

A Helping HUG

“You turned my spirits up. For the longest time I felt alone and depressed. Then there was a knock on the door and a group of residents and staff blessed me with a beautiful gift and heartfelt wishes. I haven’t been able to stop smiling since!”

By Robert Landau, Vice President of Fun

– A Spectrum Resident

IN A WORLD THAT SEEMS TO MOVE way too fast, it’s good to know that people still care about the important things. Eric Lindley, Spectrum’s Director of Fun at Pheasant Pointe in Molalla, Oregon, noticed while facilitating his weekly current events sessions, that his residents were becoming unsettled with what they saw happening in the world around them. Sometimes, news can seem so ominous that one doesn’t know what to do...you feel helpless, as if you’ve lost control. Knowing it

throes of dealing with a specific health issue... they get a “hug.” This “hug” can be a bouquet of flowers, a card, a handcrafted blanket, a shopping spree, some luscious chocolates, a homemade pie, or even a real hug. The HUGS Committee decides what type of “hug” to give depending on what the specific interests might be of the person in need.

After only a month of facilitating this amazing program at Pheasant Pointe, Eric says that a record number of residents and

If someone is down, lift them up by showing them you care, and the person in need will never forget the gesture of love and kindness.

is impossible to fix all of the world’s problems, Pheasant residents realized that, if they couldn’t do much about the mayhem outside their community’s door, at least they could make their community the best place ever.

So here’s what they decided to do: They formed a committee of residents and staff that meet on a weekly basis. Each week, this committee decides who within the community needs a “hug.” If a staff member has just lost a loved one...they get a “hug” from committee members. If a resident is depressed or in the

staff wanted to join the HUGS Committee. The uplifting spirit that this program has fostered at Pheasant Pointe is palpable. You can feel the positivity the moment you walk in the door. And it’s all based on a simple premise: If someone is down, lift them up by showing them you care, and the person in need will never forget the gesture of love and kindness.

One particular resident was feeling down because of a recent health issue. He would rarely attend activities or meals, spending most of his time alone. The HUGS committee met



and decided that this resident was definitely in need of a hug. The resident loved to collect baseball caps as a hobby. He also loved eagles. So, the Director of Fun at that Spectrum community bought a baseball cap and an eagle appliqué as a gift. A member of the HUGS committee volunteered to sew the eagle appliqué onto the front of the hat. A day later, three members of the HUGS committee knocked on that resident's door and presented him with his "hug." They told him how much they loved and appreciated him and how they missed seeing him at activities and events. When the resident saw the hat that was then lovingly placed on his head, tears of joy and thanks flowed from his eyes. To this day, he walks with renewed pep in his step.



The HUGS program at Pheasant Pointe has become so popular that the local library and senior center are getting involved in the committee meetings as the waves of kindness and goodwill now extend into the greater Molalla community at large.

We are happy to announce that the HUGS program is prominently featured each month at a Spectrum community near you. Many thanks to Eric and the residents and staff of Pheasant Pointe for coming up with a winning program that makes a real difference in peoples' lives. It just goes to show that the true spirit of human nature is to extend a loving hand in friendship, love and caring to those in need. When one gives in this way, one gets so much in return.