

Elite Care:  
Residential Care Facility

January 2025



# Newsletter

## Dear Elite Care Family & Friends,

Happy 2025! Elite Care is so excited for a new year of fun memories & activities. Our activities teams work tirelessly to plan and prepare a year's worth of non-negotiable activities so every month has something exciting to look forward to. This year we hope to spend even more time outdoors in our gardens preparing for harvests in Spring, Summer & Fall. Residents & staff work together to plot out where each precious seed is planted. It can become quite the project when you have acres of land to utilize and multiple residents' ideas to account for. Everyone's opinions are important and we are so lucky to have such a wealth of horticulture knowledge being combined to make our campuses a bountiful oasis.

At Fanno Creek we are excited to get our raised garden beds started with herbs and vegetables for our Chefs to use every day! Our flock of hens help keep our gardens fertilized and pest free 365 days a year, and we love that they help us put in the work. While it might be a few months before we start seeing the first of our gardens, we look forward to our yearly "staples" in the form of fruit trees! Does anyone have a favorite recipe for Figs? Our two fig trees at Fanno keep us well stocked with fresh fruit later in the season. Ask Liandy if you would like to submit a recipe, or help us lead a fun activity featuring the harvest from our gardens- we love when families participate with activities!

Until next month, stay organized and happy!  
Elite Care Management

Elite Care: Oatfield Estates  
Residential Care Facility

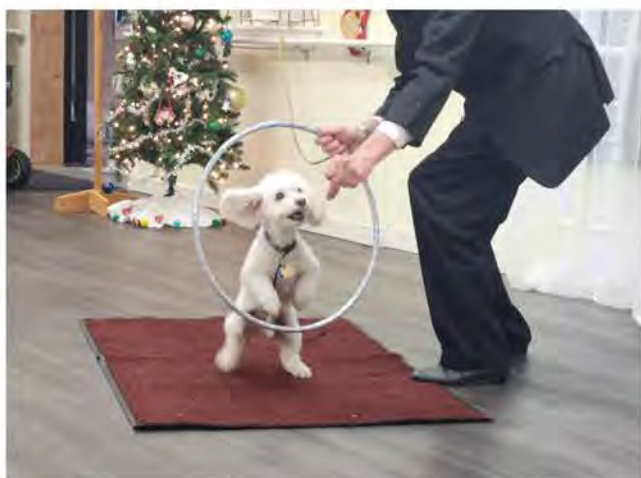
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# Newsletter

## Dancing With the Christmas Stars!

On December 7th, we were so lucky to have the 'Portland Variety Show' stop by to perform for our residents and visitors! They performed multiple acts for us, which ranged from solo performances to duo dances and large group showstoppers. We were wowed with energetic tap dancing, timeless line dancing, and even an adorable dog performer (Snowball) who jumped through hoops to make us merry! They capped off this classy, holiday-themed affair with an interactive piece, where everyone was given instruments to play and sing along to some classic Christmas tunes. Big thanks again to Portland Variety Show for all your kicks, twirls, and cheerful spirit, and especially thank you for the smiles you left us with.





# Newsletter

## Genealogy

Exploring our history is an important part of knowing who you are. We had the pleasure of hosting Malia Laughton from the Wilsonville Public Library. The Wilsonville Library is home to one of the largest Genealogy Clubs in Oregon. Malin has been exploring the past lives of her family and many others for over 17 years. She shared tools and resources with us. Along with some great personal stories of her own family's past. She left us with worksheets that help to guide you through the steps of researching genealogy. She also left us with the desire to find out more about ourselves. You never know what you might discover.



## Winter Solstice

Winter Solstice is a time to reflect. It's a time to leave those things we no longer need in the dark days of the past and to bring new things into the light. As the longest day of darkness. We look forward to the longer days and shorter nights to come. It's a time to feed our souls and for us here at OE it's time to feed our wildlife too. We celebrated the Winter Solstice by mixing, baking and distributing donuts of yummy goodness. We hung our donuts in various locations around the campus. Feeding birds, squirrels and of course our chickens.





# Newsletter

## A Month of Festivities

The holidays are always a special time here at Oatfield Estates. We spend months decorating all 8 houses on our campus so that Santa and his reindeer know where to stop on a busy Christmas Eve. This year's festivities included making paper craft trees and gathering together for some lively board games. We were visited by spirited carolers and we donned our ugly (or beautiful!) sweaters on Ugly Sweater Day. We also gave back with a Giving Tree. Residents and staff take pride in making each house a cheerful place for family and friends to spend time together during this special time. Along with Christmas, we celebrated Kwanza and Hanukkah along with the winter solstice celebrations and Chinese New Year! No matter what you celebrate or believe in, we have a safe and giving space on our campus to celebrate every unique practice.



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# Newsletter

## Santa & Mrs. Claus Come to Oatfield Estates!

We are lucky to host Santa & Mrs. Claus every year at both of our campuses. This iconic couple take time out of their busy schedules to spend time with our residents and staff. We love when families join in celebrating the festive season with us too! This year we hosted a hot chocolate bar and homemade cookies for all who came to get their photo taken. We look forward to this magical time of year, and appreciate the extra mileage the reindeer have to log to ensure our residents get special treatment each year!





# Newsletter

## Toy and Joy Drive

Here at OE giving is a big deal. This year we did things a bit different. Each house was given the opportunity to choose one, decorate for and fill a box for one of three very important charities. Each house had a great time decorating their box and an opportunity to win a pizza party for best box. When it comes to giving we all know everyone is a winner. Our residents, friends and families opened their hearts and showed just how wonderful they are. Helping others is something we really like to do.





# Newsletter



## Resident Spotlight:

Lisa was raised in a big family, and growing up sometimes felt like “Cinderella living with her sisters.” While they moved around a lot, Lisa spent most of her time in California, where she participated in child pageants and beauty contests, before eventually entering modeling school at age 18. She even got to work with George C. Scott and Judy Christie! This led her to a fork in the road when she was in her mid-20s: should she live a big, flashy life in Las Vegas, or should she live more modestly?

Ultimately, Lisa chose to “follow the Lord,” which she describes as living truthfully and honestly with yourself. A life of modeling and entertainment sounded fun, but she felt it would be a life spent being put on a pedestal, and, as she says, “You can’t live like that.” Lisa was brought up in a household where faith was important, and she attributes her value of honesty to her father and to being in a family that never lied. Among her favorite parts of the Bible are Isaiah 61 and Hannah’s prayer in 1 Samuel.

As a child, Lisa loved school and was a class valedictorian who went on to teach science and English off and on, but Lisa never narrowed her life down to one career path. She studied opera and wanted to become an opera singer, while also gaining experience in other areas of life, like medicine and engineering. Her biggest source of fulfillment came from being a mother to her two children and learning to be a homemaker, one who could crochet, knit, and embroider while also keeping the house in order. Nowadays, when she’s not watching classic Randolph Scott or John Wayne Westerns, you can find Lisa working toward her goals of getting her health together as well as learning more about gemstones. There’s never a dull moment when visiting with Lisa, so stop by and say hello to her the next time you see her. Welcome to Oatfield Estates and Tabor house, Lisa!



# Newsletter

## Resident Spotlight:



Please give a warm welcome to the very first resident in Rainier, Ms. Shawn! Shawn was born in New Orleans, and has lived all around the south for years. She is not a fan of chocolate or strawberry, so vanilla is where it's at. She also loves a good hamburger! She enjoys Bingo and games in general, she tends to win a lot. Shawn loves a good horror movie and is a fan of all types of music. So much so, she used to play the flute and the sax. Shawn also loves to read, and has an amazing story herself. We are so excited she's here in Rainier, such a pleasure to have her. Say 'Hi' to Shawn when you see her around Oatfield Estates.

## Resident Spotlight:



We are so excited to have Ron joining us in Rainier House! Ron grew up locally in Gladstone, so the area is not new to him. He loves cars so much he actually used to work on them. Such a fun hobby of his; as well as NASCAR and race cars. Music is also an interest of his, as well as the electric guitar. If you enjoy wood working, he's your man too! Ron is a jokester, loves making others laugh and just to crack jokes in general. If you get the chance to meet Ron, be prepared to laugh!

He is enjoying his time at Oatfield Estates, starting to get involved in activities and meeting other residents. As much as you'll see Ron out and about, he sure does love his sleep. If you ever meet Ron, say hey and welcome him to OE Rainier!





# Newsletter

## Staff Spotlight:



Tabitha was born in the Portland area and has one brother and one sister, but she says she really grew up as an only child until age 15. Many of her favorite childhood memories revolve around baking in the kitchen with her grandma: baking cookies, pies, cakes, peanut brittle, almond roca and more delicious sweets. She looked up to her not only as an amazing cook, but also as an amazing person, and Tabitha also inherited from her grandmother the important lesson of taking the time to look at everybody's perspective of things.

In school, Tabitha's favorite class was history, and she also did track and field. After enrolling in cosmetology school for three years, Tabitha became a caregiver at Elite Care in 2016. Here, she's learned to have more patience and more grace with people. Like Tabitha says, "if you do what people want and like, they feel heard," and what she loves about cooking is that it can make people happy and smile. One of her favorite meals to cook is actually Mongolian stir fry, with egg drop soup, and crab puffs. Outside of work, she spends a lot of her time with her two daughters, and she would describe herself as a "Halloween person" who likes all things spooky, scary, and creepy, whether that's Tim Burton's *The Nightmare Before Christmas* or relaxing to a cozy true crime podcast. We're so happy to have you on the team as a chef for Larch and Tabor, and we appreciate your positive attitude and wonderful food!



# Newsletter

## A Month of Joy and Celebration at Fanno Creek

This month has been truly transformative for both our residents and staff at Fanno Creek. We are incredibly grateful for the meaningful connections made and the experiences shared during this festive season. As part of our holiday celebrations, residents had the opportunity to reconnect with their roots, forge new bonds with staff, and enjoy quality time with family members in a fun and joyful atmosphere.

The month kicked off with a heartwarming visit from Mr. and Mrs. Claus, bringing joy and a hopeful outlook for the new year ahead. Next, the Renaissance A Capella Group graced us with their delightful Christmas carols, spreading cheer throughout the facility. Our Christmas Dinner Party brought families together, creating cherished memories, while our donation drive to Leshawn allowed us to give back to the community. To close the year, residents enjoyed an energetic salsa and mambo class with Leah and Jeff, exploring the cultural expressions of movement and musicality.





# Newsletter

## Gardening and Horticulture

At Fanno Creek, we are passionate about fostering a gardening and horticultural environment for our residents. As part of our commitment to being an Elite Care community, we continue to support residents in their gardening endeavors. The recent barn roof remodeling and the addition of new winter vegetables have significantly enhanced our community's environment this winter season.

The tropical plants our residents are cultivating indoor and amaryllis this month are a true testament to their horticultural talents. Additionally, the introduction of hydroponic systems in our activity room has sparked curiosity and excitement about new gardening methods, highlighting the success of this innovative program.





# Newsletter

## Arts and Crafts

Our community thrives on the artistic creativity of our residents. This month, residents have explored various art forms, including flower arrangements, collages, and flower mandalas, Christmas ornaments and crafts etc. The experience of creating these mandalas, focusing on the shapes, colors, and scents of flowers, has been a magical one. The joy was evident as residents admired the completed piece, proudly displayed outdoors for everyone to enjoy. The flower mandala project delved into themes of life, death, and rebirth, engaging all the senses and creating a stunning visual representation. Visible from various areas of the building, the mandala became a source of pride, sparking delight each time residents encountered it. This project allowed residents to experience a deep sense of accomplishment, especially as it contributed to the beautiful holiday centerpieces in our dining room and helped create new traditions like making Christmas cookies and Puerto Rican coquito Recipes shared by Liandy and her Puerto Rican Christmas traditions.



# Newsletter

## Music and Games

December brought music to the forefront at Fanno Creek, enriching the holiday season with a variety of performances that created a cozy, festive atmosphere for residents. We utilized the library and plant room to maximize the acoustics, providing an intimate and minimalist experience for music lovers.

The month featured performances that embraced diverse cultures and musical traditions, with a special focus on Christmas carols from around the world. We were thrilled to welcome several talented musicians, including Karen, who enchanted us with her angelic flute performance, offering music from Ireland, Germany, Argentina, Peru, and classic American carols. Kriss and Gabe also joined us with guitar music, playing traditional holiday tunes, while Monte's piano performances left a lasting impression.

To wrap up the month, Leah and Jeff Velez, our new performing artists and dance instructors, treated us to an exciting salsa performance, celebrating the vibrant influences of mambo and salsa, which originated in the Caribbean and New York City.

In addition to music, games were a hit throughout the month. Residents enjoyed a variety of activities, including dominoes in multiple sizes, bingo, Jenga, and new games like bean bag baseball and racquetball—with balloons adding an element of surprise and excitement!





# Newsletter

## Resident Spotlight:



Meet Hanni, originally from Sweden Hanni is a wonderful new resident who moved to Fanno Creek less than a month ago. Hanni has quickly embraced our community activities and has found joy in how the calendar integrates seamlessly into her daily routine.

A lifelong lover of music, Hanni often shares stories from her childhood, expressing her passion for classical melodies and rhythm. She's always ready to lend a helping hand and offer kind words to others. Her artistic flair is flourishing, particularly in activities like flower arranging, gardening and racquetball, where she enjoys exploring creative movement. Hanni is also an active participant in group activities such as meditation, chair exercises, high tea and socializing over meals.

Her infectious sense of humor and energy make her a joy to be around. If you visit Fanno Creek, be sure to sit next to Hanni—you're bound to make a fast friend!

## Staff Spotlight:

We're thrilled to introduce Nate, our new Med Tech from Portland, Oregon. With his vibrant charisma and positive energy, Nate has quickly become a beloved member of our team, forming strong connections with both residents and staff. His enthusiasm for teamwork and community engagement shines through, making him an integral part of life at Fanno Creek. Nate thrives on challenges and enjoys building meaningful relationships with our residents. With over seven years of experience in the industry, including previous roles in activities, he brings fresh, creative ideas to our community. Residents have already enjoyed collaborating with Nate on activities and engaging in thoughtful conversations about his artistic endeavors.

Join us in celebrating Nate's journey as a Med Tech and the exciting contributions he brings to our community!

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# Newsletter

## Five ways to make your mental health sparkle in 2025

Deal with your anger, unforgiveness and resentment. Believe it or not, our body sends off vibrations based on its balance of chemicals transmitting micromagnetic impulses. When we send off these vibrations, it can keep us isolated. Work through inner demons by journaling, talking, meditating or exercising.

Smile. Smiling reduces our stress levels and boosts the mirror neurons in the brain. This means it also boosts others' serotonin and oxytocin levels when they catch you smiling.  
Touch. Physical touch is how we glean energy and support from each other. One touch can release stored-up tension in your body and immediately regulate your nervous system. This is tricky because touching can be incredibly intimate, so it's essential that the touching is agreed upon, reciprocal, and mutually understood.

Listen. We can get tired of listening to gossip, political opinions and other thoughts. We have the power to change what we are listening to! Ask a question to lead someone in a different direction. Ask them about a favorite memory or maybe their favorite Netflix binge. Connecting personally will create a connection between your shared humanity and experiences.

Bond over laughter. Create opportunities to bond over humor and laughter. Let yourself go. Share an appropriate joke or funny memes, tell a story in which others can find humor.



ELITE CARE

# House Directory

A staff member on schedule in each House has the House phone 24 hours a day. If staff does not answer, they might be with a Resident- if it is an Emergency- please call your Community Manager.

## Jefferson House

4422 SE Oatfield Hill Rd

Phone 971-517-8395

Fax 503-213-6190

## Larch House

4405 SE Oatfield Hill Rd

Phone 503-896-4369

Fax 503-905-0410

## Tabor House

4425 SE Oatfield Hill Rd

Phone 971-506-9908

Fax 503-905-6726

## Ashland House

4398 SE Oatfield Hill Rd

Phone 503-484-6397

Fax 503-213-6170

## Adams House

4483 SE Oatfield Hill Rd

Phone 503-888-5485

Fax 503-213-6185

## Helens House

4469 SE Oatfield Hill Rd

Phone 971-517-8261

Fax 503-213-6188

## Rainer House

4457 SE Oatfield Hill Rd

Phone 503-384-8452

Fax 503-213-6189

## Hood House

4499 SE Oatfield Hill Rd

Phone 971-517-8257

Fax 503-905-9569

## Fanno Creek

12353 SW Grant Ave

Tigard Oregon 97223

Phone 503-583-7937 Fax 503-213-6170