



## Black History Month

Every February, Americans celebrate Black History Month. This is a time to celebrate the achievements and history of African Americans, and a time for recognizing their central role in the United States. Black History Month was created to focus attention on and to honor all Black Americans from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

The roots of Black History Month began in 1915, a half a century after the Thirteenth Amendment abolished slavery in the United States, when historian Carter G. Woodson and minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent. It is now known as the Association for the Study of African American Life and History.

President Gerald Ford officially recognized Black History Month in 1976, calling upon all to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Since then, other countries have joined the United States in celebrating Black people and their contributions, including Canada, the United Kingdom, Germany, and the Netherlands.

## Leadership Team

Tammy Schmall  
*Executive Director*

Erin Baumann  
*Business Office Manager*

Rita Frazier  
*Life Enrichment Director*

Cameron Stone  
*Dining Services Director*

Robin Keppler  
*Resident Care Coordinator*

Ray Nowak  
*Plant Operations Director*

Flower of the Month



Violet

## Wellness Reminder

Please notify staff at the front desk of all appointments. Staff will prepare paperwork for you to take to your doctor for review. We ask that you bring this back to the med tech after your appointment. This will help streamline your care and ensure that you're taking medications as directed.

## Notice!

The monthly Friends & Family Buffet is moving to the fourth Wednesday of every month. That means this month's is on February 28<sup>th</sup>. Hope to see you there!

## Regular Events

### Shopping Outings

Monday mornings  
(sign-up required)

### Resident Council

Last Monday of the month

### Food Council

Last Tuesday of the month

### Activity Planning Meeting

First Monday of the month

### New Resident Meet & Greet

First Monday of the month

### Happy ½ Hour

Thursdays at 4:30  
(except on the 4<sup>th</sup> Thursday)

### Friends & Family Buffet

Fourth Wednesday of the month

### Evening Television

Documentary: Sunday 6pm  
Movie: Tuesday 6pm  
Series: Thursday 6pm

### Doctor Transport

Tuesday from Noon to 4:00pm &  
Thursday from 8:00am to Noon (sign-up  
required)



## Upcoming Events

(Sign-up required for all outings)

### Gus Russell on Piano

Wednesday, February 7<sup>th</sup> at 2pm

### Super Bowl LVII

Sunday, February 11<sup>th</sup> at 3:30

### Mardi Gras Party

Tuesday, February 13<sup>th</sup> at 2:30

### Sara Scofield, Vocalist

Wednesday, February 14<sup>th</sup> at 2pm

### Valentine's Celebration

Wednesday, February 14<sup>th</sup> at 3:30

### Timothy Patrick on Guitar

Thursday, February 15<sup>th</sup> at 2pm

### SEHS Student Brooke & Friends Perform for Us

Sunday, February 18<sup>th</sup> at 2pm

### Lunch Outing to the Old Spaghetti Factory

Wednesday, February 21<sup>st</sup> at 11:15

### 14-Year-Old Alissa on Piano

Sunday, February 25<sup>th</sup> at 2pm

### Family & Friends Buffet

Wednesday, February 28<sup>th</sup> at 5pm

## Van Outings Policy



To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

*Three residents are the minimum number of passengers for any outing, so if there are not at least 3 people interested in each outing, the event will be cancelled.*





Dancing with Pani



Getting Crafty

## Life Enrichment for All

"Be the best of whatever you are."

— Martin Luther King, Jr.

What a thought provoking quote! That would mean we don't have to try and live up to anybody's expectations. We're not in competition with anyone, we don't have to compare ourselves to others, be embarrassed by our limitations or worry that we're not enough of whatever we've thought we're supposed to be. Just, "Be the best of whatever you are."

Come try it at one of the many activities we have scheduled for this month! See you there, being my best 😊

-Rita



Unofficial EVAL bowling team!



## Good Friends Make Good Neighbors Program

*From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit<sup>s</sup> applied towards their rent.*



FOR MORE INFORMATION,  
PLEASE CALL  
**541-345-9668**

## How it Works...

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit, applied to their base rent.

In order to qualify as a new potential resident, the person being referred must not already be on our contact list.

To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry of the tour.

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The Difference Between Living and Living Well  
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