



EAGLE CREST COMMUNITIES

Caring Since 1946

SUMMER EDITION 2023



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Todd Wilson, CEO

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Carefree Living At Its Best

OUR MISSION

Rooted in Christian Faith
Caring for Each Other
Serving the Community

OUR CORE VALUES

Teamwork
Respect
Integrity
Commitment
Love

BOARD OF DIRECTORS

Joe Zoellner - *Chair*
Pete Hansen - *Vice Chair*
John Robinson - *Treasurer*
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Leah Mudler - *Director*
Anna Prinsen - *Director*
Angela Strangman - *Director*
Todd Garves - *CFO*
Todd Wilson - *CEO*

OUR COMMUNITIES

Eagle Crest South
608.791.2700

Eagle Crest North
608.779.1700

Riverside
608.406.3900

The Willows
608.406.3980

Cass Street
608.796.1091

The Heights
608.526.2635

Hearten House I
608.784.4511

Hearten House II
608.784.4522

Hearten House III
608.526.6796

Heights Town Homes
608.791.2709

Connections

Now that the pandemic is over, everyone is out enjoying the social interaction and group activities Eagle Crest Communities is known for.

Eagle Crest Communities are designed to bring the community to your door step. With many activities, amenities, and social gatherings to choose from every day, our life enrichment staff work hard to provide a wonderful lifestyle for all of our residents. Humans are by nature social and in order to remain healthy physically, mentally, and emotionally, we need frequent social interaction with other people.



During the pandemic, many people sought out care options to remain living in their home. This was understandable given the restrictions everyone was facing. Although living at home feels safe and everyone wants to remain living at home for their entire life, it's not always the best choice for the health of the individual.

Social isolation and loss of healthy social interaction will result in a steady decline in personal health. Generally, lack of social interaction results in depression, lack of motivation, and unhealthy eating and personal care habits. These all lead to chronic health conditions that in many cases are preventable if living in the proper environment.

For those living at home, Assisted Living, which is Independent Living with personalized services tailored to your needs, is a great option. In Assisted Living, you remain living in your own private apartment home. Care that you need is provided in the privacy of your own apartment home, with 24-hour care staff available to provide assistance when needed.

Nutritious, dietitian-approved meals are served three times per day, based on a person's liking. Activities are provided every day to enrich the lives of those we serve. Group activities and other opportunities to interact socially with your neighbors abound. All of the amenities at Eagle Crest Communities are there to use and enjoy with your family and friends. Assisted Living (Independent Living) with personal care services is a great choice to remain socially connected and physically, mentally and emotionally healthy.

If you know someone who would benefit from Assisted Living, please reach out to our Marketing Director, Heather Edgington at 608-791-2702 or hedgington@eaglecrestlife.org.

Please keep Eagle Crest Communities in your annual donation and planned giving thoughts. Gifts to Eagle Crest Communities are a great investment in the community.

Have a wonderful rest of your summer.

~ Todd D. Wilson, *Chief Executive Officer*

**Are you seeking carefree living at its best?
See if the Eagle Crest Life is for you!**

ASSISTED LIVING NOW AVAILABLE

**Check out pages 4 and 5 for more information
or call 608-791-2702 to book your tour today.**

Community Connections



The season of ordinary time is upon us. But the ordinary can be extraordinary. Ordinary time is a real thing, but it's not nearly as boring as it sounds. In the church seasons, the ordinary time marks the long stretch of weeks beginning in June through November. During the summer months, we are often less distracted by major holidays and the obligations that get wrapped up in them. We have time and energy to try something new.

Where we live, summers are the keynote of abundance. The forests fill with undergrowth, the trees with fruit, the meadows with wild flowers and grasses, the fields with soy beans and corn, the gardens with zucchini, and yards with weeds. Summer is the steady state of plenty, a green and blue that feeds us on more levels than we know.

Author and teacher, Parker J. Palmer, writes in his book, *Let Your Life Speak*, that nature does not always produce abundance, of course. There are summers when flood or drought destroy the crops and threaten the lives and livelihood of those who work the fields. But nature normally takes us through a reliable cycle of scarcity and abundance in which time of deprivation foreshadow an eventual return to the bountiful fields.

In the human world, abundance does not happen automatically. It is created when we have the sense to choose community, to come together to celebrate and share our common stock. Here is the summertime truth: abundance is a communal act. Community doesn't just create abundance – community is abundance.

The author of the biblical book Hebrews tells us, "to stir up one another." "Let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near" (Hebrews 10:24-25).

Communities cannot stir up one another if they never see each other. Many businesses, schools, and churches shut down for the summer because so many participants make other plans and find other things to fill their days.

When you look at the ordinary with patience and respect, it has way of transforming into extraordinary right before your eyes. A bird's nest. The beauty of a sunrise. The life enriching activities we take for granted.

The ordinary time of the summer serves a similar purpose. It gives us a giant span of weeks to recognize the extraordinary within the ordinary. It is not a season of glitz and glam. We aren't distracted by holiday decorations and traditions. We get to focus on the abundant presence of each other and God's work among us. Stirring up means we become all God meant us to be. Stirring up preserves the best of what we already are, the best life enrichment our communities embody. And, that is anything but ordinary.

For everything a season,

~ Pastor Linda McPeak



Are you seeking carefree living at its best? It's time to enjoy the Eagle Crest Life!



YOU DO LIFE! WE DO THE ASSISTING.

Here at Eagle Crest Communities, our assisted living opportunities are all about enhancing your independence and offering personalized and discreet support when you need.

Our innovative program blends independent living with opportunities for socialization and catered services.



GET SET TO WORRY LESS! WHY THE EAGLE CREST LIFE?

Everyone has a different timeline based on needs. From our maintenance-free senior living apartments to our full continuum of house and care options that provide peace of mind, Eagle Crest Communities has something for everyone!

Besides easing the daily stress of maintaining your current lifestyle, here are a few things to think about when your needs change and reasons to consider the Eagle Crest life.

- Current home does not have safety features needed for success
- A fall at home in the past three months
- Increased stress managing your medications
- Feelings of loneliness, depression, or anxiety
- Decreased attention to personal hygiene
- Less desire or ability to make daily nutritious meals
- Worsening medical conditions
- Inability to manage home's maintenance and upkeep



FIND YOUR HAPPY PLACE! A PLACE TO CALL HOME.

At Eagle Crest Communities we provide the same level of service, but each community varies in size and style, which allows you to find the perfect fit! From small and cozy to large and robust with amenities, we have something for everyone.

Do you enjoy peaceful days on the water or catching the big one? You will love our boat tours or fishing from the pier!

What about energizing walks or biking? You can take in the beauty of the Driftless Region on our paved trails and take in the history of the surrounding neighborhoods.

Besides the outdoor amenities, our indoor events, crafting, exercise classes and more, offer opportunities for connecting with friends and neighbors all while pursuing interests.

Eagle Crest Communities offers so many ways to live! Find the community that feels like home to you.



WHEN THE LITTLE THINGS MEAN EVERYTHING!

When you are ready to live your best life, know there's so much more to enjoy with the many amenities at Eagle Crest Communities!

- Daily life enrichment, group activities, & exercise classes
- Socialization & wellness programs
- Weekly worship & pastoral care
- 24 hour discreet, professional caregivers to assist with daily living activities
- Chef-inspired meals, full-service dining, housekeeping & laundry
- Transportation to appointments, safety & security

THE HEIGHTS ASSISTED LIVING
HOLMEN

CASS STREET ASSISTED LIVING
LA CROSSE

EAGLE CREST NORTH
ONALASKA

EAGLE CREST SOUTH
LA CROSSE

THE WILLOWS
LA CROSSE



Interested in learning more?

Contact us today to see why Eagle Crest Communities is the place you can call home!

marketing@eaglecrestlife.org
608.791.2702 | eaglecrestlife.org





Brynna Stuhr, Recruiter - Eagle Crest Communities
bstuhr@eaglecrestlife.org

Meet Brynna

Hi, I'm Brynn and I'm your new Recruiter! I spend my free time kayaking, traveling as much as possible, and playing euchre! I love to support those looking for a career pivot and enjoy being a part of their solution.

We are always looking for top talent to join our dedicated staff of healthcare professionals but the below are our most critical openings.

OPENINGS AT ALL LOCATIONS

- Certified Nursing Assistant (CNA)
- Resident Care Assistant (RCA)
- Nurse (RN - LPN)
- Cooks, Servers, and Dietary Aides



<https://eaglecrestcommunities.hcshiring.com/jobs>



WORK-LIFE BALANCE



EDUCATION SCHOLARSHIPS



ADVANCEMENT OPPORTUNITIES

We Love Eagle Crest Communities



Mallorie

"The residents make me the happiest about my job at Eagle Crest Communities. Getting to be a part of their day, every day. It makes my day and it's a very rewarding job getting to see the impact that I have on them."



Christopher

"I know I'm not happy unless I am doing something that has a purpose. Working at Eagle Crest Communities gives me purpose."



Precious

"When I got here on the first day I was like this is my family. The bond here is unbelievable. I don't think I'm ever going to leave!"



Josh

"It is really humbling to be around so many great people with so many great experiences with life. You really learn a lot from the residents while you are able to help them."

eaglecrestlife.org | 608.791.2702 |  

Donations & Support



Capital Fund



Legacy Fund



Employee Recognition Fund



Tuition Incentive Program

Employee Appreciation Fund

C. Richard & Kathleen Kistner

In Memory of Richard "Dick" Faivre

Jane Goldberg

In Memory of Kak Reinhart

Kathy & Mike Harrington

In Honor of Marjorie Shannon

Terry De Robeis

Kristie Olah

Kerry Shannon

Tuition Incentive Fund

Marlie & Bob Bendiksen

C. Richard & Kathleen Kistner

Mike Porter

Kathryn Spelker

In Memory of Lewis Reingold

Marilyn Tiggelaar

Capital Fund

In Memory of Katherine "Kak" Reinhart

Maureen & Greg Barth

Irving Fish

Carl & Emily Rick

Legacy Fund

Lisa Carmichael

Janet & Mark Wienkes

In Memory of William Colclough

Barbara Colclough

In Memory of Merle Evenson

Cara Bothun

Michael & Denise Kachel

John & Kathy Pederson

Gundersen Lutheran Administration

In Memory of Barb Norgaard

Jane Cordro

William & Janice Hartung

Joan Schrinner

In Memory of Kak Reinhart

Tom & Mary Demsey

Barbara Jordan

Darlene & Dennis Kissel

Mary and Tom Ozbun

Margaret Newcome

Donald & Dolores Traxler

John & Linda Traxler

Chris or Beth Wiess

Employee Giving Club

Donna Brogan

Cindy Craig

Hannah Fort

Todd Garves

Cathleen Grinde

Elizabeth Kvistad

Haley Martin

Lori Mikshowsky

Carin Myhre

Shelly Olson

Patrick Senzig

James Stenulson

Vickie Stevens

Todd Wilson



PAYPAL IS NOW AVAILABLE!

Please visit us at:
www.eaglecrestlife.org

Eagle Crest Communities Donation Form

Helping Eagle Crest Communities continue to provide quality, compassionate care in the Coulee Region. Donations are gratefully received and tax deductible to the extent allowed by law.

Name _____

Address _____

- ☐ This gift is in honor of _____
- ☐ This gift is in memory of _____
- ☐ Capital Fund - supports major projects such as Eagle Crest developments.
- ☐ Legacy Fund - supports activities and special events, and enhances amenities & technology for residents.
- ☐ Tuition Incentive Program Fund - supports our recruitment and retention program.
- ☐ Employee Appreciation Fund - promotes employee appreciation.

Special requests are always welcome!

Payable to:
Eagle Crest Communities

Mail to:
Eagle Crest Communities
PO Box 2468
La Crosse, WI 54602-2468





EAGLE CREST COMMUNITIES

Caring Since 1946

2575 South 7th Street
La Crosse, WI 54601

Bethany Lutheran Homes, Inc.

JOIN OUR TEAM!

This inspiring event calls on participants of all ages and abilities to join the fight against Alzheimer's.

Register online at www.alz.org with Team Eagle Crest Communities.

If you are interested in donating to the Alzheimer's association or have questions regarding the walk, please contact team captain Donna Brogan at 608-779-1713 or dmbrogan@eaglecrestlife.org.

Eagle Crest Communities fundraised over \$2900.00 last year for the Alzheimer's Association!!



**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION®

EVENT DETAILS
Saturday, Sept.16

TIME
8:30am Event Opens
9:40am Opening Ceremony
10:00am Walk

LOCATION
Riverside Park
100 State Street,
La Crosse, WI