

Elite Care Assisted Living

Newsletter

March 2024



Dear Elite Care Family & Friends,

We had a very special private concert this month in Larch & Tabor! Johnny Wheels & the Swamp Donkey's came for a leap year concert to finish our love filled month of February. This amazing local blues band is fronted by Johnny Wheels, who at a young age resulting from an accident, was left permanently in a wheelchair. With limited dexterity in his hands, Johnny could have let this ruin his love and drive to create music, but he did the opposite. With the help of his close friends, "the Swamp Donkey's", backing him up on guitar, bass and drums, Johnny fronts the band as Lead vocals, Harmonica & beat board. This bluesy- rock n-roll band gave our residents at Oatfield Estates a private concert and quite literally rocked the house down! Music could be heard on all 3 floors of Larch & Tabor, and if residents could not attend in person, many opened their apartment doors to enjoy the really fantastic music. It was great to see all the residents tapping their feet and giving standing ovations for a group of very talented, young, alternative musicians. We are so excited to attend the Winter Blues Festival in March which will be headlining "Johnny Wheels & the Swamp Donkey's". We can't wait to see how this new friendship will blossom. If you haven't heard of them, we highly recommend looking them up and listening to their groovy, funk-tastic music. Visit their website to learn more:

JohnnyWheelsBand.com

Until next time, we wish everyone health & happiness!

-Elite Care Management



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Fanno Creek

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The theme for the month at Fanno creek was: Gardening! Residents planned extensively during the winter months to ensure they had just the right combination of herbs, vegetables, flowers and fruits in our raised garden beds. By the time we decided what to plant, it was already time to get our starts... started! Then, when the sun finally showed itself, we did not waste a moment to get out there and get our hands dirty! We planted squash, tomatoes, green beans, peppers, herbs, carrots and more. We spent a few warm afternoons outside by the barn getting our raised beds ready with compost and then getting our starts into the ground. We hope that they grow with abundance and we cannot wait to hand deliver our harvest to Chef Jennifer.



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We also spent time reflecting on the month of LOVE for February. Leading up to Valentine's Day, Ally helped residents get into the romantic state of mind by painting pictures of Paris and the Eiffel Tower. With our minds in the right environment, Residents decorated sugar cookies with pinks and reds and crafted fun love bracelets. In Between numerous baking projects, and Chinese New Year Celebrations, Fanno also hosted OHCA (Oregon Health Care Association) for a tour of our fabulous campus. During their visit, residents enjoyed a fun interactive craft of making Organic Muscle Balm to soothe away the winter blues.

We can't wait to keep you updated on our garden!



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ELITE CARE



OHCA TOUR





Fanno Creek staff spotlight: Corinna

Corrina is one of many wonderful PA's we have here at Fanno, She's our fantastic night owl and quite the hoot around here according to our residents. She comes in smiling and ready to take charge of her position. Aside from her work here she also has 3 kids and some grandkids to top that. She's a caring person all around and just keeps giving. She enjoys reading recipes and even making them when she has time, yummy. We as a community love to have a person as strong willed and caring at our Fanno Creek location and are grateful for the smiles she brings every night.



Fanno resident spotlight:

Elda is a big part of our community at Fanno Creek, she's constantly smiling and engaged in almost every activity from taking walks to doing arts and crafts, even baking! When meal time comes around she loves and enjoys being around others and sharing her many stories about her travels or where she is from while learning some educational Spanish words regarding what things are called where she's from in Peru. She especially enjoys fish/ceviche and spicy things topped off with a tall glass of cranberry juice. Eda has many acquaintances here and is quite the catch to have as a friend. When Elda is not busy and being active with the community she likes to relax with a good book in her hand with some peace and quiet and share her readings with her friends here at Fanno.



Arts, Crafts & Horticulture

We spent a lot of time with our minds in New Orleans this month! Fat Tuesday had us on a whimsical imagination inspired mask making session. Residents and staff had so much fun creating Masks with a flair for Mardi Gras. Greens, Yellows and Purples of all mediums were used to create colorful and exciting disguises to celebrate Fat Tuesday. We couldn't forget Valentine's Day of course, we felt a lot of love all across OE. From decorating cookies with Pink and Red frosting to chocolate tasting and a "love" themed piano concert- we definitely spent more than one day spreading love to Residents and Staff.





Booze & Tattoos

Our activities genius, Jaiden, brought a traveling “booze & tattoos” to each house for Residents to have a fun alternative to BINGO. Residents LOVED all the choices of Tattoos, and that Jaiden even had non-alcoholic drinks for residents to really get in the spirit. This is definitely something we will bring back again and again.





Happy Birthday Gary



Birthdays-

Gary G 2/12

Don A 2/9

Jinny M 2/24

Chris P 2/2

Happy Birthday Chris



Happy Birthday Jinny



Happy Birthday Don





New Residents:



Beth is an incredible person with a rich tapestry of experiences. Her dedication to art, interior design and teaching is inspiring, especially considering her journey from discovering her passion in 4th grade. It's heartwarming to hear about her fond memories of her adoptive family and her connection to her late husband, who shared her love for art. They met at Ohio State. Her diverse professional background, from a Masters in family therapy, to interior design, reflects a multifaceted approach to life. And her love for animals, especially cats, dogs, and horses, adds another layer to her vibrant personality. Welcome to Ashland House Beth!



George is a new resident in Larch house. George was born in Stratton, Colorado, but moved when he was only one year old to Nebraska, and then to Kansas in middle school. He became active in the church his sophomore year of high school. When he graduated from high school, he went to Bible college in Los Angeles, CA. Upon graduating, he did his first mission trip to Kingston, Jamaica. After that he never stopped traveling. He was the manager for several Christian rock groups, traveling to shows all over the US. He then worked for Billy Graham for 4 years. In 1978 he settled in Beaverton, Oregon as a pastor at Foursquare church, and he has lived in Oregon ever since.

He kept traveling for missionary work though, and his very favorite place in the world is Israel. Israel is the place he has visited most often; he's been there more than 20 times. George has one brother who he is very close to, even though his brother lives in Minnesota. George loves Middle Eastern food and reading. Welcome to the Larch/Tabor community, George!



Fat Tuesday:



Valentines:



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Fantastic Foods

Let's just say we have a team of chefs that wear many hats on this campus. Our care staff have been really going above and beyond with afternoon tea in the houses with special baked goods and fancy treats. Breakfast every day seems to be better than the last with fresh baked bundt cakes and hot steamy waffles. Residents love to help, especially when they get to enjoy the yummy treats.



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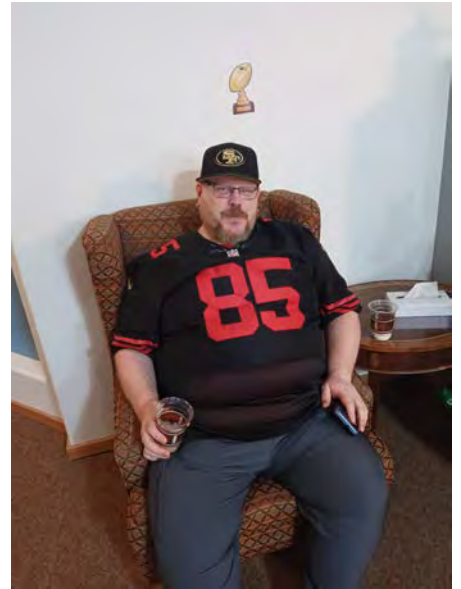
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Super Bowl 2024:



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Super Bowl

What a month of Celebrations! The Super Bowl this year was, well, SUPER! Staff went above and beyond to make special treats and finger foods for residents to enjoy all day long. We had games to play during the commercial breaks so everyone stayed entertained, even if football isn't their favorite sport!



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Outings: Fred Myer



Spring Shopping





New Residents:



Welcome to Hood House! Barbara's life journey took her from Springfield, Massachusetts, to New Jersey, although it wasn't her favorite place. Her heart lies in New England, where she cherishes memories of caring for cattle and horses. A lover of spontaneous travel with friends, she fondly recalls visiting her grandmother in Vermont at the Zulas library. Other international travel includes Italy, England, Scotland and Hawaii. Her daughter Meghan holds a special place in her heart, prompting her move to Oregon. Barbara finds joy in jazz, leisurely days, gardening, and crocheting. As an innkeeper at the Saxtons River Inn in Vermont, she thrived on sociability and connecting with patrons, gaining recognition as an entrepreneur. Currently Barbara is enjoying all the activities on campus, especially the crafts and flower arranging. Say Hi to Barbara when you see her!



Welcome to Ashland House! Cagney has led a fascinating life. Ask her to play the Harmonica for you sometime. It is wonderful to hear about her close bond with her family, including her Brother Jay, step daughter Jennifer and granddaughter Julian. Her passion for art and music, and her connection to the grunge band scene is intriguing. It seems like she has a treasure trove of memories, especially the one about meeting her husband for the first time. -it's truly heartwarming to hear her tell the story of the day they met. Cagney was performing in a band at a bar. Jim came to the bar in a white jean jacket (which he later wore to their wedding), they struck up a conversation and Cagney ended up buying some of his art. The rest is history. They had a beautiful 37 year marriage.

Some of her favorite activities are gardening, cooking and of course, music.

She tells us that she was never famous, but was supportive of her friends who traveled in the music industry and became famous. Their fame filled her soul with joy.

Lite up the BBQ, put on some Rock and Roll and let the good times roll! Welcome Cagney!

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Spring Vibes:



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Exercise and Movement

We stretched our minds and our bodies this month as the weather was less than ideal for outside activities. Keeping our brains active is very important, and our staff think of some great ways to keep Residents engaged and present. We had a book discussion on the classic “wizard of Oz” and Residents reminisced about their first time reading the book as a child. We also stretched our bodies with exercise bands to keep our bodies engaged and healthy during the last winter month.



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Fresh From the Salon: Shear Perfection



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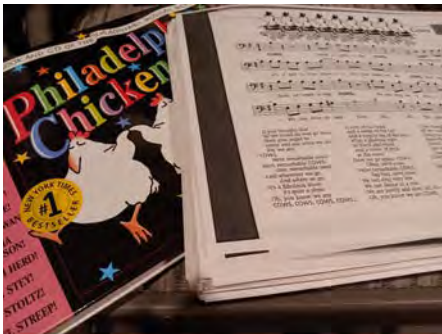
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Music & Concerts:





Wellness Corner:

Understanding the Sleep Needs of Older Adults

Everyone knows how difficult it is to power through a day when you've had a rough night's sleep. For older adults, sleep is important and can be elusive. Sleep has a direct impact upon our health. According to the Centers for Disease Control, adults who sleep less than 7 hours a night are at an elevated risk for health concerns-asthma, heart attack and depression.

Ensuring a good night's sleep can give you a better sense of wellbeing, including:

QUALITY of LIFE: Chronic fatigue can make you feel worse in general, so enjoying the things you love becomes more challenging. The energy provided by sleep can power you to face each day.

IMMUNE HEALTH: Being deprived of quality sleep over a long period of time can take its toll on your immune system, making you more vulnerable to illness and infections.

MENTAL HEALTH: Improved quality of sleep can help in many ways, including by reducing your risk for depression as well as lessening anxiety. Poor sleep will do the opposite and can make underlying mental health issues worse.

Here's to a Good Night's Sleep

