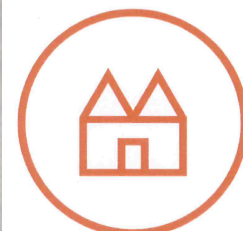


**October  
2020**

# The Echelon

4330 S. Eastern Ave.  
Las Vegas, NV 89119



## **Employee of the Month**

Let's Congratulate

George Stokes

George is one of The Echelon's finest Head Cooks in our Culinary Team. He works hard helping our Executive Chef keep the kitchen running smoothly.

Congrats George!

## **Community Contacts**

Colleen McBride, Executive Director

[cmcbride@echelonseniorliving.com](mailto:cmcbride@echelonseniorliving.com)

Regina Lalli, Food Service Director

[rlalli@echelonseniorliving.com](mailto:rlalli@echelonseniorliving.com)

Ashley Holmes, Life Enrichment Director

[asturm@echelonseniorliving.com](mailto:asturm@echelonseniorliving.com)

Shai Ali, Maintenance Director

[sali@echelonseniorliving.com](mailto:sali@echelonseniorliving.com)

Eshelle Manion, Sales Director

[emanion@echelonseniorliving.com](mailto:emanion@echelonseniorliving.com)

Haydee Garcia, Business Office Manager

[hgarcia@echelonseniorliving.com](mailto:hgarcia@echelonseniorliving.com)

## **News & Notes**

Residents please be advised that all grocery orders will be taking place every Sunday from 8am-11am starting Sunday, October 4th. No appointment required. This includes amazon orders! If you have any questions please see Ashley!

## **Spooky Halloween Parade**

Thursday, October 29th 2020

Please join us on your patios and front doors for a fun and exciting Halloween Parade brought to you by our Community Directors! Directors will be passing out individually sealed treats!

## **Welcome New Residents!**

Virginia P

Daniel C

Richard R

Dolly K

Sam R

Lana C

Karen T

Don T



## Exploring Happiness Pt 2

Hello again.

Hope you read our September message on happiness.

If not, let's try again.

A wise man once shared this thought...Humor is the only Revenge!

When was the last time you shared a joke or better yet...broke into a big laugh?

Try it, please. Now none of us are comedians but we can try.

Can you recall the best joke you ever heard...keep it clean, please.

Humor and laughter are valued experiences that we can save and use, anytime!

Yes, the habit of smiling and laughing can be learned and can be part of your life and way of life.

Consider the unfortunate alternatives...depression or even tears.

Of course you can laugh yourself into tears...that's okay!

So, we leave with this simple thought...laugh/smile it always is up to you.

And remember the Vegas message...what happens here stays here!

Keep smiling...please!

Dan Merkel



## Good Friends Make Good Neighbors! Referral Program

*We believe in the power of community. As we age, it becomes more important that we feel supported in living our best lives. Invite your friends to live their best lives too! Now when you refer a friend or loved one, you'll receive a **\$1800** rent credit. It's our way of saying thank you for making your home with us. We know your friend will thank you, too! Home may be a place, but it's also a feeling, a way of life and something we take seriously.*

## *National Trail Mix Day!*

