



Eaton Terrace goes Green!

Eaton Terrace Residences, Eaton Terrace Assisted Living and Wellspring Senior Foundation are going **GREEN**. We have new water-saving toilets, low-flow faucets and shower heads, along with compact fluorescent light bulbs in the apartments of both residences. These energy-saving devices were provided through a grant and installed by the Mile Hi Youth Corps this past summer.

Eaton Terrace began this campaign by replacing all the hallway incandescent light bulbs with cfl's in 2008. Our used office paper is recycled in bins maintained by students from Alameda High School's Special Education program.

Matt Mitzel, our Director of Dining Services, has provided leadership for our residents and staff in going **GREEN**. He and his staff have been cutting down on waste in their food preparation and they are using recyclable food containers. Our housekeeping staff and residents have installed recycling bins for plastic and paper on each floor. As a community project, aluminum cans are being collected on the first floor for recycling.

Wellspring is following the **GREEN** trend by e-mailing our newsletter twice a year and reducing the number of printed newsletters to twice a year - saving the earth and saving money!!

New Services Offered at Eaton Terrace

By David Smart, CEO & President

We understand in our changing world that there is a renewed focus on wellness for all age groups which has prompted us to commit to the further development of our Wellness Program at Eaton Terrace. Our goal is to help our residents "age well" and live a high-quality independent life as long as possible.

Carol Jester, our grant-funded RN, has been busy creating partnerships with local service providers to bring wellness services and activities to our residents. Our newest wellness options include on-site Physical, Occupational and Speech Therapy through Legacy Healthcare Partners. Margaret Davidson is Legacy's full-time representative at Eaton Terrace and the therapy services are offered Monday through Friday in our new 5th floor Wellness Center. (Clients of Total Longterm Care and Kaiser Permanente are excluded from this service.)

American Healthcare Laboratory has also joined our Wellness Team and will provide lab services every Friday morning at Eaton Terrace's Community Room. This enables our residents to obtain routine lab work on-site.

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Wellspring Donors will be published in our next newsletter.

THANK YOU for your support.

New Services (cont.)

Carol continues to improve the Wellness Program and plans to bring in more service providers, including a dentist, a massage therapist, and an acupuncturist (for both individuals and groups). We will keep you updated as this program develops.

These partnerships are a win-win. We offer an existing customer base for the service providers and space for their activities. In turn, our residents have access to more services without the hassle of finding transportation to medical service providers. We also ask our partners to keep their fees low or offer a sliding scale payment based on residents' incomes. For those residents who are not able to afford even the lowest cost for these services, Wellspring Senior Foundation provides assistance. If you wish to assist a resident in need, please make your contribution to Wellspring's Resident Assistance Fund.

Eaton Senior Programs has long been known for the variety of services available to the residents who make their home here. Eaton Terrace Residences was one of the first HUD-subsidized buildings to include a Meal Program with congregate dining. Our other supportive services include housekeeping and laundry services, scheduled transportation, social activities, a beauty shop and a service coordinator. While many of these services are included in the low rent payments, some do have a modest fee.

We truly appreciate your past support of our programs and from all of us at Eaton Senior Programs and Wellspring Senior Foundation; we wish you a wonderful holiday season.

Why Wait

I believe in Wellspring Senior Foundation! Why? Through its many ministries at Eaton Terrace, I see people loved and cared for in a respectful and joyous way.

If you're thinking about doing "this or that" after mom and dad are gone, why not think about honoring them now? Then they will see your joy in giving in their honor and you will see their joy in receiving.

I have personally experienced the joy of giving in my friends' honor and shared in their joy of receiving. Please consider buying an engraved Leaf (\$295) or Stone (\$1,000) for one of the Trees of Life that are located in the lobbies of each community.

Jeanne Henderson, Friend of Wellspring Senior Foundation



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To GO GREEN send your email address to the above address.

Your Donation may be made payable to Wellspring Senior Foundation

SAVE THE DATE!

*Wellspring Senior Foundation's
Annual Gourmet Dinner
and Live Auction
Saturday, APRIL 17, 2010*