

Laughing Matters

In honor of National Humor Month

Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?
Light blue.

Why did the man fall down the well? Because he didn't see that well.

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

Jeannette Singler
RN Oversight



Persian New Year Celebration

Regular Events

Shopping Outings

Monday mornings
(sign-up required)

Resident Council

Last Monday of the month at 2pm

Food Council

Last Tuesday of the month at 1pm

Happy ½ Hour

Thursdays at 4:30
(except on the 4th Thursday)

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)



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.

Upcoming Events

(Sign-up required for all outings)

Tim Biggs on Guitar

Monday, April 1st at 2pm

Gus Russel on Piano

Wednesday, April 3rd at 2pm

New Resident Meet & Greet

Sunday, April 7th at 4pm

Activity Planning Meeting

Monday, April 8th at 2pm

Scenic Drive: Hendricks Park

Wednesday, April 10th at 1pm

Willamette Violin Academy

Wednesday, April 10th at 4pm

Outing: Florence

Sunday, April 14th at 9:45

Performance by Annette & Harold

Monday, April 15th at 2pm

Outing: Campbell Center

Wednesday, April 17th at 11:15

Timothy Patrick on Guitar

Thursday, April 18th at 2pm

Sara Scofield, Vocalist

Sunday, April 21st at 2pm

Family & Friends Buffet

Wednesday, April 24th at 5pm
(Happy ½ hour at 4:30)

Art with Pani

Thursday, April 25th at 2pm

Outing: St Vinnie's

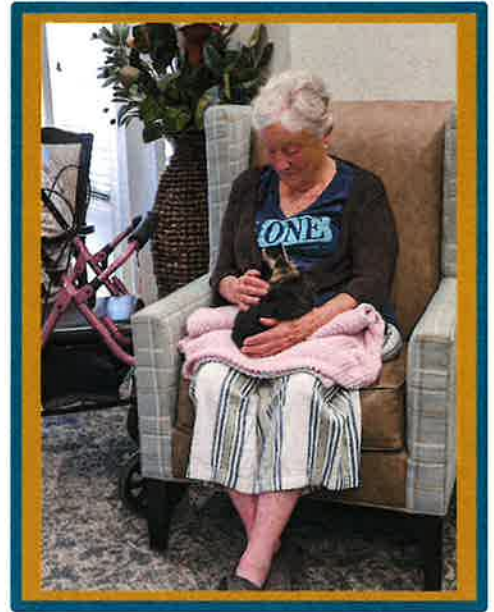
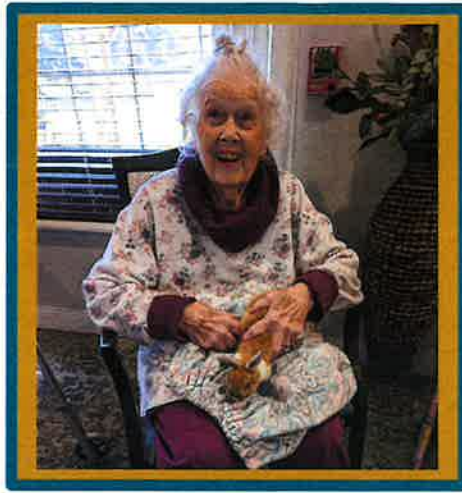
Sunday, April 28th at 1:30

FETCH Therapy Dog Visit

Sunday, April 28th at 4pm

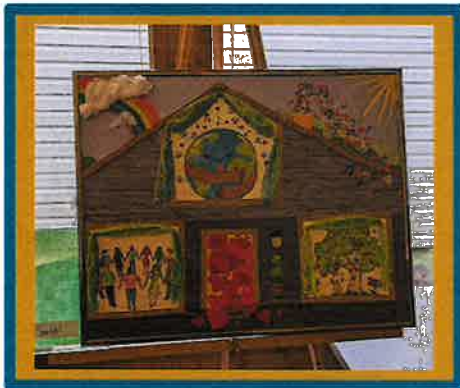






Wellness Reminder

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.



Life Enrichment for All

"The first bud of spring sings the other seeds into joining her uprising."

— Amanda Gorman

Spring on the west coast is my most favorite! The promise of renewal and the beauty of life touch my soul. What touches yours? Here at Emerald Valley we have a variety of activities that might excite you. Try something new this month, you never know what might be a perfect fit just for you! Dancing in our chairs, joining our new support group, going on an outing with others or playing games and getting creative – all for you to enjoy.

Join us 😊

-Rita





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_s 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.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



The Difference Between Living and Living Well

4550 W. Amazon Dr.
Eugene, OR. 97405

