

September 2025

THE HEARTWOOD MONTHLY

"A grandparent is a little bit parent, a little bit teacher,
and a little bit best friend." - Unknown



New Activity Director

Hello Families,

It is with a heavy heart that I announce I have accepted a new position as a teacher in Salem. I have loved every minute of my job here at Heartwood and will stay connected through social media and events as often as I can. Heartwood is a wonderful community, and I will miss it dearly. With that said, I would like to introduce you to our new Activity Director! Please read through her bio and say hello next time you're here!

With love,
Rebekah Bates

Meet Yaire Solano-Guevara

A proud Woodburn native, Yaire (Bridgett) Solano-Guevara is passionate about community service. She earned two bachelor's degrees from the University of Oregon in June 2025, one in Planning, Public Policy, and Management, and another in Spanish, along with minors in Nonprofit Administration and Latinx Studies. In her free time, she enjoys afternoon runs, hiking, baking, and spending quality time with friends and family. Yaire brings a wealth of experience to her new role as the Activity Director at Heartwood Place, having previously served as the Programs Director for Muxeres at the University of Oregon and as a dedicated volunteer for various Eugene-area nonprofits such as Bags of Love, ShelterCare and Everyone Village. She is eager to use her skills to build meaningful connections with the residents, families, and staff of Heartwood Place Memory Care



Executive Director
Laurie Pomeroy

BOM/HR Manager
Blanca Ramirez

Community Relations
Melissa Leder

Maintenance
Travis Cooper

Director of Nursing
Rebecca Schindler R.N.

Staffing Coordinator
Jasmine Cruz

Resident Care
Coordinator
Elizabeth Cuenca-Pineda

Activity Director
Yaire Bridgett Solano-
Guevara

Dietary Manager
Mike Dowell

Resident Spotlight

We'd like to introduce you to Sister Susan, a wonderful member of our community whose infectious joy and bright smile are a familiar sight in our halls. Sister Susan is an active participant in our activities, with a love for arts and crafts, bingo, and music. She also has a rich history, having previously served as a cook for the Benedictine Monks at Mount Angel Abbey. Be sure to stop and say hello when you see her!



Staff Anniversaries

Mirna R. 9/1

Eva A. 9/6

Rosalba R. 9/15

Mario F. 9/21

Resident Birthdays

Margot G. 9/30



Staff Birthdays

Travis C. 9/2

Rosalba R. 9/4

August Employee of the
Month



Craig Jackson



Important Reminders



A Reminder About Our Family Support Group

We want to extend a warm invitation to our next Family Support Group, **held every third Wednesday of the month from 3 to 4 p.m.** This is a dedicated space for you to connect with other families and share experiences, challenges, and insights in a supportive environment.

Our Marketing and Community Relations Director, Melissa Leder, facilitates this group. It's a wonderful opportunity to find resources and support that can help you navigate your journey with your loved one. We believe that by coming together, we can all feel more connected and empowered.

We'd love to see more of you participate. Your presence and contributions are invaluable. Please join us for the next session!

Walk to End Alzheimer's

Join us as we take steps to fight Alzheimer's disease! We would love for you to be a part of the Walk to End Alzheimer's with our Heartwood Place community and directors. This year's walk is on **Sunday, September 7, 2025, starting at 10 a.m.** at the following location:

**Gerry Frank Amphitheater (State Street Entrance)
200 Water Street
Salem, OR 97301**

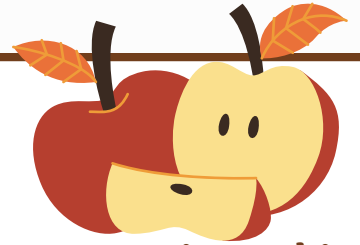
By participating, you'll be showing your support for those affected by Alzheimer's and helping to raise awareness. Everyone is welcome, so please bring your family and friends—the more, the merrier! If you have any questions, please contact **Jen Osojnicki**:

Phone: 508-932-4695

Email: jeosojnicki@alz.org



Upcoming Events



Please feel free to join us for any of our upcoming events or outings this month. Email or call the Activity Director to sign up for outings.

9/17 Outing: Carwash and Ice Cream

Music with Uncle Dave

Family Support Group

Music with Chuck

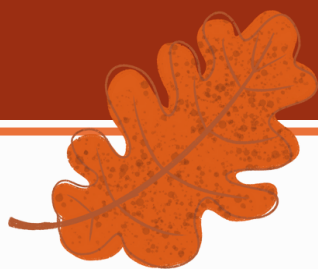
Music with Kathy Yale

Music We Remember

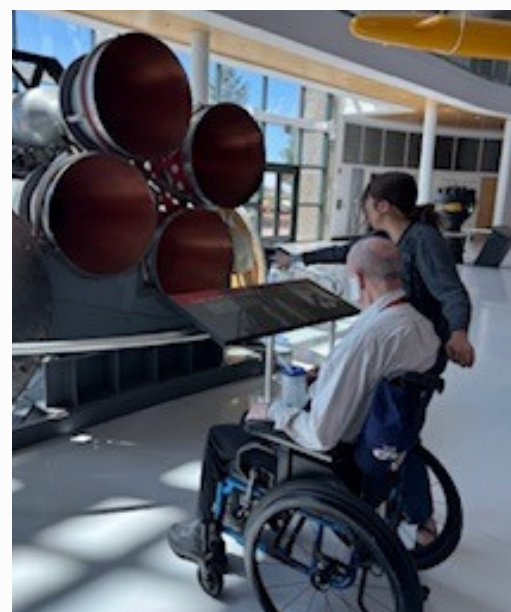
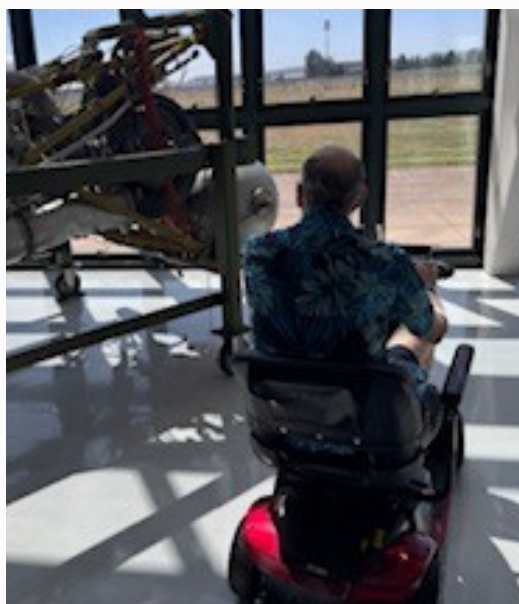
Sunflower Making

Apple Fest





A Look Back on August



Generation Celebration

September gives us a great excuse to celebrate the power of cross-generational connection. With both Grandparents Day and Intergenerational Day on the calendar, it's a reminder that meaningful relationships don't have to come from the same age group.

Spending time with younger generations isn't just heartwarming—it's genuinely beneficial. Studies show that older adults who interact regularly with children or teens often feel more purposeful, experience less loneliness, and even see improvements in memory and mood. Meanwhile, younger folks gain a sense of perspective, patience, and emotional intelligence when they build relationships with seniors.

Some communities have taken this idea to the next level. In countries like Japan and the Netherlands, preschools and daycare centers are joining forces with senior living facilities, creating shared spaces where little ones and older adults can learn and play together. It turns out that finger painting and storytelling sessions can do wonders for everyone involved, young and old.

Even without a formal program, small moments matter. Reading to a grandchild over video chat, teaching a neighbor's teen how to knit, or joining a local school's mentorship program are all simple ways to build connections that stretch across generations. Volunteering with youth groups, offering career advice, or attending events at community centers can also open the door to meaningful exchanges. And don't underestimate the value of a casual chat at the park or the grocery store—sometimes the best conversations happen when no one's trying too hard.

Bringing generations together isn't about nostalgia—it's about building stronger communities full of curiosity, empathy, and mutual respect. This month, let's celebrate the many ways we can all learn from each other, no matter our age.

Stay connected to your loved ones and the community. Scan the QR code to visit our family website for all the updates you need.



Contact us

Please reach out to our Activity Director, Rebekah Bates with questions, comments, or feedback regarding the newsletter or monthly activities.

Email: Activities@heartwoodplacemc.com

Phone: 503-980-9990 Ext. 304

