Dear Residents, From Tristin Benjamin; Executive Director

Thank you to our community for 50 years of fun, love, and comradery. We’ve grown into a close-knit family, with neighbors and staff bonding over shared experiences. Here are some of the fun facts that make us stand out:

- We have a resident with us who is 3rd generation in her family living at our community. Both her parents and her grandparents were residents.
- Longest current resident has lived within our community for almost 16 years!
- Longest current employee has 33 years of service!
- The current 35 employees on our team have approximately a combined 185 years worked collectively at Eskaton Monroe Lodge.
- Of our approximate 100 residents, our current average age is 82 based on our youngest and most mature current resident outliers.
- We have 7 dogs living in the community and too many cats to count! As well as hundreds of squirrels! (Squirrels need to stay outside—please do not feed the squirrels!).
- We have 49 different homemade soups! As well as the best food within Eskaton according to our senior leadership within our organization. Food suggestions, please share.
- We have one of the most resident volunteer-led participation when it comes to leading activities and events.
- The Resident Association is the only resident-led association that organizes and funds charity work for employees.
Office Hours
The business office is open (with holiday exceptions) Monday through Friday, 8:00 a.m. to 5:00 p.m. Photo copies are available upon request. Copies of 10 pages or less are complimentary. Additional pages are $1 per page. The telephone number for the office is: 916-441-1015.

Transportation
The Lodge provides scheduled transportation to local shopping centers, banks, doctors, etc., within a 10-mile radius of the community. Social outings and trips vary month-to-month. Please reserve your space at least 24-hours in advance.

Substitute Entrées
There are entrée substitute selections available for every meal. If you would like an entrée other than the specialties of the day listed on the regular weekly menu, you may select a substitute entrée. Please make your request at the front desk no later than 6:30am for Breakfast, 11:00am for Lunch, 3:30pm for Dinner. Substitute entrées are available during all special events and are available for guests when noted in advance.

Dining Times
Breakfast 7:30 am - 8:30 am
Lunch 12:00 pm - 1:00 pm
Dinner 4:30 pm - 6:00 pm

Cultural Heritage Day Fair
SAVE THE DATE - Cultural Heritage Day Fair- August 24th
Vietnam - Ukraine - Argentina & Honoring Africa
A day of fun, full of delicious ethnic cuisine, music, and FUN! Residents and staff are encouraged to dress up in their cultural attire and partake in the festive activities!

Zumba Gold With Rhea
Join Rhea for a fun and energetic Zumba Gold workout on Thursday, August 10th, at 10:30 a.m. and Monday, August 21st, at 10:30 a.m. With her dynamic and lively routines, you’ll be sure to get your body moving. Whether you’re a beginner or an experienced Zumba enthusiast, Rhea’s classes are suitable for all levels. Don’t miss out on the opportunity to dance your way to fitness and have a blast while doing it.

Dog Park
We’re excited to share that the community dog park installation is underway! Keep an eye out for our upcoming remodel update, which will include some fantastic new amenities for our four-legged friends. Sammy is particularly excited to make some new playmates, and we can’t wait to see all the happy tails wagging at the park. Stay tuned for more news on our progress!

Theresa Keene Returns!
Friday, August 18th, in the Garden Room.
Theresa Keene, a native Sacramentan, holds Bachelor and Master of Music degrees from the San Francisco Conservatory of Music where she studied with Adolph Baller from Vienna, Austria and Mack McCray from the Juilliard School of Music in New York. She served 24 years as Principal Keyboardist for the Sacramento Philharmonic Orchestra where she played harpsichord, celeste (cha-le-sta) piano and organ.
August Birthdays!

2  Jerry K.  
7  Anna C.  
4  Joy Ann M.  
11  Martin H.  
23  Lonnie C.  
24  Harold H.  
28  Sally S.  
30  Daniel M.  
6  Toni M.

Family Fun Month

Celebrate Family Fun Month with the Sacramento River Cats on Saturday, August 26th, at 1:00 p.m. Bring your family and friends for a day filled with fun, games, music, and treats. Enjoy quality time with loved ones and create more memories. Don’t miss out on this exciting opportunity to spend time with those who matter most. Join us and experience the joy of family togetherness.

Happy Birthday Happy Hour!

Celebrate August birthdays with us at a Happy Birthday cocktail hour on Wednesday, August 16th, at 3:00 p.m. Let’s raise a toast to all our August friends!

Thank you all for a fun-filled 4th of July!

Guided Relaxation Hour

Meet Pauline, Residents Association. Pauline believes in leading her fellow residents with compassion and balance. Starting every Thursday evening at 7p.m., in the Garden Rm, she will guide a relaxation meditation hour to wind folks down and de-stress. Her mission is to provide friends with weekly exercise and improve mental health.

August 2023 Give Back Corner

Employee Emergency Assistance Program

The Employee Emergency Assistance program is designed to provide employees of Eskaton with financial assistance in times of unexpected verifiable emergency situations. The circumstances initiating the need for assistance must be attributed to or caused by an emergency.

Since 2012, the program’s inception, 281 Eskaton Employee Emergency Grants have been funded. Employees who have received the grants are from 21 of the Eskaton Communities. Requests for help range from travel to funerals, burial/cremation expenses, food insecurity, temporary housing, transportation, domestic violence and theft.

Consider a donation to “Where the Need is Greatest” to help support programs like these. Questions, reach out to the Director of Fund Development Nicole Zamora, CFRE today to learn more about your giving options. Call Nicole at 916-802-3749 or email, nicole.zamora@eskaton.org.