



# Newsletter

December 2023

## Dear Elite Care Family and Friends,

At Elite Care we love recognizing when our employees are going above and beyond in their field. This month we want to recognize Nancy, in our Marketing and Sales department. Our very own Nancy has been nominated for the Integrity Award being presented by Metropolitan Senior Network. Nancy was nominated by one of our business partners, here is what they had to say about her and I couldn't agree more. Nancy Leifheit / Elite Care at Oatfield Estates and Fanno Creek: - Qualities: Nancy is always the consummate professional. She is honest and ethical in her work. She truly cares about the residents and families she serves. She always responds in a timely manner. - Demonstrated by: I have watched Nancy with prospective families. She is thoughtful about explaining what her communities can and cannot provide. - Nancy doesn't tell people what she thinks they want to hear. She is honest and forthcoming about how the move process may go. She is willing to have the difficult discussions with residents and their families. Thank you Nancy for consistently being a crucial member of our team and Family, your dedication to our seniors is appreciated every day!



We also want to introduce everyone to our newest campus Mascot, Hazel. Hazel comes from a large litter, most of whom are also new additions to other Elite Care Staff Families. Owner and Campus Director, Misty, chose the littlest runt of the litter- but where she may lack in size, Hazel makes up for in personality. From her daily wardrobe choices to her spunky and inquisitive personality, Hazel is the perfect representation of Elite Care at Oatfield Estates. You can find her usually in Larch and Tabor Houses with her "Aunts" our R.C.C. 's Alaysha & Teresa. Residents love getting puppy snuggles and are really resonating with her as part of our Family.

We hope everyone finds themselves happy and healthy this holiday season!

-Elite Care Management



## Wellness Corner: Navigating the Winter Holidays:

Winter Holidays can be the hardest to navigate. This time is one of the most stressful seasons of the year. It is also the time most likely to involve a large family gathering. When a loved one is missing, time with family can bring feelings of grief and sadness. These could also be guilt about laughing and having a good time. All this can make grief even more difficult.

Soften harsh "I should..." self-talk by saying, "If I have time I might...". Don't be afraid to scale back. Skip things that will add stress. Send cards early, or not at all. Consider shopping online avoiding long lines and traffic to reduce stress. It's okay to be joyful during the holiday season. Even when our hearts are aching with sadness, continuing on with traditions that conjure warm memories is a way to be thankful and honor our loved ones in a beautiful way.



## We celebrate November Birthdays at Oatfield Estates:

- Nancy 11/02
- Wally 11/11
- Dick 11/16
- Dave 11/30





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## National Author's Day

We started November off with a bang! November 1st marks National Author's Day. In addition to our popular book discussion meetings, we celebrated this year by hosting a local author, Peter Rock, who visited and shared his writing experience and work on his book, *My Abandonment*, with a great group of resident readers. In anticipation of his visit, the Life Enrichment team purchased a few of his books to loan to interested residents, and we got a copy of the movie that was based on the book, "Leave No Trace," for those residents who struggle with reading, but still wished to participate. It was a great meeting, and we hope you get the chance to enjoy his book as much as we did.







## Arts, Crafts and Garden

On the few decent weather days, residents worked on winterizing the garden beds, but most of the creative endeavors were indoors this month. Residents arranged fresh-cut flowers from Trader Joe's, painted birdhouses, and made holiday decorations and wreaths. We tried our hands at working with resin molds and centerpieces, and folks even did some more tie dye. It's really nice that there's always something to do or something to make in the Garden Hangout.







## Exercises and Movement

We value the role of exercise in everyday life here at Oatfield. Every day, there is an opportunity on the Activities Calendar to get involved in some sort of physical movement focused on improving reflexes, balance, strength, mobility, etc. In addition to the regularly scheduled Tai Chi and Yoga classes, we had baseball, bowling, frisbee and balloon tosses, resistance training with exercise bands, bean bag tosses, and parachute play. We bundled up for walks to check the chickens and watch the plants go dormant. Our morning movements give us the momentum to make it through the rest of our busy days.





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## Exercises and Movement



**Refer a Resident  
Receive \$1,000\***

Call for more  
Information:  
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ELITE CARE

WELCOME

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.







## Fantastic Foods

With almost no exceptions, everyone on campus, staff and residents, are food lovers. It's really hard to remember to eat to live instead of living to eat with so many amazing options. Residents helped, as usual, to bake cakes for our Birthday folks. They baked all sorts of different cookies for decorating or dipping in chocolate, cut up persimmons from our tree to dehydrate them for snacks, and had caramel apple tastings with our multiple campus apple varieties. There were baked pears, crafted quince deliciousness, and ice cream at High Tea time, because why not?







## Thanksgiving at Oatfield:

The holiday on campus this year was mostly quiet and intimate, but full of joy. Some residents had family and friend guests for our Thanksgiving inspired meal on the 14th. Everyone seemed to very much enjoy the place settings and atmosphere. Residents had a great time decorating for the event and doing holiday-related crafts and activities throughout the month.

We spent time in thankful reflections and staff and residents contributed their thanks to the Gratitude Wall.

Jaiden, of the Life Enrichment team, spent quite a bit of her time making sure there was a personal Thanksgiving card for every resident on campus. Thank you, Jaiden, for making our people feel special and cherished.







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## Thanksgiving continued:

Our very own tenants, David and Christine, also showed their thankfulness by generously volunteering on the holiday, taking on one of the campus chef's responsibilities, and making a beautiful, traditional Thanksgiving meal for two of our houses. They had tearful thanks from many of the residents and rave reviews from residents and staff alike, one even saying that she had never eaten a more delicious thanksgiving dinner in her 73 years of life. We are thankful for you, David and Christine.







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## Music

Helen came this month to lead her sing-a-long on the accordion. We always enjoy her infectious, positive energy and impressive musical talents. We also had drumming sessions where residents work together to feel and improve their group rhythms, and Nurse Vicki showed us what she can do on the piano!







## Outings

There were a number of really unique and exciting outings this month. There was a group who went to OMSI where they learned about orcas, frogs, and space. There was a trip to the Northwest Senior Theatre to enjoy holiday carols, and a trip to the Peculiarium Museum in Portland to see some of the oddest exhibits the imagination could concoct. They took a busload of folks to visit an old friend in her new community, and another to visit Fred Meyer for essentials. Last, but not least, folks made their way to Powell's Books, where one of our published resident authors cracked an ear-splitting smile when he found his own book on the shelf and showed it off.







## Outings



*Freaky Summer Menu*

SCRUFFY DOG <small>Price based on 50¢ Can Soda</small>	\$8.
SWEET PATOOTIES	\$5.
FRENCH FRIES	\$4.
<i>Our World Famous</i> BUG SUNDAE <small>AS SEEN ON TV!</small>	\$7.
<small>OUR INDIANAS WALKABOUT SUNDAE WITH ALL THE TOPPING PLUS REAL FRESH DIZED REAL WOODS AND LOVINGLY GARNISHED WITH A REAL COOKED SCORPION.</small>	
BUG COOKIE	\$5.
REGULAR NON-BUG SUNDAE <small>Chocolate Vanilla</small>	\$5.
BIG OLE HONKIN' BROWNIE <small>Fresh Baked</small>	\$3.
ICE CREAM CONE / SCOOP	\$3.
<i>Fresh Ground</i> COFFEE / ESPRESSO	\$
LEMONADE <small>Fresh Squeezed</small>	\$5.
GO SOD OUT VIDY <small>Stick or Bag</small>	\$3.
NON-BUG COOKIE <small>Fresh Baked</small>	\$3.
FANCY ASS SODAS	\$3.
ITALIAN* SODAS <small>TONS OF FLAVORS / COMES WITH CREME* ASK</small>	\$3.
CHIPS <small>VARIOUS</small>	\$2.00 ea.







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## Outings







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## Odds and Ends

There are always those things that don't fit in neat and tidy categories that land here in Odds and Ends. We have photos of happy manicure recipients and pet therapy joy. There was an interesting touch sensory activity where residents had to identify the items in a box just by feel of hand. We provided a COVID vaccine clinic this month, and Doug and Nan continued to host the Tuesday Devotional Meeting at Adams House. We had card, dice, word and pool games, Veteran's Socials and House Meetings. We honored one of our nighttime staff, Naomi, who enjoyed a prize trip to Disneyland with her daughter that was won from a raffle between those folks with exceptional attendance.







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## Employee Spotlight: Christine & David

Christine, a Vanda employee and tenant at Oatfield Estates, and her husband David, felt it was “time to give back” so they provided a Traditional Thanksgiving meal for our residents of Larch and Tabor Houses. One of our residents shared with David that the holidays are approaching; he added that he had no family or friends and nowhere to go to celebrate the Thanksgiving Holiday. He also shared that he had fond memories of childhood celebrations, but it had been a long time since he had truly enjoyed a traditional Thanksgiving.

David shared with Christine “We need to give these residents a Traditional Thanksgiving Holiday to remember and enjoy. Several other residents commented on their memories of Thanksgivings past and some of their favorite foods. Little did these residents know that they were creating the Holiday menu that Christine and David prepared. They were very generous in providing and preparing 2 turkeys, 2 hams and even a salmon for a Pescatarian resident! They also make homemade stuffing, the “green bean casserole”, Southern Yams (sweet potatoes with marshmallows and Red Hots (spicy candies).

There were some families who wanted to bring their family members home, but transportation was a barrier. These families were very grateful that a big celebration was planned for our Larch and Tabor residents. Christine and David said that they had not had a holiday this meaningful in a long, long time. David shared it was one of their best days ever!

Thank you, Christine, and David, for making a special day for a deserving group of people at Larch and Tabor. We appreciate you and your spirit of giving We appreciate all that you do for our community and our residents.





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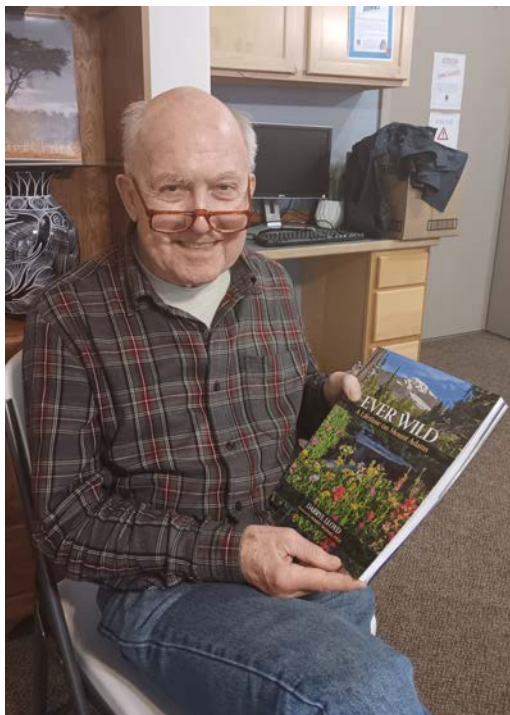
Oatfield Estates

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## New Resident Oatfield Estates:



We want to welcome our newest Resident to Jefferson House, Michelle. Michelle leads a fascinating life! Her love for Harry Potter, humor, and her impressive collection of personal items make for a delightful combination. Being a licensed architect and a partner at Meeks, Coates and Eaton in San Francisco is a significant achievement. Her diverse talents in music, vegetarian lifestyle, and passion for the outdoors, animals, and writing contribute to a rich and fulfilling existence. Traveling to places like Aruba and Africa must have added incredible experiences to her already vibrant life. Michelle has already joined in on our drumming circle. She plays the drums, piano, guitar, and stand up bass!



Welcome to Adam's House Darryl! Darryl was born in Longview , Washington. He lived in Hood river for 20 years as a photographer and writer. Darryl's connection to Mt. Adams and Native American history from a young age is truly special. Climbing the mountain with his twin brother at the age of 10 is an adventurous start. His journey as a professional photographer and veteran, coupled with experiences like exploring deep caverns and encountering wolves in Alaska, adds a unique dimension to his life. The emphasis on essential tools for survival and his longing for steak and eggs upon returning home showcase a rugged and grounded spirit.

He has a sister, Christina and a niece Tanya. He has a Bachelor of Science-US Merchant Marine Academy, in Kings point NY. Master of Marine Affairs University of Rhode Island, Master Mariner. Ships captain -US Coast Guard. P.S. he loves to read and stay on top of the news. Please bring him his newspaper in the morning to Adam's House, where you can find him starting his day with a hot cup of Jo.





## Thanksgiving at Fanno Creek







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Fanno Creek

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## Fanno Creek Highlights:

Winter has come for us, and we are enjoying spending time inside doing art projects and book discussions. With the Holidays approaching, we are excited to announce that our Fanno Creek campus is partnering with Cascadia Behavioral Health for Conversations on and around life as we age. This program called “let’s talk” brings in a volunteer who is educated in facilitating some of the harder conversations around the topic of Aging. Each month we will have a different topic to discuss with our Residents, and all are geared towards starting conversations and expressing personal feelings and views towards the subject. This Month on December 11th, we will have our first conversation about aging into the Holidays. For many seniors, this time of year can be isolating as loved ones and friends journey beyond us. It is easy to lose touch of personal connections and continue traditions. From topics ranging from “forgetfulness” to “living solo as a senior”, this program will allow a safe space for our Residents to share, learn and grow as we all continue on this journey called Life. We look forward to seeing this program grow. For more information, visit their website at: <https://cascadiahealth.org/services/conversations-on-aging/>







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Fanno Creek

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## BINGO Fun at Fanno



## November Birthdays at Fanno: Dan, Mable & Tawyla







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## New Residents Fanno Creek:



Welcome to the Fanno Family, our newest couple Alice & Chuck! Coming all the way from La Pine Oregon where they previously lived next door to their daughter Nancy, Alice & Chuck have moved to Tigard to be only a few miles from their Son, Jon. Their third son Steve, lives in California still- where the family originally started. Chuck Grew up in the Bay Area with his family and spent 2 years serving for the United States Army, spending most of his service time in Germany. Chuck met his Wife Alice who also grew up in the Bay Area in Marin County CA.. Alice is very proud of her organization and was a very accomplished homemaker before finding her true passion in Antiquities. Both Alice and Chuck found a life long career in restoring and selling antiques, specializing in woodworking.

It is not hard to miss Chuck & Alice at Fanno Creek, either by Chuck's Hawaiian Shirt collection or Alice's contagious laugh radiating through the dining room at meal times. Chuck & Alice are joined by their longtime pet, "Franklin D Cat" who enjoys going on walks and watching birds. Welcome to Fanno Creek, just in time for the Holiday's!

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