, she kindled my adventurous spirit, taking me backpacking, swimming, hiking, fishing, and imparting a deep appreciation for the beauty of the great outdoors. Through her unwavering dedication and resilience, she exemplified the value of hard work day after day, instilling in me the importance of perseverance and determination.

I remember my mom always standing up for me as a young girl, and showing me how to have tough conversations delivered with kindness. As I embraced the role of a mother, I am reminded of the invaluable lessons learned from her, and I was committed to passing on the same enduring values to my two daughters. Mother's Day offers a unique opportunity to reflect on what we have learned and continue to learn and how these lessons continue to shape me as I am, nurturing the same spirit of kindness, strength, and resilience that my mother so beautifully embodied.



May Outings

Be sure to sign up in the Sun Room for any outing you wish to go on.

Senior Discount Shopping at

Hospice Gift & Thrift

Wednesday, May 1st

Depart at 9:30AM

Library Visit

Monday, May 6th

Depart at 10:30AM

J.U.L.I.E.T Lunch

(Just Us Ladies Into Eating Together)

Maya's Authentic Mexican

Wednesday, May 15th

Depart at 11:30AM

R.O.M.E.O Lunch

(Retired Old Men Eating Out)

Trailblazers

Thursday, May 16th

Depart at 11:30am

Lunch at High-Hand Cafe &

Nursery in Loomis

Thursday, May 23rd

Depart at 11:00AM

Third Sunday Concert

Drop-Off

Sunday, May 19th

Depart at 12:45PM

May Entertainment

Fridays 2-3 in the Highlander.

Friday, May 3rd

"Collin Hobbs"

Friday, May 10th

"Hannebrinks"

Friday, May 17th

"Carol Curtin"

Friday, May 24th

"Curt Stoffel"

Friday, May 31st

"Rick Turnage"

Darlings!

Ladies, you are cordially invited to a Breakfast at Tiffany's Tea for an elegant Mother's Day celebration.

Thursday, May 9th

2:00PM

Highlander Dining Room

Please RSVP by Friday, May 3rd

Little Black Dresses, Long Black Gloves, Tiaras, Diamonds and Pearls optional.

Employee Spotlight Cards



New

recognition cards are here! If you see an employee going above and beyond, take a moment to jot down your gratitude on an Employee Spotlight Card. Cards can be turned in at reception or the business office. They are collected, then read at the monthly staff meeting for recognition and a prize drawing. Thank you for your ongoing support of our amazing team!

Saturday, May 11th Is World Collage Day!

A collage is a piece of art made from different pieces of paper, photos and other materials. No art experience necessary!

10:30-12:30 at the Rec

Join us for a fun community event! Get ready to cut, paste, and create. Supplies will be provided -- please bring magazines if you have some! Let's celebrate the magic of collages together!

Resident Council Meeting

Thursday, May 16th

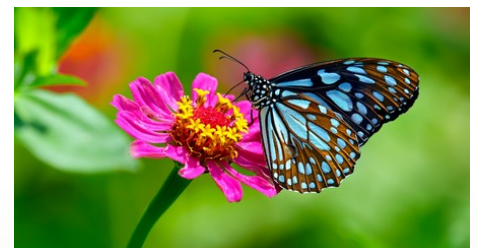
10:00AM in the Highlander

All lodge residents are encouraged to attend. This is a good time to hear community updates and get your questions answered.

Resident Memorial Recognition

Living in a community such as ours creates an environment where special connections and friendships naturally develop. While these relationships are such a blessing, they can also leave us without a sense of closure when faced with the difficult task of saying goodbye. I have been approached by residents asking if we can have a time of acknowledging those who have moved on. We will have a Resident Memorial Recognition to provide an opportunity to read the names of lodge residents who have passed away during the previous year and offer time to reflect on memories made and moments shared. If you wish to attend, come to the Crafters Courtyard on Wednesday, May 29th, at 11:00AM.

With loving thoughts,
Michele



Meet Your Neighbor



Peggy Messner

Peggy Messner was born in Oil City, Pennsylvania. Her mother was a talented homemaker and cook, and her dad was a foreman in a steel mill. Her childhood was a happy one, despite some strict rules in her household. She attended Westminster College, majoring in chemistry. She got engaged her senior year of college to Chuck, and both would become teachers, traveling overseas with the Department of Defense to teach in both Japan and Germany. They have three

children—Stacey, Darcey, and Chip. Peggy enjoyed traveling the world as a teacher with her best friend and husband. After 32 years of teaching, she retired to Truckee, California, a place she describes as “paradise.”

Since her retirement, Peggy has been heavily involved with her grandchildren, volunteering with the Chamber of Commerce, and traveling. She moved to Eskaton in February 2024 to be closer to her daughter. Since moving here, she has stayed busy with activities, including Art class, attending TED talks, playing ping pong, going to the Rec Center, and has even started writing her memoirs!



A Cut Above Beauty Shop

Time to celebrate Cinco de Mayo, Mother’s Day and Memorial Day. This month we realize that life is short. No replays. No rewinds. Time is so precious, and the most treasured gifts are the wonderful moments we create with the people we love. These small memories always cover a large part of our hearts. So, share a smile or two and remember, a smile is a key that unlocks everyone’s heart.

“Let us be grateful to the people that make us happy; they are the charming gardeners who make our souls blossom.”

~Marcel Proust

We would love to hear your feedback!

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— VILLAGE GRASS VALLEY —

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Give Back Corner

Resident Assistance

Longer lifespans mean that some older adults may outlive their resources through no fault of their own. **The Resident Assistance Program** helps to supplement costs and keeps Eskaton residents from being displaced from their homes.

Did you know that this program keeps residents in their homes? A resident, Pete, who was 102, did not have to be displaced when he ran out of funds at 100. That’s right, because of the generosity of donors, Pete was able to stay in his home, when through no fault of his own he ran out of funds.

Do you want to help residents like Pete stay in their homes? **Please make a donation to the Eskaton Foundation today at** eskaton.org/give-back or by check.

Don’t forget the Big Day of Giving on May 2, 2024. Give where you live!

Questions, call the Director of Fund Development, Nicole Zamora, CFRE at 916-334-0810 or email, nicole.zamora@eskaton.org.



Staff Spotlight



EOM Robert Landwehr

Fun fact. I once spent 10 days sitting in a Honda Element in a contest called live-in-it to win it. They gave us 6 minutes every 3 hours to eat and use the bathroom ... then it was back in the car with nothing. Two weeks before that I had been going stir-crazy, trapped on a small boat in Alaska, commercial salmon fishing, as that was my summer job in high school. You never know where life is going to take you or how life is preparing you for the future.

Prior to Eskaton, I was living in Oregon with no plans of ever living in CA ... but look at me now! Life is good even if our world is a little crazy. We'll probably look back on these days as "the good old days." Two and a half years ago, I reconnected with the love who is now my wife. You might see her here from time to time, playing the piano upstairs. In my off time, I enjoy Mt. biking, traveling and tinkering in the garage. In the best version of myself, I'm an entrepreneur creating ideas for the future. Life is what you imagine it, so imagine it with love.

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