



EAGLE CREST COMMUNITIES

Caring Since 1946

AUTUMN EDITION 2022



IN THIS ISSUE

PAGE 2

A Special Message from
Todd Wilson, CEO

PAGE 3

Welcome Home

PAGE 4-5

What is Assisted Living?

OUR MISSION

Rooted in Christian Faith
Caring for Each Other
Serving the Community

OUR CORE VALUES

Teamwork
Respect
Integrity
Commitment
Love

BOARD OF DIRECTORS

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Pete Hansen - *Vice Chair*
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Sara Havens GHS - *Director*
Leah Mudler - *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

Over the years, Eagle Crest Communities has expanded to offer more options for seniors in the Coulee Region.

One of those options is assisted living. Assisted living is a rather broad term and has no specific definition, so the services and support may differ from one organization to another. Some organizations offer very limited services such as one or two meals a day and weekly housekeeping, but little if any care or additional services. Eagle Crest Communities on the other hand offers 3-meals each day, housekeeping/laundry, medication management and personal needs care up to the maximum allowed by our license.



At Eagle Crest Communities, each individual has their own private apartment and every service plan is tailored to the specific needs of each individual. Our residents can add or remove services as their needs change. Everyone can choose the services they desire and retain their independence to come and go as they please and live life to the fullest. I like to think of it as catered living, as we are there to serve each individual's needs. Everyone makes the choices they desire, retaining independence in their own private apartment.

One of the biggest fears that someone may have when choosing assisted living is the cost. We have all experienced the increasing cost of healthcare and most everyone wonders how they will be able to afford the care they need.

Wisconsin has two license designations for assisted living (Registered RCAC and Certified RCAC). If you are a Registered RCAC, you are not allowed to enter into a contract with the Family Care Program to accept payment for those who can no longer afford to pay privately. If you are a Certified RCAC you can enter into a contract with the Family Care Program and accept payment. All of Eagle Crest Communities with the exception of The Willows are Certified to accept payment through the Family Care Program and we are in the process of certification for The Willows as well.

Our contracts to accept payment through the Family Care Program provide a safety net for those who may no longer be able to pay privately and takes the fear out of running out of money. It's our mission to serve those in need.

I ask that you consider a donation to Bethany Lutheran Homes/Eagle Crest Communities. Gifts to our organization help to attract and retain the staff necessary to provide care and your donation is a great investment in the community.

Have a wonderful season!

~ Todd D. Wilson, *Chief Executive Officer*

Welcome Home

There is a certain sweetness about finding a place to call home.

Judy Garland made the words, "There's no place like home" famous in the 1939 film, *The Wizard of Oz*, when she played the role of a young woman desperate to get back to Kansas.

The average American moves 12 times throughout their life. Often when we move, especially when we moved from a place we spent many years of our life, we feel a sense of longing. We can grow quite attached to a kitchen window view, the sunrises and sunsets, the creaks in the floor, and everything the home represents.

When we age, the hardest work is the work we do within. God is like a hot air balloon pilot, God has been cutting the ropes that tied us to other people's expectations and judgments. Finding a safe place to call home can be priceless along the journey of life.

The Bible story of Caleb's later life is particularly heartening and instructive (Joshua 14:6-15). Caleb and Joshua had spied out the land of promise forty-five years earlier. Now, at 85, he asks for his part of the new territory. Caleb wants the hill country. He has waited forty-five years; now he is ready for a fresh challenge.

Caleb says, "I'm eighty-five years old! I am still as strong today as the day Moses sent me out; I'm just as vigorous to go out to battle now as I was then." Don't you just love that? You've got to love the passion and optimism of Caleb.

Just as Caleb began a new season in a new home, when we move to a new home we certainly miss the old place, however, a sense of blissful anticipation begins to permeate our spirit.

As a person ages, this truly is a season of grace during which you may explore what one person calls, "the rest of ourselves," and thus grow toward both the being and the doing of finding a place to call home. For human beings, life is meaningful because it is a story. A story has a sense of a whole, and its chapters and pages are given light by moments, the ones where something happens.

Our human understanding is limited. But God's isn't. Whatever the homes we choose in life, it makes all the difference just to know that God will be there. Every choice and every home lead to the promise of God's presence.

By Pastor Linda McPeak



**ASSISTED LIVING
WINTER RESPITE
STAY AVAILABLE.**

CALL FOR DETAILS!

ONALASKA
HOLMEN
LA CROSSE

***Independence Re-imagined.
The freedom you want, the care you need.***

Experience personal care on your terms to live your best life. Our caregivers are there 24-hours a day, offering the assistance you may need on a temporary schedule or long term. A customized care plan is designed to support your independence in the privacy of your own home.

Your retirement is yours to live. We're happy to help you along the way!
Call today to schedule your tour.

608-791-2702

What Is Assisted Living?

Looking for the perfect balance to remain independent, but also receive some day-to-day assistance? Our assisted living communities are all about enhancing your independence by supporting you when you need it. Our residents make their own decisions about everything from what to order for lunch to what events they choose to participate in & who they entertain in their private home. The services provided in assisted living are customized to you, offering around-the-clock discreet and personalized care by our experienced and friendly staff.

Which assisted living community is right for me? Our assisted living communities provide the same level of services but do vary in size and style which allows you to find the community that is the perfect fit! Are you looking for small and cozy or a large community with a robust offering of amenities and programs? Perhaps location is at the top of your list! We've got you covered with options available in Holmen, Onalaska & La Crosse. Touring the assisted living options with Eagle Crest Communities allows you to find the community that feels like home to you!

When is it the right time to look at assisted living? Here are a few signs that it is time to begin your search:

- 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 your home's maintenance & upkeep
- Current home does not have the safety features needed for continued success



Socialization & Wellness Programs



- Weekly worship & pastoral care
- Daily life-enrichment opportunities including exercise classes, entertainment and group activities that enhance whole-person wellness

Assist with Activities of Daily Living



- 24 hour discreet, professional care-givers available to assist you with your personalized care plan which could include bathing & dressing assistance, medication management & more

Full-Service Dining, Housekeeping & Laundry



- Chef-inspired meals served restaurant style, weekly housekeeping, daily tidies and laundry service

Independent Apartment Living



- Floor plans ranging from efficient studios to spacious two bedrooms that include safety features such as walk-in showers, grab bars and motion sensors

Transportation



- We schedule and provide transportation to your medical appointments

CASS STREET ASSISTED LIVING | EAGLE CREST NORTH | EAGLE CREST SOUTH | THE HEIGHTS ASSISTED LIVING | THE WILLOWS



Longtime CNA Chelsea squishing a pie in ADON Wayne's face!

We Love Our Nurses!

Eagle Crest Communities is the largest not-for-profit senior care provider in Western Wisconsin, and we want YOU on our team! With 10 different communities between La Crosse, Onalaska and Holmen, we find success in providing superior service with great attention to ensuring the highest levels of satisfaction.

We value our nurses, and want to find the right schedule that fits for you! We have full-time, part-time, casual call and supervisory positions available! Are you a new graduate nurse? Continuing on to get a higher degree? Or just wanting something to supplement your family income? We have the right position for you!

If you have questions, please contact HR, at 608.406.3886 or hr@eaglecrestlife.org or visit us online at eaglecrestlife.org/careers



Work-Life Balance



Education Scholarships



Advancement Opportunities

Employee Spotlight

Jerrika Hellerud

Jerrika has served as a resident care assistant and now as our Hearten House I & II program coordinator!

1. What is it about ECC that made you want to continue to grow your career here?
 - a. ECC has been an overall great place to work. They have flexible schedules and room for advancement.
2. What is your favorite part about your job?
 - a. Getting to know the residents and their families. It is rewarding coming to work and putting a smile on the residents faces, knowing I am making a positive impact in their lives each day!



Jerrika Hellerud (center) with two Hearten House resident care assistants!

From the Son of a Resident...

"All of the staff that cared for our mother were wonderful and made the extra effort to give her the best quality of life possible. I know that Jerrika is a huge part of the environment. She leads with a wonderful personality and compassionate work ethic. She was our rock. We all know the last year and a half have been very trying for staff, residents, and families. This is where the Hearten House staff went above and beyond with their compassionate and dignified care. The staff and the care they provided were the reason I could sleep at night knowing she was so well cared for." ~ James Young, son of a Hearten House II Resident

Donations & Support



Capital Fund



Legacy Fund



Employee Recognition Fund



Tuition Incentive Program

Employee Appreciation Fund

Richard & Kathleen Kistner

Austin & Chelsea Reinhart Wedding

Jerome, Denise, Erik, Dylan
& Michaela Schuft

In Memory of Winifred Fering

Kimberly Zachman

In Memory of Rita Johnson

Julie Sexton
Luke Sexton

Tuition Incentive Fund

Richard & Kathleen Kistner
Mike Porter

In Memory of Rita Johnson

Joanne Kockelman

Capital Fund

The Rita McGaughey Charitable Gift
Fund of Thrivent Charitable Impact
& Investing
R.E. & D.H. Schlieman

In Memory of Rita Johnson

Rebecca Hertzog

Legacy Fund

William & Louise Temte

In Memory of William Colclough

David & Kathy Brandt
Philip & Kay Conway
Shirley & James Engbrecht
John & Diane Fernholz
Gayle Goetzman-Stolpa
James & Shannon Hanzel
Carol Heyl

Rebecca & James Naugler
Marc & Elizabeth Ranger
Marilyn Schwab

In Memory of Rita Johnson

Allen Sexton

In Memory of Gary Veldey

Mary Velde

In Memory of Sue Wilson

Kevin & Barbara Anderson

Employee Giving Club

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

PayPal 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.

A Successful Year of Fundraising for the 2022 Walk to end Alzheimer's OVER \$3000.00 RAISED FOR THE ALZHEIMER'S ASSOCIATION!

How did we achieve this? Eagle Crest Communities' residents, families, friends and employees came together to support a cause that is near and dear to us all. Through their generosity, they created, staffed and financially supported events at all of our communities including grill outs, lemonade stands, pie socials, bake sales, traveling raffle baskets, pie-in-the-face day, jeans day, walk t-shirt sales and more!

A heartfelt thank you goes out to everyone who supported our fundraising efforts!
See you in 2023!

