



Leadership Team

Amanda Roby Executive Director

Erin Baumann Business Office Manager

Lindsie Beer Wellness Director

Jeannette Singler RN Oversight

Rita Frazier Life Enrichment Director

Kayla Butler Dining Services Director

Robin Keppler Resident Care Coordinator

Melissa Hill Community Relations Director

Jared Johnson
Plant Operations Director



Meet Gloria

Gloria Baird was born in Ross, California, just north of San Francisco. When Gloria was ready to spread her wings, she moved to Portland, Oregon. She worked for the phone company, then a bank. She then learned the restaurant business working her way up as a cocktail waitress, bartender, cook in a large restaurant. Then she



met Kenneth Jones who convinced her to move with him to his fathers' 600-acre ranch in Montague, California which is a small town just a few miles from Yreka.

She says the best day of her life was August 27, 1978. It began as a trip to Reno to sell hay; she discovered, to her surprise that her boyfriend had other plans. They were married and her life as a rancher wife began. Gloria and Ken had a daughter and then a son. She went to work as an assistant for a local accountant. She also served as city clerk and worked in a restaurant where she became the manager.

You now might understand why Gloria uses the phrase "Jack of all trades" to describe herself. I could see the light in her eyes and the animation in her expression as she told stories about helping get the town of Montague out of debt, gathering proof for a client that satisfied the IRS to drop their demand, helping and caring for family and others. I could tell she loved what she did and the challenges that went with it.

And now she faces another challenge. How to create a new life with the loss of abilities caused by her illness. Living here at Emerald Valley she is near her family; her son lives in Eugene with his two sons. Her daughter lives with her two daughters in Cottage Grove. With support, she is learning again.

Introducing:

Our new Executive Director, Amanda Roby.

I asked her some questions to get a glimpse of who she is. See answers below.



Three facts about her?

- 1. She's the mother of 5 children,
- 2. She loves going hiking on weekends with her Husky/German Shepard, Sequoia.
- 3. She has a dream of one day owning property with enough land for horses, chickens, and other animals.

What are 3 words to describe herself?

Determined. Empathetic. Authentic.

What are 3 things that make her happy?

- 1. Her family.
- 2. Making people smile.
- 3. Helping people achieve goals and making a difference in the lives of others.

How she ended up working with elders?

She started caregiving at the age of 19. It started out as a job, and it grew into a passion as she worked her way up to where she is now. People are her passion, and she's lucky enough to be in a position where she can help people and make a difference for both the residents and the employees of the community.



Our new Community Relations Director, Melissa Hill

With 12 years of experience in the medical field, she began her career in senior care, working in memory care. Her passion for

helping people drives her commitment to being a positive influence in the community. She loves spending time outdoors with her family, whether it's hiking through scenic trails or camping under the stars. Additionally, her love for the outdoors and the sense of peace and accomplishment in these activities inspire her to bring that same energy and determination to her professional life. This combination of personal passion and professional dedication keeps her motivated and excited to make a difference every day.

Upcoming Events

(Sign-up required for all outings)

Hannah from HealthPro Heritage discusses Falls & Stability

Tuesday, January 8th at 2pm

Timothy Patrick on Guitar Thursday, January 9th at 2pm

Nathalie & Kara on Piano & Violin Friday, January 10th at 2pm

Outing to Emerald Lanes Bowling Sunday, January 12th at 1:30

Dance with Pani Monday, January 15th at 2pm

Sara Scofield, Vocalist Wednesday, January 11th at 2pm

Outing to Cape Perpetua Visitor's Center for Whale Watching Wednesday, January 22nd at 9:45

Outing: Swimming at Waterford Wednesday, January 29th at 1:30

FETCH Therapy Dog Visit Sunday, January 26th at 4pm



Carnation, flower of the month

Van Outings Policy



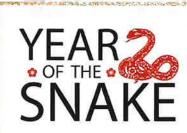
To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

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.



MARTIN LUTHER KING DAY

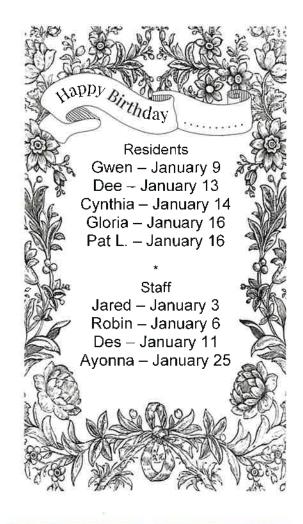
January 20th



Kung Hei Fat Choi

(which means congratulations and best wishes for a prosperous New Year.)

Lunar New Year, often called the Spring Festival or Chinese New Year, is the most important holiday in China and Chinese communities around the world. It is not only celebrated in China. Vietnam, Korea, Malaysia, and Singapore also practice the Lunar New Year holiday.





January has the best cocoa weather!

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.

Doctor Transport is <u>Tuesday</u> from Noon to 4:00pm & <u>Thursday</u> from 8:00am to Noon (sign-up required).

Life Enrichment Corner

Your present circumstances don't determine where you can go, they merely determine where you start.

- Nido Qubein

How's that for new perspective? Each new year brings promise, and it brings problems too. Together is always a better way to live through it either way. Come join the community in an activity this month and build those relationships that will help see you through of life's offerings. That and come for the fun! See you there &

-Rita



Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintoined grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Coscade 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 LASSISTED LIVING LIMEMORY CARE



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