

Elite Care Assisted Living

Newsletter

February 2024



Dear Elite Care Family & Friends,

We are welcoming spring at both of our Elite Care properties! Our campuses are starting to take bloom, and Residents are enjoying some vitamin D from a few sunny days in January. We are in full gear after a winter of hibernating, and we already have some really fun activities planned. At the end of February we will be attending the Oregon City Blues Festival as our highlight outing. This year the band “Johnny Wheels & the Swamp Apes” are playing as headliners, and we are so excited to welcome the band in March for a private concert in Larch and Tabor at Oatfield Estates. This local band was hard to trackdown, but we anticipate it being well worth the effort! We are looking forward to a bright spring and getting our gardens started. Stay happy and healthy until next month!

Elite Care Management

Snow Days

As you all probably vividly remember, we faced some pretty brutal, icy weather following the beautiful snowfall in the Portland area in January. Being so high at the top of the hill, this can be particularly challenging for us, but everyone on campus kept a great attitude. Our staff worked hard to support each other in having safe places to stay overnight, or ways to make it to work if their vehicles couldn't do it. Residents were working hard to keep each other busy and less bored since the out of doors was unsafe to venture into, and our Activities staff loaded carts, donned ice cleats, and did their best to keep the fun circulating through the houses with new stuff to do. We successfully made the best of a very slippery situation.





Arts, Crafts and Horticulture

We had the normal arts and craft adventures this month, but we branched out a little bit with making some of our 3-Dimensional artistic visions come to life. There were butterfly constellations and flower arrangements. Melba continued with demonstrating knitting for those who are learning, and everyone had fun gathering outdoor items to use in building gorgeous terrariums. There was sensory activity identifying mystery items in a box using the senses other than sight, which could be a real challenge.

The most exciting creative endeavor was spearheaded by our horticulture enthusiasts, who helped put together our brand new hydroponics system. Residents are very excited to have indoor and ADA accessible opportunities to nurture plants and further support our campus culture of healthy living and sustainability.





Campus Birthdays

Residents really outdid themselves this month in efforts to make our birthday guys and gals feel really special. From baking and decorating cakes and customizing birthday banners to decorating for the parties, our residents didn't hold back a bit. Folks with birthdays, staff and residents, most definitely felt spoiled and appreciated.



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Culture Club- Germany

The Culture Club we do for Germany near Oktoberfest in September is a very big deal for us. Normally, we get to celebrate Germany with our founder, Lydia, who was born and raised there. She didn't attend this mini-culture club event, but we felt it was important to acknowledge an increased interest in the Resident Led German Language classes we have started having at Oatfield Estates. Folks got a chance to learn about German culture and language, sing some German songs (including some boisterous drinking songs for the pub), and share stories about their own experiences of Germany and German culture.



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Motion is Lotion

Despite the crazy weather, we all stayed moving as much as possible. Our fearless Yoga Instructor, Martha, always tells us that “Motion is lotion for our joints,” and we take her advice to heart. We did Tai Chi and Yoga, threw bean bags and axes at targets, and giggled at playing balloon toss. Wall Pilates and band work kept us limber and motivated to do our daily walks.



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Outings

We not only stayed moving on campus, we kept busy in the community, as well. We took our regular shopping trips, and we adventured out to The Grotto to enjoy their prayer stations and art displays, and take in the view of their spectacular church. We also enjoyed a trip to the Portland Art Museum for their Africa Fashion exhibit. We saw fashion in paintings, and there were displays of gorgeous clothing, jewelry, and other artifacts of African fashion and culture.



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Music and Magic

We loved the usual concert with Monty this month, but we spent a lot of time just working on our own musical rhythms. People are really enjoying getting together to use the different drums they have all contributed efforts to handcrafting, and jamming out as a group to interesting music. Kyle Lewis came to play show tunes on the piano in Rainier House, and we also did something really different. We invited Stefano, a uniquely talented and very funny magician who put on a show that had everyone in stitches. Keep an eye on your calendars, because we are certain he'll be back.



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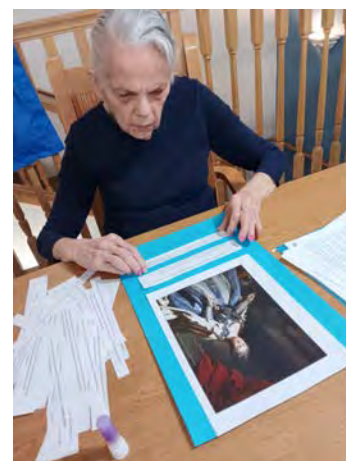
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Paint and Sip- Women in History

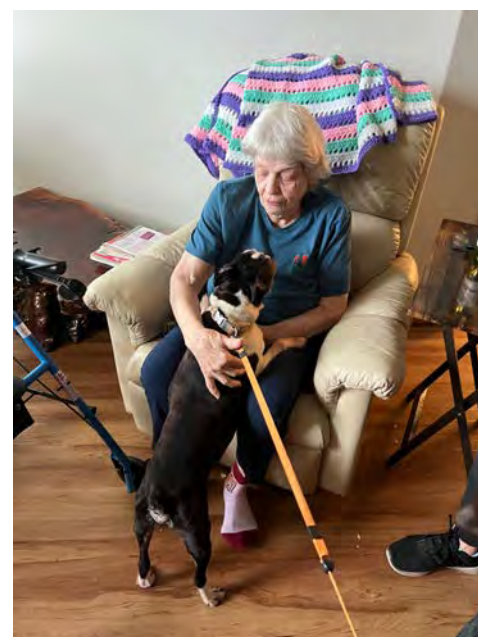
Folks gathered together for a crafting and beverage activity, assembling collages that honored fifty quotes of the most famous women in history. One of our favorites was spoken by Emmeline Pankhurst, who was the leader of the UK suffragette movement, “We are here, not because we are law-breakers; we are here in our efforts to become law-makers.”





Pet Therapy

We had more puppy love days this month, with cuddles and wagging, barking and wiggles. Staff went house to house, and room to room, visiting all the residents who wanted some time with a furry friend.



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Veteran's Social

In honor of our campus service members, we do a Veteran's Social event once per month. Everyone gets together for billiards, beverages, cards and reminiscing about their time serving our great nation. The Veterans' spouses also had the opportunity to share their own experiences of staying behind and supporting the family and home during their partners' deployments.



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Odds and Ends

There were many activities that residents enjoyed that didn't fit into the already bursting sections of the Newsletter this month. Trivia and Naming the States on the U.S. map were two favorites. People also played Bingo and Giant Jenga, took walks, visited Cascade House, and even showed off bright smiles and new haircuts on salon Wednesdays. There were coffee dates and hugs, RC Racing, Book Discussions and the Devotional Meeting on Tuesdays. There's never any shortage of interesting things to do here at Oatfield.



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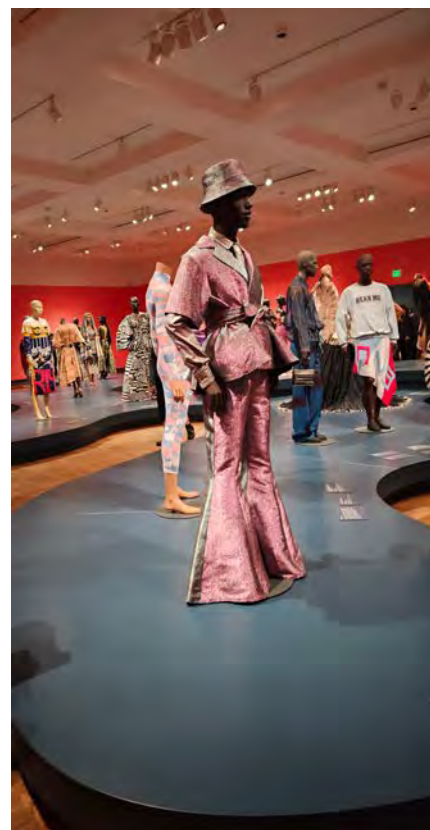
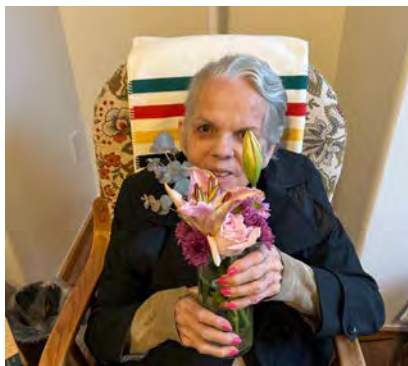
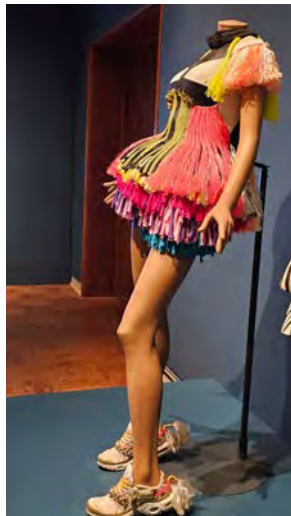
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Odds and Ends



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Odds and Ends





Resident Spotlight:



This month, we are highlighting Oatfield Estates resident, in Tabor House, David ! David grew up in the Dalles, OR, where he spent his childhood swimming in the Columbia River, hunting, fishing and catching any critter that moved. He still loves the outdoors, and any kind of wildlife.

David worked all over the Pacific Northwest as an adult. He worked as a rock crusher, a logger, and worked for the Forest Service for three years. He broke his back while working as a logger, but went back to it, in Alaska, when he recovered.

David loves birds and had many wild bird friends growing up. He befriended a raven, pigeons, pheasants and had a pet cockatiel named Pete. At Oatfield, his favorite thing to do is feed the chickens. He enjoys nature, and would love to go on more outings to public natural areas to see wildlife and be by creeks and rivers. Thanks for telling us about yourself, David!

Welcome New Resident:



Johnny lived in Portland as a youth, then onto seaside and Gearheart for over 50 years. He and his wife Ruth (now deceased) raised a beautiful family with 2 beautiful children, John and Suzi.

Johnny's life is rich with memories of family, fishing, and friendships. His decades-long dedication to military service reflects his commitment and pride. With a fondness for NFL football, especially during the Super Bowl, NFL Football is his favorite sport. Set a bowl of popcorn and pork rinds on the table and enjoy the game! He enjoys simple pleasures like walks in nature, savoring the fresh air and scenery. Welcome to Adam's House, we look forward to getting to know you!

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Staff spotlight:

Welcome, April Carter, R.N. who is now at Oatfield Estates overseeing the care of our residents on Upper Campus! We are so lucky and excited to have her on our fantastic nursing team. In 1991, she began her Healthcare career as a Candy Striper in ST Louis, Missouri, and then earned her CNA certification in 2003. April continued her health care education by earning her LPN license in 2005 followed by her RN license in 2009. April's inspiration and dedication to this profession is obvious because of the care and love she shows our residents every day. April has worked in Tennessee, Wisconsin, Alabama and now Oregon as a Licensed Nurse. She worked in Nashville as a Hospital Emergency Nurse for 8 years where she absorbed a wealth of very valuable experience, which Oatfield Estates will certainly benefit from.



The most rewarding part of working at Oatfield Estates is being able to establish long term relationships with residents, their families, staff and providers. These important relationships help to position an outcome of quality care for our residents by strengthening and streamlining communication between many layers of care. April loves training and working with staff members to properly execute Elite Care's high expectations of caregiving. April is very successful at creating an environment where staff feel comfortable asking questions, and she can help teach staff to find a solution for a positive outcome.

April has two children that are 18 years apart in age. Both were "the surprise" of my life. She loves to travel, attend concerts, collect "weird, tiny dolls." April has a side business of reselling vintage toys and antiques.

Please welcome Nurse April to our amazing Elite Care team!

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Larch & Tabor Staff Spotlight:



Victoria is a new and valuable team member to our Medically Complex Larch /Tabor House as our Behavioral Support Specialist. Her background is in Neuroscience research. Victoria has worked at Emanuel Hospital for over 10 years assisting with Neurosurgeons during intricate surgeries. Victoria received her undergraduate degree in Psychology at the University of Illinois. She earned her Phd. in Psychology at the University of California Santa Barbara. She followed this with a 2 year Post Doctoral Fellowship at OHSU.

Victoria is very excited to transition from working in a hospital setting to being a team member in a Community Based Care Facility like Oatfield Estates. Victoria shares that her new position offers the opportunity to celebrate small victories with the residents that she works with in Larch/Tabor House.

She believes this will be her most rewarding work because it will enable her to develop a long term meaningful rapport with residents versus participating in short term patient care, like in hospitals.

Victoria, her husband and 2 children are an avid outdoors family! They enjoy hiking, camping and their annual mushroom hunting during the fall. She and her family travel to the Olympic National Forest in Washington State every fall for this family tradition of mushroom hunting.

The family also loves birds-both domestic and wild species. They have 2 parakeets, 1 rescue dove and 1 canary. Blue jays and other birds have "adopted" Victoria's family and are regular visitors to the feeding stations her family has set up in their yard! Welcome to the Larch & Tabor Elite Care Family, Victoria

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Fanno Creek

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Fanno Creek:

We started the year off with a PARTY at Fanno Creek. Residents enjoyed sparkling cider for a toast to celebrate 2024 and finished with banana cream pie. Resident activities have been geared around Art & Nature. Residents enjoyed crafting birdseed ornaments to support our flying friends, and we had a naming celebration for our new “kitchen chicken”- which Residents decided should be “Henry”. Residents brought out the art supplies when the weather turned cold, and made some beautiful masterpieces to decorate the hallways. We made sure our chickens were happy and healthy during the ice storm, and kept them warm with hot vegetable soup! We are already planning our spring gardens and had a big delivery of mulch to get our raised beds ready. Residents are so excited for some home grown produce to share with Chef Jennifer!





Fanno Creek:

Residents kept active inside with a lot of fun exercise classes like zumba, tai chi with Pappi and of course dance parties! We did a throw back to the early 90's with a macarena themed impromptu group dance party, and everyone got up to join in. With all that excitement and movement, Residents always work up an appetite for some delicious treats whipped up by our Chef and Residents. Everyone loves a brownie fresh out of the oven with a hot cup of coffee. We ended the month with our monthly meeting with Walt who came and spoke to us about resolutions and starting a new year fresh!



Happy Birthday Marla



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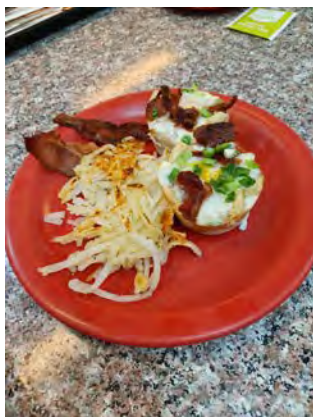
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Fanno Creek:





Fanno Creek Resident Spotlight:



Gunnar:

This wonderful man named Gunnar, joined our community just a few months ago and just in that short period of time getting to know him has been such a pleasure. Gunnar is so cheerful and enjoyable to be around, especially his humor that makes so many smiles in the room. Gunnar grew up in Denver Colorado with his parents and two older siblings, he being the youngest.

Gunnar grew up enjoying things like tennis, football and skiing. He has always seemed to be pretty active and even now while at Fanno creek he goes bike riding and plays some of our more physical games. Gunnar loves to share stories of himself and is pleasant to be around, if you don't have yourself a guy like Gunnar you should definitely find one.