

Elite Care Assisted Living

Newsletter

April 2024



Dear Elite Care Family & Friends,

As we jump right into spring and the beautiful Oregon weather, we want to ensure everyone is on our email list to receive invites to all of our fun family inclusive events! Our activities team, led by Patty, works tirelessly to keep our residents engaged on a daily basis. We also encourage YOU and your family to join us for any of the activities on our monthly calendar! If you are not on our email thread for either community (Oatfield Estates or Fanno Creek), please reach out to Shiloh, our campus coordinator for Elite Care and she will easily add you to the group! We send out invitations as early in advance as possible for all of our larger events, such as, recently the campus Easter Egg Hunt at Oatfield Estates and the photo shoot with the Easter Bunny at Fanno Creek. Both events were huge successes and a lot of fun!

Have you ever thought about volunteering for Elite Care? April is recognized as National Volunteer Month, and we appreciate all of our current volunteers who are friends, family and acquaintances of Residents and staff. If you have time in your schedule every week, or month to join our growing group of volunteers, please reach out to Patty! We can always use a helping hand during all of our activities, and have even worked with school programs for students who need to acquire volunteer hours or credits. This is a great opportunity to share time with your loved one, and get to know our community in a very special way. Thank you to all of our current, past and future volunteers for helping make Elite Care “different on purpose”.

Until next month, stay sunny and bright!

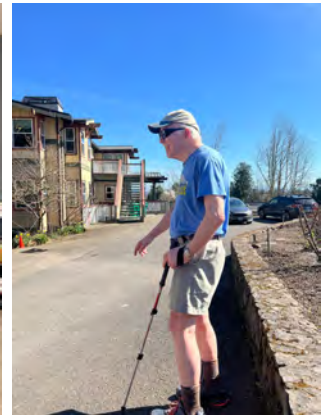
-Elite Care Management





Exercise and Movement

There's no doubt the groundhog was totally right this year. Despite the rain, Oregon has dived nose-first straight into a beautiful spring. Walks and outdoor activities have been all the rage, with folks getting out who don't even LIKE walking, just for an excuse to enjoy the fresh air. Some of the days were stormy, so activities like Yoga and Tai Chi stayed mostly inside, but there were plenty of takers for work in the Garden Hangout, or Wall Pilates, bowling, and parachute fun in the common areas.



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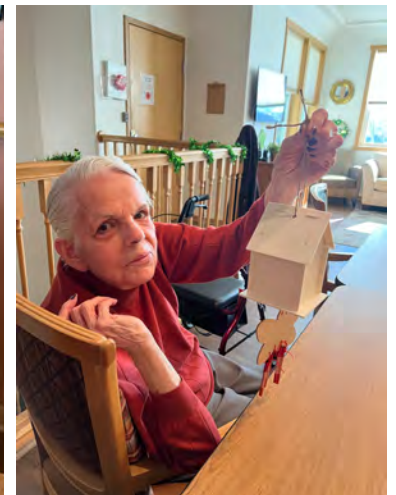
Oatfield Estates

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Arts, Crafts and Horticulture

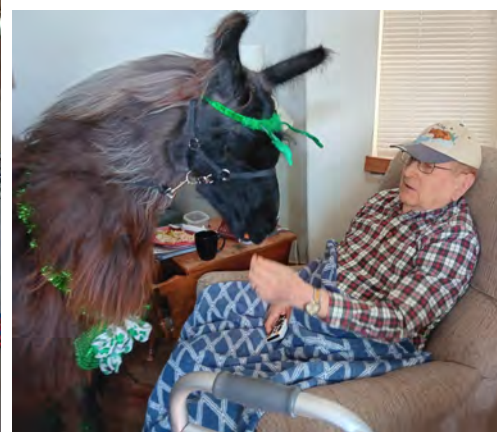
Folks also enjoyed the rainy days as an excuse to prepare and plan for the sunny ones. Resident Joe Martin led more classes on building birdhouses, and with our new Fork Farms hydroponics system, the garden upkeep and harvest happened inside this month. We did maintenance on the machine and the blossomed pea plants, and had a first harvest of five gallon ziplocs of lettuce, kale and baby kale mix, as well as a half gallon of fresh herbs! Residents assisted Jill in converting the entrance water feature into a tiered bulb garden, prepped the beds in front of Hood House with Patty for a memorial garden that will go in next month, and celebrated National Plant a Flower Day by planting many, many flowers.





St. Patrick's Day

We absolutely love St. Patrick's Day at Oatfield. From singing pub songs to rolling out dough for themed Shamrock cookies, we made the most of the celebration. This year, we also invited Benny the Llama for carrot kisses and fuzzy hugs, and some Irish Step Dancers to join the festivities!



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Oatfield Estates

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Refer a Resident Receive \$1,000*

Call for more
Information:
503-653-5656



ELITE CARE



Welcome Home
to Elite Care!



* Referral must be from a current Resident and/or Family to qualify. New Resident must reside in facility for 30 days. \$1,000 will be deducted from referring Residents' Rent.





Musical Merriment

This was a fun month for music at Oatfield. In addition to the St. Patrick's Day dancers, we had fun crafting and playing drums to practice our own rhythms, and Kyle Lewis visited again to play his show toons on the piano. There was a large group of staff and residents that got to adventure to the Milwaukie Elks Lodge for the 2024 Winter Music Festival. For many, this was their second opportunity to see Johnny Wheels and the Swamp Donkeys live, after hosting them on campus last month for a lively concert with awesome reviews.





Let Go of My Lego!

There was an interesting new activity that caught on quickly this month, and seemed to be a really big hit. For those of us who never played with them, it was baffling to see the level of enjoyment, but for many, it was a return to simpler times, memories of playing their own games or games with their kids, and really loving the simple joy that creativity with a lego set can bring.



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Fantastic Foods

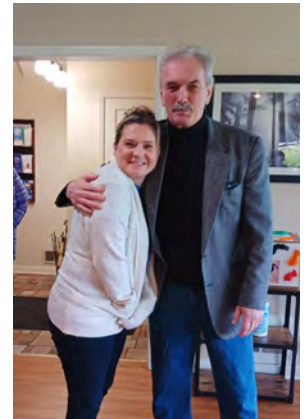
When it comes to delicious treats, we believe there's no such thing as too much. This month saw mostly desserts in the form of cookies, turnovers, brownie pops, pies, and cakes. Folks love getting elbows deep in a good recipe, and we had plenty of reasons to cook, bake, or in the case of certain peanut butter pies, no bake!





Farewell, Eka!

Staff from all over campus showed up on the Wednesday we said thank you and goodbye to our beloved chef of 15 years, Eka Dogar, as he took the plunge into retirement. Accompanied by his charming wife and two teenaged children, we had fun getting pictures of them next to his gifts, making him wear his staff-signed apron, and cherishing the moment. Catered by Olive Garden in recognition of his love of Italian cuisine, we ate lunch, laughed, reminisced and gave honor to an amazing career of service to his residents and Elite Care. He will be sorely missed, and we wish him happy trails on this next leg of his life's journey. Best of luck and well wishes, Eka!



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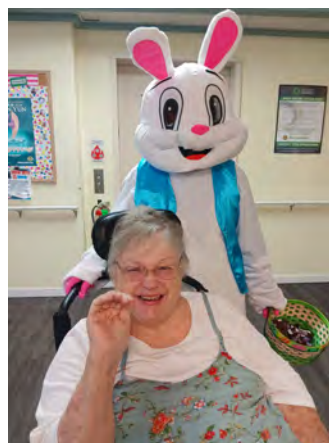
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Easter

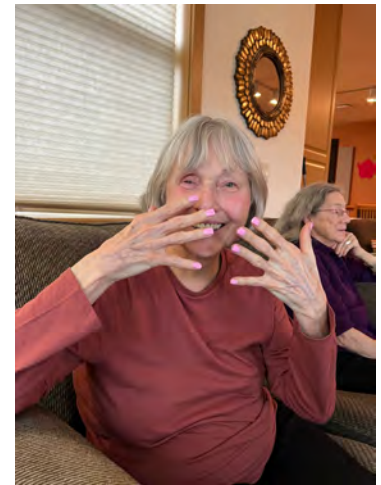
Easter snuck in right at the end of March this year, which made for double holiday joy in the month. There was extra frantic decorating, breakdown and redecoration to keep the vibe right for the separate celebrations. The residents helped the Easter Bunny set up extra supplies to save him time, loading eggs and baskets galore, so that when he made an appearance and went house to house, there would be plenty of time for hugs and pictures. Victoria also brought her daughter and their guinea pigs to visit campus and act as assistants during the Easter Bunny's adventures.





Odds and Ends

There's just never enough room to feature everything going on at Oatfield, so the Odds and Ends section is where all the favorite activities that didn't get featured land. Jim Olsen was hosting 3D this month again. There were social hangouts, manicures and salon day poses with brand new haircuts. Bingo, book discussions and board games kept our brains working, and Melba taught new residents her spool knitting course. The views at times from the hill were spectacular, and the wildlife abundant. The Royal Rosarians had their beautiful, annual dinner where Elite Care is a sponsor for a Newsmaker of the Year, and members of Elite Care attended with Founder Lydia. There was puppy love, silliness, smiles and a host of projects to spruce up the campus, particularly the wonderful work done by Travis and Ward on the Koi ponds. All in all, it was a productive and satisfying start to a beautiful spring. We'll see you next month with more news and excitement!





New Residents



Mark B: Mark was born and raised in Oregon, and is the epitome of “Pacific Northwestern-er”. Mark and his family grew up in Portland and have great memories of going to Trail Blazer games growing up. Of course the holidays are also a fond memory for Mark as he looks back on some special times with his brother and sisters. At an early age, Mark discovered his love for Cycling and joined a cycling club when he was 18. One of his favorite memories is a four day bike ride along the Columbia River. Mark was a successful small business owner in Portland where they manufactured art supplies. This easy going guy really enjoys some good rock and roll and live music as well. His favorite food is spaghetti and he is looking forward to socializing during meals with other residents in Adam’s House! Welcome Mark!



Miriam H: One of our newer residents to Jefferson House prefers to be called “Molly” and has a smile as bright as the sun. Molly has a big family and adores her three daughters. Her favorite memories are of spending time with her daughters and her late Husband whom she was married to for 45 years! They met in College at Oregon State during the “heavenly days” event. Together they traveled extensively to places such as Sweden, Alaska and all over the Southern United States. She says her “favorite place” is anywhere she can call “home”. Molly loves helping others and being social throughout her neighborhood. Some of her favorite hobbies include her love for animals and all kinds of food, but she especially loves weaving projects. We look forward to getting to know more about Molly, Welcome!



New Residents



Alice M: Alice is the newest resident to join the Jefferson House Family at Oatfield Estates. Alice comes from a very large family and is still very close with all of her brothers and sisters. Alice and her Husband John have two daughters and a son whom they are extremely proud of. Some of their favorite family memories revolve around birthdays and holidays when everyone could get together and enjoy time together. Alice was a social worker for over 20 years helping individuals on welfare access resources to enrich their lives. Alice and her family are very proud of her career and describe her as always being nurturing and compassionate to every person she meets. Some of her current hobbies include walking around our beautiful campus and exploring the gardens. You may catch her on a sunny bench doing a word puzzle or most likely keeping active on the walking path. Please welcome Alice when you see her out and about our campus!



Michelle is a new resident in Larch house. She grew up in Los Angeles, CA. She is in the middle of 8 children. Some of her favorite memories from childhood included swimming, both in the ocean and in pools, and her two pet ducks, Chicky and Quack-Quack. She had the ducks from the time they were tiny ducklings and they grew up with her. After living in LA most of her life, she moved to Monterey, CA for several years. Michelle has always liked interior decorating and she got a job in the furniture industry, working in and designing the showrooms. She worked in the furniture industry for 25 years.

Since moving to Larch house, Michelle has been enjoying the peace and quiet. She feels it's a good place to heal and take care of her health. She is looking forward to finishing up decorating her room, getting her power chair, and starting physical therapy. Welcome to OE, Michelle!

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Fanno Creek

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This month our fantastic Fanno community has begun the month with a great start by baking cupcakes and other treats on rainy afternoons. The moment the sun broke out of the clouds we didn't waste a single opportunity to take walks outside to enjoy the sun and check out the new construction for the Fanno creek trail extension. They say it will be a while for the trail to be done but all of us are anticipating the day we get to walk down the new bridge trail. As we wait we continue to work in our garden and continue to start new seedlings as our chickens love to beat us to the punch of watching them grow. We have decided to start our pre-seeding of herbs that our chef Jennifer implements in her dishes. We can't wait to use what we grow and taste it!



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We have had lots of fun dancing and singing along to our favorite musicians this month, especially on the rainy days. We started our crafts and decoration for the upcoming holiday St. Patrick's day by recycling egg cartons and turning them into 4 leaf clovers for decoration and even made some DIY pinecone wreaths we can use for every season and holliday. Then came the big surprise of the Irish tap dancers by the dozens! They were a huge hit and had everyone at the edge of their seats watching them dance many jigs and dances with smiles on our faces celebrating St Patrick's day in full force.



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Of course we can not forget about easter! Some residents went and spent the day with friends/family but those who were with us had a great surprise from the Easter Bunny! Lots of laughter and giggles from everyone, even Franklin-D-Cat got some well deserved attention on this special day. Easter eggs filled with goodies were scattered and waiting for the residents to gather at the dining tables for lunch as well. What a lovely day. The remainder of the month we ended strong with warm weather walks, talks and mocktails. We are now planning for next month's fun in the sun adventures.





We celebrated our lovely resident Marcys birthday on march 11th with her family to surprise her with gifts and cake for everyone to share. We joined as a community and sang her happy birthday while eating the delicious cake her family brought for us all, Vanilla with cheesecake filling, YUM! Happy birthday Marcy.

New Resident



Ram is our new resident here at Fanno Creek, he is a very fun energetic guy who loves to share his stories about his travels and what he has done for work over the years. Ram has a liking for having some red wine with his meals and can tell you anything you need to know about where to find a great local spot for good food or a stiff drink. Ram has already implemented himself in our activities, especially our exercises daily. He truly is a fun guy to hang out with. Welcome Ram to our community here at Fanno Creek!

Resident Spotlight



Marla has been here at Fanno for a while now and boy is she a character, she is always walking around giving everyone the biggest smile she can send to anyone's direction keeping our rainy days so bright. Marla has such a strong appetite for her t.v shows that make her giggle and laugh out loud. She loves having company and going for walks and enjoying the weather when it's nice outside. Looking forward to more adventures with her.

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Join us at Fanno Creek in May for a special Luau themed party! RSVP directly to Ally: alleena@elitecare.com

**FANNO
CREEK**

LUAU PARTY



May 14th

12pm-2pm

RSVP: alleena@elitecare.com

Lunch: Hawaiian Style Plate
Pulled Pork- Chicken Skewer
Mac Salad- Hawaiian Roll- Pineapple
Upside-down Cake

**HULA
LESSONS**

**FACE
PAINTING**

**KONA
ICE TRUCK**

**HEADDRESS
CRAFT**





Sunscreen & Seniors:

As we approach the sunny season, we want to remind everyone the importance of using sunscreen and protection, especially as we age and our skin becomes more sensitive. In the 1960s and 70s, sunblock or sunscreen was just about non-existent. Sun protection factor numbers (SPF) hovered around two (2), four (4), or eight (8) – a drastic difference from today’s minimum recommendation of 30. People strived to get as tan as they could, and the importance and benefits of sunscreen was still unknown.

Eventually, however, people came to realize that the sun was causing devastating health consequences – the most prevalent being skin cancer. Sunburned skin, or even tanned skin, is damaged skin. According to the Skin Cancer Foundation, the “glow” of tanned skin is evidence of DNA injury, and increases the likelihood of the three most common skin cancers. Since the skin becomes more vulnerable and delicate as we age, it’s no surprise that most skin cancers are found in people 65 and older – reinforcing the importance of sunscreen for seniors. The five most effective tips for preventing sun damage are:

- stay in the shade- even indirect sun can have damaging effects
- use sunscreen- recommended SPF of 30+ (lotion, spray or stick)
- wear a wide-brimmed hat that covers the face, neck & shoulders
- wear clothing to the ankles- and don’t forget foot protection!
- wear a long-sleeved shirt that has UV protection

Please contact your house manager if you have any questions about providing your loved one with sunscreen- in most cases we will need a doctor's order for our staff to assist in administering this ointment. Be safe in the sun and always consider the 5 safety tips when outside.

