



EAGLE CREST COMMUNITIES

Caring Since 1946

WINTER EDITION 2024



IN THIS ISSUE

PAGE 2

A Special Message from
Todd Wilson, CEO

PAGE 3

Community Connections

PAGE 4-5

Riverside Campus

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*
Sean O'Flaherty - *Secretary*
Mike Flanagan - *Director*
Sara Havens GHS - *Director*
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
608.406.3978

Cass Street
608.796.1091

The Heights
608.526.2635

Hearten House I
608.784.4521

Hearten House II
608.784.4523

Hearten House III
608.526.6796

Heights Town Homes
608.791.2709

Connections

Happy New Year to everyone! As we head into 2024, it appears winter has finally arrived and our maintenance and ground crews are working hard to keep our parking lots and sidewalks safe.

2023 found healthcare returning to more normal times, but we continue to take great measures to protect our residents and staff against Covid and other illnesses during the holidays when more people travel.

After the holidays, elective surgeries begin to pick-up and winter allows time for respite & recovery when activities slow down. For those who plan to have an elective surgery or need Skilled Nursing Care, Riverside Transitional Care located a few blocks from Gunderson Hospital is a great option. Riverside offers physical therapy, occupational therapy and speech therapy along with our excellent skilled nursing team, to help patients recover and return to their home. Most therapy stays are less than 20-days and are covered 100% by Medicare.

For those who feel returning home might be too challenging, we offer short and long-term Assisted Living at the Willows, which is a part of the Riverside Campus. Assisted Living is an excellent option for those who need care but don't have someone to check on them at home. The luxury of Assisted Living is, you maintain your independence in your own apartment and you can come and go as you please. Meals, housekeeping, laundry services and nursing care are provided & tailored to the needs of each individual. This is a great option for those who are at risk of falling or do not have family or other caregivers to help them live safely at home.

I know it's a difficult decision to move from home into Assisted Living. I experienced this difficult decision with my own mother, but we realized that mom needed to have people around her that could help her when needed. She also needed socialization. After dad passed, mom did not have the person she lived with for 65 years of her life. Although us kids provided as much time as we could with mom and called her often, it was not the same as having people around you all the time. Mom did move into Assisted Living and she thrived, having activities, well balanced meals and people around her to socialize with. It was the best gift we could have given her.

I like to remind everyone that humans are social beings. Living in isolation impacts our mental & physical health. People that live alone often claim they are doing okay and they don't need anything, but without a good social network and support, it is likely their mental health is deteriorating which further diminishes their quality of life.

If you know someone who could benefit from Assisted Living, please reach out to us. Eagle Crest Communities mission is to serve the community and to serve as an extension of the family when there is a need.

In addition to the Willows, Eagle Crest Communities offers many assisted living options to choose from and they all offer the same outstanding living experience. Also, please consider a donation to Eagle Crest Communities as part of your giving plans. A donation to Eagle Crest Communities is a great investment in the community.

Blessings to everyone, have a wonderful 2024!

~ Todd D. Wilson, *Chief Executive Officer*



Community Connections



I recently saw a video of a young boy outside on a sunny day trying to outrun his shadow on the sidewalk. First, he begins to notice how his shadow responds to each of his unique movements like waving, jumping, and turning around. He then stomps on it curiously, baffled at how anything could look and move so much like him. Then he attempts to run away from it, figuring his speed will surely allow for separation. But in the end he discovers that he cannot shake his shadow and now it is his companion. As with every other shadow, it remains inseparably tied to its source.

Psalm 91:1-2 (ESV) He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

I sometimes think about people who have spent too much time in their lives running from God, stretching out their independence like an expanded rubber band, only to eventually learn that they cannot escape the one from whose image they originate. An image that includes young and old, small or large, fit or feeble.

Any of us can easily get confused. How tempting to make God into our image. Such a mistake happens every time we project onto God the way we wish God were. Give me the opportunity to make faith a self-centered enterprise and I can turn God into anything from an exhausted nurse to an athletic therapist.

The same goes for the uniqueness of all our Eagle Crest Communities. Like the little boy's shadow each Eagle Crest Community has the same shadow of exceptional care, compassion and love, however, each facility has its own personality and unique culture of great people and great care.

Riverside, Willows, and the Hearten Houses all provide a distinctive and tailored environment of eldercare. Where they come along side by affording a caring and stable presence to seniors in need, ensuring that their physical and socioemotional needs are provided for. Communicating and connecting with seniors requires skill, patience, and compassion, qualities that exemplify the work done by our staff to bolster overall geriatric health in their communities.

Wherever these seniors might reside, be it in memory care homes, skilled nursing facilities, or assisted living facilities, the care givers are there every day to help alleviate the pain and loneliness experienced by too many later in life.

A shadow is only possible in the presence of light. Without light there is no shadow. Within each of the Eagle Crest Communities there is a light of teamwork, respect, integrity, commitment, and love. Then each community like Riverside, Willows and the Hearten Houses act like a shadow responding with unique faith, care, and service for those they are connected too.

For Everything a Season,

~ Pastor Linda McPeak

Here for every stage of life...

Ideally located blocks from Gundersen Health System and nestled in the woods along the incredible Mississippi River, our Riverside Campus is the premier provider for outstanding care in the La Crosse region.

The Willows

Join our tranquil community where independence is fostered, residents have the opportunity to become socially connected and free from daily responsibilities knowing care is available when needed.



- Music, entertainment & activities are enjoyed in our exquisite great room.
- Play cards or enjoy coffee & conversation in the bistro.
- Weekly ecumenical worship & catholic mass.
- Our dining room provides delicious meals & a connection with your neighbors.

Hearten House I & II

Looking for a sense of independence while residing in a secure home-like environment? Our Hearten Houses are the perfect option!



- Activities & socialization opportunities catered to each person's strengths.
- A pet-friendly atmosphere with frequent therapy animal visits.
- Weekly ecumenical worship.
- 3 season porch with access to a private and secure courtyard where our residents enjoy fresh air, short walks & relaxing.

Riverside Transitional Care

Long-Term Continuing Care
An option for those needing high-quality nursing care. Residents benefit from living in an energetic and vibrant community where they have choices and can engage in a meaningful life.

Short-Term Rehab
Let us help you get back on your feet following an injury or surgery. Our person-centered care plans combine specialized therapies, pain management, strength, balance, and mobility training to promote a healthy recovery, and independence.



The Lighthouse

A Memory Care community within Riverside that offers a holistic environment for dementia residents needing skilled nursing care.



- Resident-specific activities & therapies that include art, music, massage, essential oils & more.
- Pet-assisted therapy & a pet-friendly atmosphere including a live-in cat on each unit of the Lighthouse.
- Opportunities for exercise, music, entertainment, crafts, cooking and baking.
- Weekly ecumenical worship & catholic mass.
- A large, secured outdoor area with screened in gazebo.

Next Steps for Joining Our Riverside Campus!

We'd love to meet with you! Please reach out today to schedule your visit.

MEMORY CARE

The Willows

Melissa Myhre
Facility Manager
608-406-3978

Hearten House I & II

Jerrika Hellerud
Program Coordinator
608-784-4521

Riverside Transitional Care & The Lighthouse

Miranda Rushlow
Admissions Director
608-406-3939



Meet Brynna

Hi, I'm Brynn and I'm your Recruiter!

New Year; New Career?

As the holiday season comes to a close and we look forward to a new year it is the perfect time to create personal and professional goals for 2024!

Let's chat about your new career at Eagle Crest!

Tuition Investment - Flexible Schedules - Growth Opportunities

HOT JOBS AVAILABLE

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

Openings At All Locations

- Custodial, Housekeeping, and Maintenance
- Culinary
- Certified Nursing Assistant (CNA)
- Resident Care Assistant (RCA)
- Nurse (RN - LPN)



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

To chat about your next career opportunity or to share a referral, please reach out to me at: bstuhr@eaglecrestlife.org.



TESTIMONIALS

What makes you the happiest working at Eagle Crest Communities?

Definitely the residents. Getting to be a part of their day, every day. It makes my day and it's a very rewarding job seeing the impact that I have on residents.

What made Eagle Crest Communities stand out?

I started in dietary in 2017 and worked my way up the ladder! I saw other employees doing activities in the Life Enrichment department and I thought that was exactly what I wanted to do here at Eagle Crest Communities. I pursued that option and have enjoyed it for over 6 years.

Mallorie

Donations & Support



Capital Fund



Legacy Fund



Employee Recognition Fund



Tuition Incentive Program

Legacy Fund

Peter & Esther Harman
Shirley Lappin
Wayne & Carol Nuti
Lee Wilcox
Mindoro Lutheran Church
Valley Dental

Employee Appreciation Fund

Jay Just
Marie Miller
Brian Reynolds
Carlene & Cameron Roberts

Tuition Incentive Fund

Duwayne & Janet Gebken
Peter & Esther Harman
Marilyn McElligott
Gladys McLenahan
Mike Porter
Rose Hammes Porter
Carlene & Cameron Roberts
Kathryn Spelker

Capital Fund

Marie Miller
In Honor of Don & Marilyn Heilman
Chuck & Julie Thoftne

Employee Giving Club

Donna Brogan
Cindy Craig
Hannah Fort
Todd Garves
Cathleen Grinde
Elizabeth Kvistad
Haley Martin
Carin Myhre
Shelly Olson
Patrick Senzig
James Stenulson
Vickie Stevens
Todd Wilson

“

"We wanted to be a part of a community for the future. When you sit and observe the different stages of life everybody's going through around you, this makes you appreciate community. For anyone coming in to Eagle Crest, everyone is supportive of what you are going through." ~ David

"There are so many things to do! You will never be bored. It's really nice they take care of us with special activities and we really appreciate it." ~ Marilyn

”



PAYPAL IS 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.

New to Eagle Crest Communities!

Furnished Short-Term Stay Assisted Living Apartments

Perfect for the winter months or if you
need support after a hospital stay!

The Willows

608-406-3978

Eagle Crest South

608-791-2702

marketing@eaglecrestlife.org or visit eaglecrestlife.org

Call To Learn More Today!

