

Elite Care:
Residential Care Facility

December 2024



Newsletter

Dear Elite Care Friends & Family

As we dive head first into winter and the cold dark days of December, we want to offer some light and peace to our Communities. While it might get dark at 4:00 p.m. we keep the party going well into the evenings at Oatfield Estates and Fanno Creek. Most popular this time of year is a good old fashioned Movie Night! Every house has the equipment for a perfect movie night, including a popcorn machine. Recently though, our Residents and Activities crew have been busy in Adam's House building a special Movie Theatre- complete with a larger than life projector screen! With cozy vibes and comfy seating, this is sure to be a popular place in the winter months.

Residents from all across campus can come together to enjoy some fun quality time in this new entertainment space. We appreciate the dedication and imagination our staff has for the Residents of Elite Care. This campus is their home and it feels wonderful to be able to offer so many different areas across campus that Residents can enjoy! Are team has also put some new work out stations along the Oatfield Estates campus path. Be sure to stop and do a few pull ups on your daily walk to keep your exercise routine varied.

At Fanno Creek, our activities coordinator Liandy, has been spending all of her spare time making use of the many unique spaces on their campus. Residents have enjoyed concerts in the Barn, the plant room and out front by the rose garden. Liandy is doing an incredible job of utilizing the entire campus to keep Fanno Creek Residents busy in every season. When you put support and hard work behind an idea, there is no stopping it from happening!

Until next month, happy holidays to all!

Elite Care Management

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Oatfield Estates

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Exercise and Movement

Even though November weather had us inside for most of the month, we still managed to bundle up and take full advantage of the few sunny days we had for walks and some of our morning exercises. When the rain kept us indoors, we were able to keep moving and enjoy our workout equipment, Tai Chi and morning stretches. Resident John Ross even led us in some challenging yoga routines.



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Oatfield Estates

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Green Thumbs

Thankfully, even with the crummy weather, we have wonderful indoor areas to keep our gardening endeavors on track. Therapeutic Horticulture landed on a fortuitously sunny day, so we were able to venture out and forage for our wreath-making supplies, getting sidetracked along the way in marveling at the smoothness of the bark on our campus Crepe Myrtle. We had fun with flower arranging, and engaged all our senses in a sensory activity with tea from the cabinets and rosemary from our campus beds.





Social Connections

Staff and residents came together for all sorts of activities this month. We enjoyed regular Sunday Matinée movie showings, even attempting to project onto the wall for a big-screen effect. The consensus is that perhaps a screen would be a wise investment! We enjoyed music concerts, open-mic storytelling, manicure hangouts, and even a cooperative craft activity or two.

When one of our staff experienced the sudden loss of a family member, residents and staff came together and put up a support banner, writing notes of love and encouragement to attach for the person who was grieving to find some comfort. We are so grateful that there is never a shortage of love and support here for our community and each other.





George Dikeman Memorial

Staff and residents also met to recognize, reflect upon, and celebrate the life of George Dikeman, a resident at Oatfield Estates who passed away this September. We shared stories and memories of George, spent some time in prayer and silence, and then went outside to give back in a way that we think George would appreciate. He loved birds, so outside the Larch and Tabor buildings, we've started to hang birdhouses from one of the trees to honor George and also provide a refuge for the beautiful birds in the area. Just as George always had room in his heart for animals and people, we will continue to place birdhouses in this spot so that the birds always have a place.



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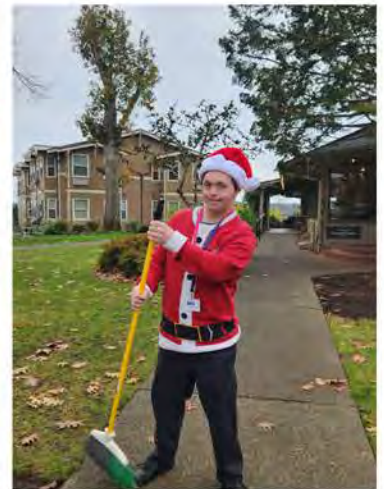


Oatfield Estates

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Festive Spirit

We had a quiet Thanksgiving holiday here on campus this year, with only a handful of family visitors, but we did it up in usual Oatfield festive fashion. Residents worked hard to make beautiful centerpieces and staff set private tables to be available if visitors and residents desired a private dining experience. Some residents built seasonal art displays in some houses to build the excitement for the holiday. We even had a few folks on campus jumping the gun into the Christmas Spirit with costume shenanigans before we were done with our Turkey Pot Pie!



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Fall Photo Shoot

We all love an opportunity for a photo shoot, so why not use autumn as our excuse? We definitely did, building a backdrop of fall leaves and donning some interesting accessories. We had fun with the camera and with each other, snapping pictures and continuing the theme of celebrating the season.



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Table Games

Being stuck inside can be a downer, but we didn't let it rain on our Bingo parade. We hosted many more sessions, and even added some card games in the mix. When at risk of boredom, we simply added snacks!



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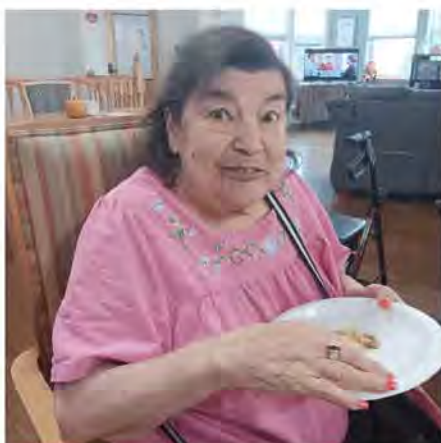
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Fantastic Foods

There were snacks galore this month. Every time we turned around, there was something new happening for High Tea. We did flavored popcorn, fruits in so many varieties, both fresh and covered in whipped cream. We often reap the benefits of Patty's culinary expertise, but this month's Pastries with Patty took dessert to a whole new level. There was no shortage of willing hands so long as the work came with the reward of taste-testing the results. Residents rolled dough, chopped, stirred, sprinkled and baked their way to a High Tea filled with an assortment of Apple/Fig, caramel and goat cheese pastry, as well as a magnificent apple crumble.

Leadership also showed food love to staff this holiday season and gave every single staff member a Costco pie for Thanksgiving. Jill Nelson took on the enormous task of buying and distributing to every community. Thank you, Jill! Happy Holidays!



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Mr. and Mrs. Claus visit Oatfield Estates





Staff Spotlight - December 2024 - Amanda



Amanda says she loves getting to know the different people and personalities at Oatfield Estates, and specifically at Larch and Tabor, where you can find her caring for our residents. She's adopted a "go with the flow" philosophy toward life. If she could give her past self advice, it would be to not take everything so seriously. For a while, her dream job was to be an anaesthesiologist, and now she's working toward the goal of being a CNA and owning her own house.

When not caregiving for the Larch and Tabor houses, Amanda raises her 3-year-old son, goes to her younger sister's choir concerts, and values her rare alone time, when she can delve into her creative side through scrapbooking, drawing, and decorating for parties and events. Amanda grew up with a big family: her mother has 8 siblings, and her dad has 7, so holidays can be huge, especially Christmas. One of her family's traditions is that one of her aunts likes to hide a Christmas pickle every year, and whoever finds it gets a present. She says that she's only ever won once before, so we hope this year you find that pickle, Amanda!

Resident Birthdays

RAINIER HOUSE
Ronald 11/02

ADAMS HOUSE
David 11/30

JEFFERSON HOUSE
Dick 11/16



Resident Spotlight - Rick J

Meet Rick— or, as so many have called him over the years, “Coach.”



Rick loved sports as a kid and started coaching junior high football when he was only in 10th grade. He was once ranked #1 in the state of Oregon for slow-pitch softball, and over the course of his career (17 years coaching football, 25 years as a basketball referee, 25 years as a softball umpire, and coaching baseball for 8 seasons), Rick worked with over 300 kids. He says that, as a child growing up in a home without a father, in his own life his coaches were like dads, and as a coach in his adult life, he tried to impart to kids the values of sportsmanship and fairness.

Those years of sports and coaching gave him ample opportunity to travel around the country, which Rick loved, especially as a fan of US history. Exploring historic locations in Boston was a particular highlight. In his spare time, Rick also loved to ski and go deer hunting. When he was younger, he was able to see some great concerts: Aerosmith, ACDC, Queen, The Beach Boys, Boston, Van Halen (three times!), Heart (three times!), etc. His first concert ever was seeing The Eagles in 1975. Rick told me that he’s lived a good life, and you can really tell when you talk with him. The proof is in how one of his stories so often leads to another. So, if you get the chance, say hello to Rick, aka “Coach.” We’re happy to have you here with us at the Larch house and Oatfield Estates!



Welcome New Resident



Norma K- Welcome Norma, to Adam's House! She grew up in Boring Oregon. Her father was a mail carrier. Mom stayed home to tend to the house and Children. Norma has 1 sister who is 6 years older.

For her occupation she was a Medical Secretary for the Veterans Hospital. She mentioned that she loved that job. She has many hobbies: Going for walks, swimming, riding a bicycle, going fishing and camping. I love being outdoors and being active. For inside activities: She took many years of piano lessons. Loves listening to classical music.

She is interested in attending a small group for yoga / tai chi classes we offer at Oatfield Estates. Travels: She has traveled to Australia a couple times, and has some great friends that live abroad. Norma was an active church member at Mt. Tabor Presbyterian Church, and would love to attend a church service. Norma is looking forward to making many new friends at Oatfield Estates.

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Fanno Creek

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Winter is coming rather fast and indeed surprising many of us and being one of the most joyful months coming ahead we had so much fun with many of the activities, many outings including to the Portland Art Museum with Oatfield Estates and a pumpkin patch on Sauvie Island, reconnect with friends regardless the weather getting colder

It was definitely a great time to celebrate the upcoming winter months playing many games and welcoming great artists, bringing joy and more to our community.



Arts and Crafts

As part of our ongoing art program, this session we focused on fostering creativity through elements that might initially seem messy or complicated. With the changing weather, we recognize that the onset of depression can make it challenging for residents to stay motivated to participate in activities. In response, Liandy's program was designed to create a social space where residents could engage all five senses, making the process of arts and crafts more meaningful and immersive.

The program emphasized collaboration and the fusion of creative ideas among neighbors, allowing everyone to contribute to a shared artistic experience. This approach encouraged deep thinking, exploration of abstract design, and the development of new artistic skills.

Residents created abstract collages inspired by Salvador Dalí, painted pumpkins with glitter and tempera, and used their crafts to decorate the front lobby. They also baked intricate cookie designs, created beautiful centerpieces, and prepared traditional holiday treats from various parts of the world. These activities transported participants to different cultural settings, offering them a more profound, sensory-driven experience that not only sparked creativity but also promoted a sense of community and connection.



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Music and Games

One of the most essential elements of this program is music. Liandy has thoughtfully incorporated elements of time, movement, rhythm, and nature to create a truly multisensory experience. Concerts have been held in various settings, such as the plant room, the barn, and even the library, all enhanced with lighting effects to deepen the sensory experience. This month, the residents have been thoroughly enjoying the diverse musical performances brought to Fanno by our talented artists. Gabe, one of our most interactive artists, consistently brings a mix of the latest hits and timeless classics, engaging residents with his infectious charisma and willingness to explore different musical styles. Meanwhile, Kris, with her guitar, plays much-loved country songs that evoke the feeling of the changing seasons through Southern and Western melodies.

The highlight of the month, however, was Karen's performance with her flute. She transformed the plant room into a beautiful acoustic space, allowing residents to transcend into a serene world with her calming music. Through Karen's performance, everyone experienced a sensory journey, exploring the breathtaking landscapes of Fanno Creek, all through the power of music.



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Games, on the other hand, are always a priority in our community, integrating movement into various forms of entertainment and daily routines. The Fit Group has become one of the residents' favorite activities, with popular sessions like Chair Zumba, Chair Yoga, and Tai Chi—each offering invigorating exercise that encourages residents to stay active and engaged.



When it comes to board games, residents are eager to be the first to claim a seat and join their neighbors for a friendly game of Dominoes, Casino Nights, Racquetball, or Bowling, to name just a few. The excitement and camaraderie are always evident. Dancing, however, truly stands out as a highlight for many residents on the weekends. Whether it's learning new moves or just enjoying the rhythm, Leah and Jeff bring the vibrant sounds of the Caribbean and classic American Foxtrot to life. These talented dance instructors lead residents through the steps with joy and expertise. The best part? Residents get to showcase their growing skills with the final choreography, proving that there are no limits—neither age nor ability—when it comes to fun, movement, and self-expression.

So, next time you visit Fanno Creek, be sure to wear your sneakers—this community is definitely in a groove!



Staff Spotlight: Alley Page

Alley is a passionate and dedicated individual from Hillsboro, Oregon, known for her incredible work ethic and deep commitment to those she cares about. As a mother of three beautiful children, Alley brings her nurturing, team-oriented spirit to every role she takes on. Whether she's behind the wheel as a bus driver, organizing activities as a coordinator, or serving as a med tech, Alley wears multiple hats with a smile and a positive attitude.

For over a year and a half, Alley has focused on teamwork and making a meaningful difference in the lives of others. Her commitment to the residents she serves has made her a pillar of strength in her community. She ensures that every individual she works with is treated with dignity, respect, and joy, solidifying her as an invaluable part of any team.

We are so grateful to have you in our community!



Welcome New Resident

Linda is originally from Baker City, Oregon, she is a beloved member of the community who is winning the hearts of everyone she meets. Whether it's creating beautiful flower arrangements, exploring her artistic talents, or playing racquetball at Fanno, she is always there to lend a hand. Linda has become a pillar of emotional support for her friends, always offering care and encouragement. For those fortunate enough to call her a friend, it is truly an honor. Sitting next to Linda for a coffee is a treat – she's a genuine friend with the best conversations. Don't miss the chance to spend time with her!

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