

Elite Care Senior Living

Newsletter

January 2024



Dear Elite Care Family & Friends,

As we reflect on 2023, we have so many reasons to be thankful for the staff we get to call family at Elite Care. Our staff care so deeply for our residents and create such meaningful memories and bonds throughout their journey, that it is almost hard to put into words how much heart and soul it takes every day to accomplish this. We want to dig deep and give thanks to every single employee across our two campuses. It takes a literal village to run campuses of over 100 residents and keep everyone healthy, happy and thriving. We have layers of different teams with employees working 365 days a year and 24 hours a day to ensure we can maintain Elite Care's high standards of care. Please join us in recognizing our fabulous teams, and the hard work they put in every day for our amazing Residents.

Our life enrichment team, kept organized and run by Director Patty, are always looking ahead for when to plan activities around planting fruits and vegetables in the ground we live on. Patty and her team incorporates daily activities that can accommodate any level of cognition and physical abilities to keep our Residents active and engaged. Is exercise considered 'work' if we are all smiling and having fun while doing our daily activities? Keeping our bodies in motion is a crucial part to our holistic approach to health care.

Our incredible housekeeping team of Linda, Dee & Eloisa at OE and Rosa at Fanno Creek- work with residents and house staff to keep our homes clean and organized. These incredible women may be doing behind the scenes work, but they are always engaged and attentive to Resident needs. Thank you Ladies, for making us shine!

Our facilities team, run by Ward & Travis- keep our 2 campuses and over 8 acres of grounds clean and safe every day for our Residents and Staff! Facilities projects can range from cable and internet issues, all the way to deep cleaning our fountains to ensure they sparkle. We cannot thank you enough for the magic that you do on a daily basis for our Residents.

Our extraordinary team of Chefs, run by Head Chef Angela, work as organic as possible to incorporate as much home grown produce as possible into our daily menus. Head Chef Angela works incredibly hard to compile nutritious meals that can accommodate every dietary need across campus. Our chefs are working in a from scratch kitchen, with fresh baked bread daily, delicious hand rolled meatballs and crab cakes to boot! Thank you to our team of hard working Chef's!

Our house staff of care takers, medication technicians, resident care coordinators and house managers who all work closely with residents and their families to ensure each individual's health and safety everyday. You are the reason we are able to keep our care standards so incredibly high. Thank you for the dedication and passion that you bring to our industry.

Our administrative team of Nurses, Human Resources, Office coordinator, Marketing and Sales all work together to ensure communication reaches the sources to benefit our residents. Without any of these teams, we could not operate and we could not serve our residents as well as we do. Thank you to everyone who keeps Elite Care running smoothly and contributing to the memories we make and share with our residents. We appreciate your dedication to this industry and the heart and soul you lend to our residents. We look forward to a great summer with some amazing memories to share with you all!

-Elite Care Management Team



Staff Spotlight OE

Ward N: Facilities & Maintenance Director



Ward came to Elite Care as our new Maintenance Director about 7 months ago and immediately made a huge impact on our campus and for our residents. He brings a wealth of knowledge to share based on his many years of experience as Project Manager for kitchen and bath remodels. Ward was also Manager for a Developer of a small Residential Subdivision for many years. He has experience in many areas of residential construction & remodeling and vast knowledge of all things related to Home Repairs. Ward shares that the most challenging aspect of his job is “prioritizing” all the work on campus that needs to be done in a timely manner. He has learned quickly to expect numerous interruptions during his projects, especially working in Residential Care now. Ward says accepting and recognizing that every project will eventually get done, but nothing is more important than immediate resident safety and satisfaction.

Engaging with the residents and assisting them with their needs is one of the most rewarding joys of working at Elite Care, and Ward loves that part of his job is visiting with Residents every day. Outside of work, Ward enjoys spending time with his family traveling and spending time in nature. Ward also has a fun and interesting hobby: he makes things from kits! He has made a mini motorcycle, a playhouse for “future grandchildren” and his next project is creating a Roller Coaster! When asked if this is for “future grandchildren”, he shared that it is- but that in the meantime it will be thoroughly enjoyed by him personally!

Give Ward a big ‘hello’ when you see on campus, and thank him for his outstanding work.



Wellness Corner:

The holiday and winter season can bring joy but can also be a time of overindulgence and stress; impacting our overall health. To stay healthy, consider these essential health and safety tips:

Keep moving: Stay active during the winter months! Take a walk or engage in activities inside or outside even if the weather is a bit dreary. Remember, staying active is vital to your health.

Infection Prevention: Keep up to date on your yearly shots and doctor visits! To boost your immune system during cold and flu season, get timely vaccines and practice good hygiene such as frequent handwashing, disinfecting surfaces, and carrying hand sanitizer and tissues with you.

Avoid Excess & Hydrate often: Practice moderation, stay hydrated and avoid high-calorie drinks with sugar additives.

Exercise: Stay active by walking daily.

Consistent Sleep Schedule: Even a few nights of sleep deprivation can impair cognitive function and lead to health issues like dehydration, high blood pressure and insulin resistance. Stick to a regular routine and aim for 7-9 hours of quality sleep per night.

Our Residents are an “at risk” community, and we take every precaution to ensure our campus is adhering to state mandates regarding infection control. If you are feeling sick or showing symptoms of illness, please refrain from in person visits to our campus. Our staff is happy to help facilitate phone calls or zoom calls with family to keep our entire community safe!





Staff Spotlight OE: Travis: Facilities & Maintenance

Elite Care at Oatfield Estates wants to recognize our very own “Mr. Sunshine”. Travis has been with Elite Care for a little over a year working in our Maintenance Department and doing a phenomenal job keeping our campus and residents safe and happy.

He is never without a smile, and always has a kind word for everyone he meets on his journeys across campus day to day. Travis says when he started a year ago he didn't know much about Elite Care or its policies, but he has learned something new every day since he started. Travis jumped right into his role on our team, and now probably knows the campus better than anyone. Travis has solved mysteries of leaky ceilings, cursed washing machines, power grid outages and stalled power wheelchairs- all with the attitude of a superhero.

Travis is a man of many talents; he has worked in the landscaping business, the home remodeling industry and was the lead of the Ovens Department at Dave's Killer Bread! All of these past experiences have lent to his talents and successes on our Elite Care team.

He shares that his biggest challenge is completing all his daily tasks! With almost 7 acres of land and 100 residents to look after, you could imagine how “emergencies” pop up pretty quickly and change the course of the day. Travis is always happy to lend a hand and help out however he can.

Travis loves working at Elite Care because of the residents and staff that he can engage with on a daily basis. He truly loves being a member of the Elite Care team!

His favorite pastime is spending time with his children; he has a herd of kids that he enjoys gaming with on his time off work (and all of whom are current or future Elite Care Employees!). Travis loves to read as well, especially sci-fi fantasy books. Be sure to say “Hi” to Travis when you see him around campus! Thank you Travis, for your dedication and hard work to keep our Elite Care Campus and Residents happy and safe!



Arts, Crafts and Horticulture

The crummy weather had us indoors for much of December, but we got creative with indoor pursuits in hands-on projects and activities. The green thumbs of our group showed some tender, loving care to our droopy orchids, embarking on a massive repotting project. They cleaned up the roots, added nutrients and rotated them to Cascade Main Office, a more temperature-stable environment, for the upcoming cold months. Jill Nelson led her monthly Therapeutic Horticulture group where residents gave feedback and ideas about the directions they want to take with the campus gardens. It was a great turnout, with a lot accomplished for 2024 planning.

There was also a genealogy project some residents really dug into with their families, and that saw input from at least three generations. They enjoyed a hot cocoa bar and explored family history together.

Residents built more drums, stylized personal aprons they could look forward to using in projects, and made personal Christmas cards for loved ones. We painted, puzzled, and did Monday flower arranging, and folks built holiday collages that reminded them of home and happiness during the holiday season.





Moving Melodies

We had regular drumming circles with our brand new drums, and people really seem to enjoy just practicing rhythms and coordination in those circles. People also enjoyed the relative reverence of the Devotional Meetings at Adams House on Tuesdays.

The concerts had a Christmas theme this month, and everyone felt a little extra “in the spirit” listening to Kyle on the piano and Blake on the guitar. The man who sings Elvis’ tunes for us was even a little festive this month. Helen did a beautiful accordion sing-a-long that everyone loved, and Patty broke out a brand new sing-a-long book to let everyone showcase their own musical talents. Carl of Helens House gave a mini-concert, playing the ukulele for us. Elite Care also hired a professional caroling group that residents got to enjoy, and the musically talented Aldrich family came to carol for a group this year at Adams House. Overall, it was a very musical month, and it made Christmas that much more special this year.

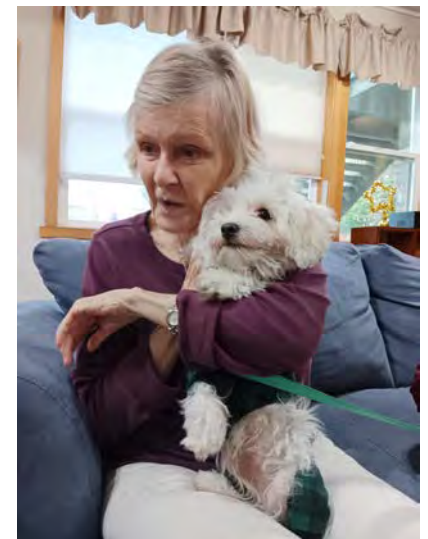
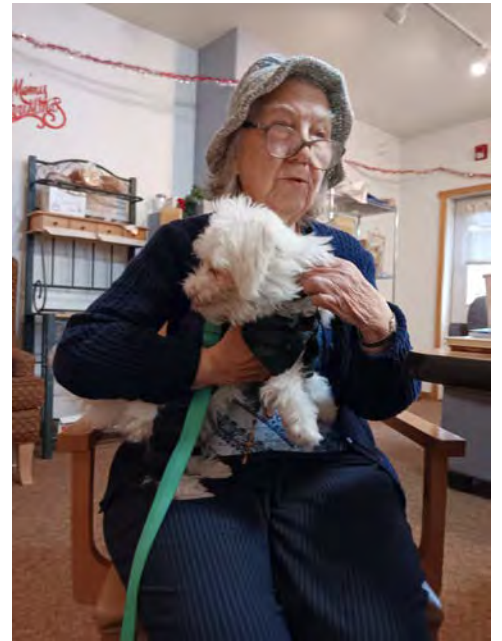




Pet Pandemonium

Oatfield was just full of furry friends this month. There were multiple Pet Therapy days, in which Melba, of Hood House, generously allowed the staff to take her sweet, little dog, Gidget, around to visit. Every resident who wanted it got the time to cuddle and pet her.

Staff also put on an Ugly Sweater Pet Parade, coordinating Christmas outfits with their own dogs and bringing them to the houses so people could meet and pet the dogs, and see their Christmas style choices.





Fantastic Foods

December saw a host of delicious, memory-making food activities at Oatfield. There were a number of Christmas parties at different houses. Larch and Tabor Houses decided to do a resident-led cookoff, where residents submitted their own favorite recipes and then worked one-on-one with a staff member to make them, creating a beautiful, buffet-style feast.

Upper Campus had a Pie Baking Competition, held at Jefferson and judged by Misty and Victoria on artistic design, flavor and texture. The two proud winners were Rick, of Helens House, and Pat, of Jefferson. Of course, participants helped unofficially judge their handiwork after the official winners were called.





Christmas

We had hordes of Christmas crafts, with wreath- and card-making, and residents and staff built gingerbread cottages. We spent hours decorating all over campus, and particularly in Jefferson House, where Upper Campus had their own Christmas party. There was music and a hot chocolate bar, Santa and Mrs. Claus made an appearance and posed for photos, including the option for a Professional Photographer, before traveling house to house to pose with those who wanted a picture with them. We all opened gifts from family, friends and Elite Care. Elite Care spoiled residents with two different visits from the Vintage Coffee Cart we all adore, shirts and new cozy socks, and staff were given a new set of scrubs to bring in the New Year feeling fresh and fancy.



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Christmas



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Staying Active

In addition to the hours spent spreading cheer with Christmas decorating, and despite the wet, cold weather, our folks are always dedicated to staying active and moving. They kept up with their Wall Pilates, Tai Chi and Yoga classes, took walks in between showers, and played toss and putt putt. There were juggling lessons and a satisfying round of Halloween pumpkin smashing, which had the added benefit of being a



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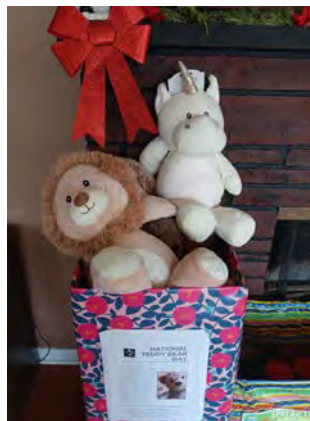
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Outings

The first outing was a hit this month, with an evening showing of Elf! on the big screen. Most everyone had a blast, and even those who weren't huge fans of the movie, were thrilled to make it out of the house for something so fun and different. We hit up the private community Christmas lights, and also did a trip that toured through the Portland International Raceway display. There was a great crowd for both of the Fred Meyer trips, and a fun Starbucks social afterwards. Residents and Activities Staff also took the huge box of stuffed animals to Bybee Lakes Hope Center to donate for kids who need them this year, and stopped off to support a mom-and-pop coffee shop on the way back.



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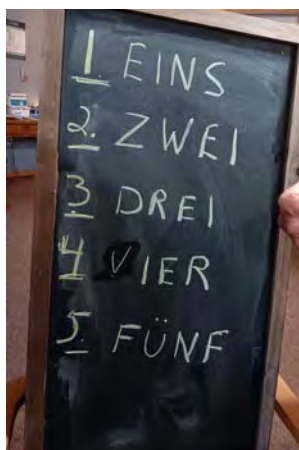
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ELITE CARE

Odds and Ends, Manicures and Friends

We had a lot of fun photos that didn't fit into any well-defined categories this month. From the Veteran's Social to residents just showing off their fabulous nails, we caught a lot of smiles and fun on camera that we didn't want you to miss. Jim Olsen gave a wonderful 3D presentation, and he put a lot of work into covering the windows with cardboard to enhance the effects and make it extra wonderful for fellow residents. Christine, of Hood House, and Maria, of Helens House, teamed up to teach a class in German, complete with chalkboard presentations of beginner words and numbers. There were Bingo, billiards, card games and backrubs. Jenine finished a huge picture project and Shiloh stirred things up in Cascade. We are all exhausted in a very good way from our December adventures. Hope you enjoyed reading about them, and we'll see you again in January! Happy New Year!





Birthdays at OE:

- Doug 12/04
- Eugene 12/04
- Rene 12/12
- Darryl 12/22
- Florence 12/22
- Harriett 12/30





Welcome New Residents

Don T:

Welcome to our Oatfield Estates Family, Don! Don led and continues to lead a fulfilling life with a deep appreciation for daily, diverse experiences and a good challenge. His love for country living, memories of beaches in Southern California, and engagement in activities add to his well-rounded and adventurous spirit.



Serving in the army and being an entrepreneur further highlight his resilience and willingness to take on challenges. Don's strong connection to family shines through in his love for his late wife, close relationships with his three children, and the joy he finds in the company of many grandchildren. It's heartwarming to see the importance he places on family bonds, including his close ties with siblings. Family seems to be a cornerstone of his life. Since moving to Oatfield Estates Don has joined in with our morning Pilates, baking activities and conversations with the ladies in his house. He is a self proclaimed confident introvert. Just give him a nudge, he is eager to join in with the activity.

Christa E:

Welcome to Helen's House, Christa! Christa lives a rich life filled with love for family, cats and music. Her early start with piano and enduring passion for classical music speak to a deep appreciation for the arts. The extensive travels, including living in the moment and enjoying life to the fullest, must have created lasting memories. Her diverse career from floristry to working for the US army and then as a bank teller, reflects a versatile and dedicated spirit. The joy she finds in life is truly inspiring.



It is clear that her passion for family extends to her joy in swimming, particularly in the warm ocean in Italy. The commitment to weekly water aerobics for decades not only underscores her dedication to staying active but also suggests a strong sense of routine and well-being. Christa loves sharing about her rich German heritage, and is looking forward to joining our newly formed "German Language Club" when they meet for activities.

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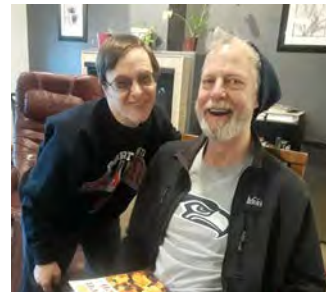
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Remembering Friends 2023





Welcome New Residents

Mike Elmer:

Welcome to Oatfield Estates to our newest resident, Mike Elmer! Mike grew up in Trout Lake, WA, where he spent his childhood in the woods close to Mt. Adams, building forts. He has two brothers and two sisters. His younger brother, Jeff, lives close by in Portland, and comes to visit him often and take him to appointments.

Mike held many interesting jobs growing up, all in Washington. He was a logger and once almost got run over by a runaway log. Incredibly he escaped with only three broken toes, phew! After that, he worked in a sawmill, making plywood.

Mike enjoys word search puzzles, and always has a book of them with him in the basket of his walker. He also loves action movies, looking at old photographs, and calling up his old friends. He enjoys nature, and is looking forward to taking walks on the nature trail and sitting to watch the koi here at Oatfield. Welcome to the Larch House family, Mike!



Refer a Resident Receive \$1,000*

Call for more
Information:
503-653-5656



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.



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Fanno Creek

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We had a month of Celebration at Fanno Creek in December. It seemed every week was full of something fun and festive- whether it was cookie decorating, Winter Solstice Art Projects or Carol Singers- we saw a lot of SPIRIT this season. Families and Friends gathered for a Christmas Eve Celebration with delicious traditional food and Santa Claus even stopped by for a photo shoot. Staff participated in a fun and festive SPIRIT week, where every day was themed with a different winter accessory, and many of the Residents couldn't help but join in on the fun as well. Some of the days included: "flannel day", "Holiday Pajama Day", and "festive Holiday hat day"! The week ended with a Resident gift exchange and big pasta dinner party. Through the celebrations we also found time to pamper our Ladies with a nail salon spa day, and we learned everything there is to know about Poinsettias, our favorite Holiday Plant with a fun horticulture project. As we head into the New Year, Residents are eager to welcome our Activities Director, Ally, back to the team. We can't wait to see what 2024 has in store for Fanno Creek! Happy New Year!



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