

Elite Care Assisted Living

Newsletter

May 2024



Dear Elite Care Family & Friends,

We had an incredible time in April supporting Parkinson's Awareness month. Oatfield Estates hosted a campus walk that was absolutely electric with energy and enthusiasm. Residents and Staff spent a week preparing for the event with handmade tee-shirts created with printing patterns and puff paints. Every resident was encouraged to put their "stamp" on Parkinson's Awareness. Our activities coordinator, Jaiden, made a history board to finish off our presentation table for the big walk. Guests arrived to speak on the subject and educate residents and staff on Parkinson's Disease. We learned the benefits of walking and why this walk is so important to support balance and strength. We walked the campus in our awareness shirts and celebrated after with some yummy milkshakes on Cascade Lawn. Thank you to everyone who participated in this incredible event to bring awareness and education to Parkinson's Disease. We look forward to April every year to stand in strength with anyone affected by this progressive disease.

Until next month, enjoy the beautiful spring weather!

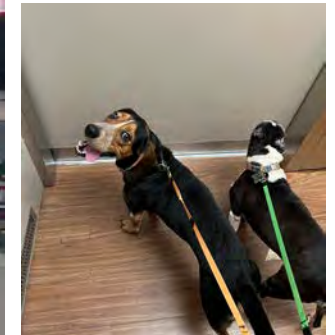
-Elite Care Management





Pet Therapy

Furry and feathered visitors were a very large part of our feel-good activities for the month of April. Whether watching the squirrels and birds play on the lawns, or getting up close and personal with pets, we spent a lot of time enjoying our animals here on campus. We started things off with a pup wearing bunny ears in honor of Easter festivities, and throughout the month cuddled everything from baby ducks who temporarily misplaced their mothers to guinea pigs, courtesy of our staff Victoria and her daughter. Activities Coordinator Shelly gave one of the Lavender chicken twins a bath and folks got some cuddles in the process, and there were multiple visits from approved dogs of generous staff willing to share their animal friends. We had a visiting pheasant, probably escaped from some pen in the community, who also added a brilliant splash of color to compliment our already vibrant surroundings.



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Beekeeper Series Presentation

In keeping with our love and appreciation of the natural world, we also hosted an exciting visitor at Oatfield who is an Expert Beekeeper. Bees are such an important part of our world ecosystems, and it's so important to be stewards when we are able of our hardworking pollinators. She did an amazing presentation talking about the joys and challenges of beekeeping, complete with larger than life projector slides and actual honeycomb for residents to hold and look at.



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Spring Gardens

Green thumb activities are in full swing this time of year. Not only are we enjoying our beautiful spring perennials, back from their long winter nap, we are planting and transplanting, and getting geared up for the growing season. Trader Joe's kept us stocked up for flower arranging on Mondays, and the Fork Farms hydroponics system got cleaned up and reset for a new round of vegetables and herbs.



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Arbor Day

We celebrate Arbor Day every year with a focus on honoring all ancestors who have walked and lived on the land before us. This year, we chose to plant a tree in memory of a beloved Tabor House resident who passed away last January. His wife, Jackie, and daughter were in attendance as we planted and dedicated a beautiful Japanese Maple Tree to Matt's memory, affixing a plaque with a loving message. We are blessed to have known such a kind and wonderful man.



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Music and Magic

Almost all of our favorite musicians made an appearance in April, from Kyle Lewis singing showtunes, to Monty playing his toe-tapping numbers, we had dance-worthy songs in abundance. We had a new musician come and do a keyboard looping demonstration that had our resident musicians intrigued, and an actual magician who kept everyone giggling through his whole set. Our most exciting musical event was a new performer who came for our Veteran's Appreciation Social. Ed Winkler is an expert storyteller, trumpet player, and a Veteran himself. Residents really enjoyed his performance and we look forward to having him back.





Arts and Crafts

Residents at Oatfield always seem up for artsy endeavors. Our Paint and Sip activity celebrating Earth Day was a hit, with folks making beautiful papier mâché Earth globes in a variety of shapes and colors. There were other art activities throughout the month, including sketching and coloring, engineering lego and kinetic sand constructions, and even paper plane and boat folding competitions.



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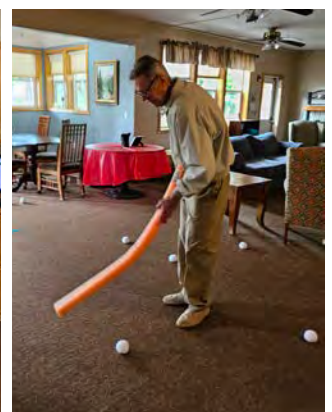
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Movement and Exercise

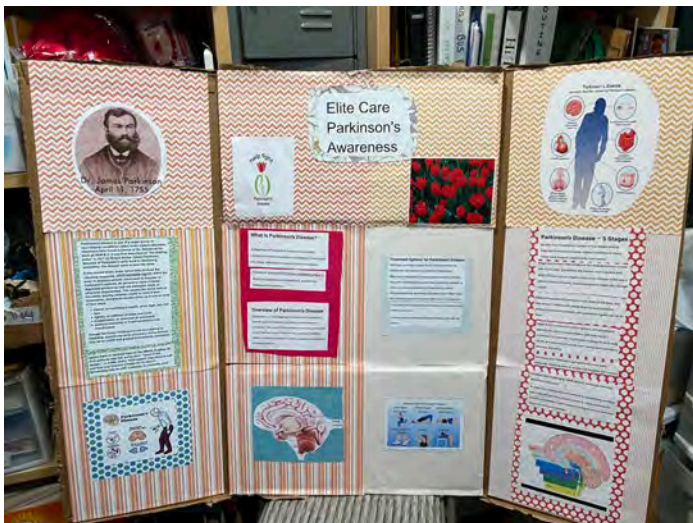
With the weather mostly cooperating throughout the month, showing us gorgeous sunny days, folks spent a lot of time outside just walking or participating. We had our usual classes for Tai Chi and Yoga, and we also had a number of indoor games that were a blast. Floor Hockey and Bucket Basketball were fun, and folks really enjoyed the Banner Volleyball. Fake snowball fights had folks giggling, and wall pilates participants and hula hoopers showed off their agility and skills.





Parkinson's Awareness Walk

Many of our physical activities were held indoors, but one of the most important exercise activities of April was the Parkinson's Awareness Walk that was held on campus. Friends and family were invited to attend, and a good number of staff and residents came out to participate and show off their t-shirts that were specially hand-decorated for the event.





Fantastic Foods

We can't speak for everyone, but we believe that for a solid majority, food tops the list of important activities at Elite Care. If it's not the focus, then it's almost always an accompaniment to most of the fun things we do. Residents help with so many food-related endeavors, including baking cakes for birthdays on campus, cutting up fruits and vegetables for juicing, and even baking pastries for High Tea snacks. April saw another interesting food competition that pitted folks against each other trying to make the most creative and delicious peanut butter and jelly sandwiches they could think up. Staff stood in as the taste-testing judges, and took meticulous notes to be sure to award the crown to the most deserving competitor. I don't think anyone imagined that many varieties were possible.



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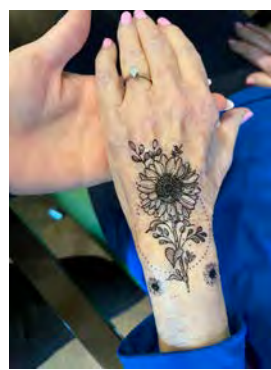
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Odds and Ends

Odds and Ends are where all the things we had a blast with and that we didn't have space to feature. This month's Odds and Ends show some of our beautiful, wild animal visitors on campus. People spent time at the different faith focused gatherings. There was Bingo, tattoos, hangouts, and silliness. The Garden Hangout gained a new pig mascot, and work continued on the pond remodel. All in all, it was a very exciting and productive month. We'll see you all again in June!



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We love celebrating birthdays





Welcome New Residents



Bill was born in Portland Oregon and then moved to California, San Carlos in his middle aged years. His favorite place in California is Half Moon Bay, he spent a lot of time there and really liked it. Bill has traveled to many places with one of his favorites being New York City. He also spent a lot of time at the Oregon Coast. Bill has many talents from being a stockbroker, a loan officer, fine artist and a carpenter. Bill spent 14 years being a home builder and got his Bachelor Degree in Fine Arts with painting and drawing. Bill also was drafted for the 49ers and Red Sox! He is a huge fan of football because he enjoys the entertainment and the competition behind it. Bill grew up with lots of animals, mainly reptiles, from snakes to lizards. He was a huge fan of reptiles. He also has a lot of favorite animals but if could choose one, his favorite would be a bear. Welcome to Adam's House Bill!

Staff Highlights



Linda Smith

Linda was born and raised in Auburn, New Hampshire. At seventeen, she joined the Army and was stationed in Germany for two and a half years. That's where she met her husband, and when they left Germany, she followed him back to Oregon. They've been married for 45 years, and have a son and a grandson.

After the Army, she did some waitressing and worked hard at being a mom. When she made a decision to forge out along a new career path, she remembered an experience she had in high school with a friend of hers that was the owner of a nursing home. She and her friend volunteered one Valentine's Day and took cards and something special to the residents there, and she remembered how the residents felt so blessed that they cried. It was very fulfilling for her to be so impactful with just a simple, thoughtful gesture.

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Linda Smith continued:

She decided to go into elder care because she wanted that experience to be a regular part of her life. She took a housekeeping position with Rose Villa and was there for 28 years! That facility was so large, it was just impossible to get to know every resident. When she decided to move on, she chose Elite Care because it was smaller and felt like being in a natural, healing place, and she saw the potential for a more connected feeling community. She was also completely stoked when she was introduced to campus chickens during her interview!

She's been with Elite Care for six and a half years now, and she is still passionate about her role in our community. She was our only Housekeeper during the pandemic, so she had the opportunity to forge relationships with every single resident on campus during that time, and those relationships are what continue to fuel her passion for her work.

Dee Simmons



Dee grew up here in rural Oregon, graduating from Lost River High School and moving on to college, where she earned her Bachelor's of Arts in Media Arts and Animation. After college, she began her career as a Photo Editor for a local photography studio and was there for six years. She left that work to care for her late fiancé for the next three years, and when she did go back to work, it was to continue caring as an agency caregiver for those who needed extra help. She found that caregiving burned her out, so she shifted gears and came to work at Elite Care as a Housekeeper in 2017. When hours were cut to part-time, she took on a nighttime security position and did that until Elite Care was able to provide full time hours again. She circled back to work in our Housekeeping department again, and brought her unique and creative personality back to Oatfield Estates.

She is a person who is very much defined by her creativity and its expression through art in multiple mediums. She paints, draws, crochets, makes jewelry and is learning to master sewing. She sells her creations at various conventions; the next upcoming convention where she will have a booth is Crypticon in Seattle. She is a lover of music and concerts, her favorite genre being Symphonic Metal, and also loves animals. Camping with friends is a favorite pastime, and she is a proud descendant of the Wailaki Native American Tribe that originated in Humboldt County, California.



Employee Spotlight:

Nancy is fairly new to the Elite Care family, but she has already settled in and it definitely feels like home. She grew up in Arizona, and that's where she met her husband in the church they both attended. She and her husband are best friends. They have been married 13 years, and came to Oregon to be closer to his family, and are still focusing on growing their own family. They love to hike and go to drive in movies together, and are both animal lovers. She's an avid reader of Historical Romance, and one of her favorite authors is Lori Wick.

After graduating from high school, she went into caregiving and did that for a number of years. She spent some time after that as a retail cashier, but decided she wanted to go back into healthcare, so she took a Housekeeping job at a hospital in the Emergency Department. She discovered she really loved the work and loved working with older people, but wanted to have closer and more long-term connections with the people she served.

Housekeeping is very satisfying and rewarding for her. She loves seeing things become clean and fresh, and tremendously values being able to make residents' living environments healthier through her work. The most important aspect of her role is making connections with the residents and being able to have a positive impact in their day, even if it's just to give assistance with something small or share encouragement. She says she has found her niche and she wants to stay in this role for life.

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Fanno Creek

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This month has been something else when it comes to the weather, I'm sure we can all agree to that. When the sun was out, we definitely took full advantage of the sun and walked outside for some leg stretching and cardio exercise while taking in the beauty of our views, we did some garden exploring and chicken feeding and of course some garden care. Unfortunately, most of our garden has been plucked by the chickens but we do have some lettuce and strawberry plants doing well. We then went onto our outdoor pathway to plant some herbs while the sun was out as well.

On our rainy days we sat and listened to music and played Pictionary or Hangman while hanging in there ourselves. We discovered the Netherlands this month for our culture club and enjoyed tasty treats. Of course we can't forget about Zumba! We love when Miruko comes and shows us different exercises and stretches to do on any day. All in all, this month was full of adventure, creativity and fun. Now waiting for new explorations in the coming months.





Arts and crafts:

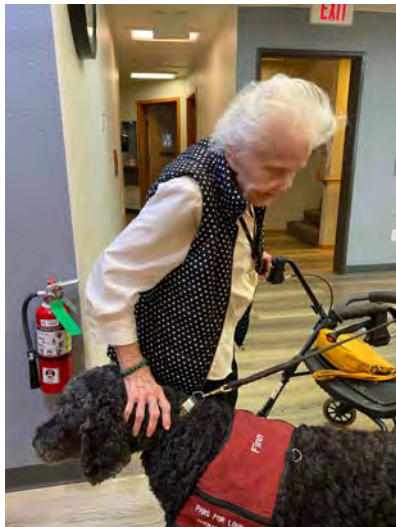
We took our creativity to the next level this month with being hands on, we made some pretty amazing dream catchers to catch all the dreams we need to be caught and used many different colors and styles. We also celebrated earth day by making some paper mache earth globes to celebrate earth day and hang around Fanno. We then proceed to make some fun Tie Dye socks to bring some fun and colorfulness.





Music and Games:

It's always so much fun having our concerts, Monte came in with the big hits and had many of us up on our toes dancing and singing along which was well overdue. He sure knows how to put some big smiles on our faces. Always a good time when he's around. Let's not forget our fan favorite game Bingo! We get very involved gathering round and winning our prizes and just having good laughs while socializing and having a blast. We have had fun this time around with many games like frisbee golf, beanbag toss, trivia, pictionary and more!





Staff spotlight: Patty

Patty has been one of many of our fantastic caretakers for over 5 years now and still going. She comes into work and starts every person's morning off with smiles as she helps prepare people for their morning routines. Patty always has gone the extra mile in ensuring that our residents come first and making sure all their needs are met day in and day out. Patty also has a very full life outside of work, nothing stands in her way of accomplishments whether it be at home or work she's always on top of it. Fanno Creek has definitely found a diamond.



Staff spotlight: Rosa

This PA has been a rock star from the beginning, Rosa has been with the company for over 4 years and has put on many hats during her career for elite care. Rosa was a glorious housekeeper for some time and has decided to extend her reach to go to school to become a CNA in which she succeeded and is still in action, on top of school she is also working as a PA at Oatfield and Fanno creek implementing her knowledge to help others. Thank you Rosa for all you do.



Resident Spotlight

This young man is truly the best! JP loves to be helpful in many ways and is always there when you need a helping hand. JP is the kind of guy to wake up early and get a headstart trying to find his next project, particularly around the building or in the garden. JP helps maintain anything he sets his eyes on, sweeping, cleaning, taking care of the garden beds, helping the chef with the chickens, you name it he's on it. Despite all the hard work JP does for all of us he's also a very caring guy who will just sit and listen to anything you want to talk about and always cares about how you're doing. He's also very wonderful at doing art or participating in all activities without skipping a beat. JP has been with us at Fanno Creek for many years and he just keeps growing to be such an amazing guy, he is Fanno Creek's very own superhero.

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Special Event

It is with great pleasure that we are able to have the second annual Honorary Rose Planting ceremony on May 15th 2024 on our campus at Oatfield Estates.

The Royal Rosarians will be presenting us with this year's rose to be planted in our rose garden with a commemorative plaque honoring the residents who have passed in the last year.

In addition, the Rose Festival Princesses will be visiting our residents.

May 15th, 2024

Rose Festival Princesses visit 10:30 am to 11:30 am

Honorary Rose Planting ceremony 11:00 am

Pictures from 2023

