



Notable Quotable

“The only way to survive is to have a sense of humor.”

~ Bob Newhart (born September 5, 1929)

September Horoscopes and Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise and have strong powers of critical thinking.

Happy Birthday to all our Waterford Grand September-Born residents!

9/4 – Joan E. 9/14 -- Judy G
9/14 – Edith G 9/23 -- Kathy R
9/25 – Karen Y 9/26 – Bonnie B

You share a birthday with:

Salma Hayek – September 2, 1966
Bob Newhart – September 5, 1929
Grandma Moses – September 7, 1860
Patsy Cline – September 8, 1932
B. B. King – September 16, 1925
Bryant Gumbel – September 29, 1948

Our Waterford Grand Ambassadors

If you happen to see any of these wonderful folk below, be sure you stop and say ‘hello’! These five people have hearts of gold and are always willing to help. We are indeed fortunate to have such dedicated residents who go out of their way to help others. Thank you to Nora, Natalie, Janice, Barbara, and Bill! You’re helping others helps us to also help others. You all are wonderful examples for Waterford Grand.



Waterford Grand

September 2024

Waterford Grand | 600 Waterford Way, Eugene, OR 97401 | 541-636-3329



Celebrating September

World Alzheimer’s Month

National Guide Dog Month

Pollution Prevention Week
September 16–22

Day of Charity
September 5

Wonderful Weirdos Day
September 9

White Chocolate Day
September 22

Love Note Day
September 26

Good Neighbor Day
September 28

Wow! Already September

It’s so hard to believe Fall is almost officially here. The summer was hot and seemed almost never-ending so it’s pleasant news to know that cooler weather is on the way.

Fall is a favorite time of year at Waterford Grand. The leaves on almost every tree turn to the color of fiery red. The birds start to prepare for Winter, and all the holidays are on an uphill swing.

There is so much going on, and you don’t want to miss it. Please stay steady on your emails and watch for upcoming flyers.

Thank you to everyone who helps with our events and our programs. Thank you to our residents who support and care for our community which is their home.

Thank you to all the families of Waterford, who help in all they can.

In The News!

There’s a Tailgate Party on September 14 at Garden Way! This is an exciting event because we are fundraising for the Alzheimer’s and Parkinson’s foundations. The walks are coming up and we’re really trying to get some additional funds in. Please ensure your family members will have something to contribute to join in the fun. See the flyer on our Facebook page for more information.

Speaking of fundraising, we’re collecting cans to turn in...yep, the old-fashioned way. If you wish to contribute, please bring in

your cans and drop off to our Marketing department!

Notice: Our transportation will not be operating for appointments on September 19th, or on October 17th. Please do not schedule appointments that will require Waterford Grand transportation for these dates.

The Parkinson’s Walk will be on September 29th. Any who wish to participate is more than welcome and that includes our residents. There will be more information in the coming weeks.



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 toward their rent.

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 \$4,000 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 or tour.*



For more information, please call
541-636-3329
600 Waterford Way | Eugene, OR 97401
www.WaterfordGrand.com

ASSISTED LIVING | MEMORY CARE



Sweet Cravings



Fruit helps increase the intake of key vitamins and minerals.

Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply a matter of conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and

these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. What is worse, depriving ourselves of dessert only makes us want it more. You won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.

