

## Dear Elite Care Family & Friends-

Spring is officially here at Elite Care! Residents are soaking up all the sunny days so far out in the gardens getting the beds ready for our first starts of the season. Strawberries, spinach, squash, beans, tomatoes and corn have all been lovingly planted with hopes of a great bounty in a few months. At our peak harvest season, Elite Care chefs can use over 250 pounds of fresh produce grown on our campus! Residents and staff always enjoy seeing the entire process through to fruition, from seedlings and starts to harvesting and cooking- each step is educational and fun to participate in. Researching new recipes is also a great way to engage and be present with our Residents, who are always eager to taste test most dishes that come out of our kitchens. Stay tuned to find out which recipes were the real winners this year. So far the only recipe that has been requested to not make a second showing is our try at “figgy pudding”. Even when the recipe doesn’t turn out to be spectacular, Residents and staff always have fun being creative in the kitchen. We look forward to sharing our favorite Elite Care recipes with you throughout the year.

Spring wishes and warm regards!

Elite Care Management Team

Chef Randy at Fanno Creek delighted Residents with a special Strawberry pastry for Breakfast to celebrate Spring!





## Oatfield Estates

### Culture Club Ireland & Paint and Sip

We had a lot of Irish fun in our lives this month, celebrating St. Patrick's Day in a number of unique ways. We crafted carnations with paper and green paint, decorated the houses for the holiday, and even hosted Irish Step Dancers! Ireland was the Culture Club focus for March, as we munched on cookies and learned about the history of the holiday, as well as the history and culture of the Irish. We crafted shamrocks and played with ways to sport our festive flare. We had belly-aching laughs writing limericks, chopping them up, and mixing and matching new limericks. The other big focus of our craft event Paint and Sip for March was Women's History, for which we sipped Shirley Temples, and crafted collages of the powerful and influential women of the past.



Elite Care Senior Living

# Newsletter

April 2023



## Oatfield Estates

### Green Thumbs

'Tis the season! Spring has sprung and we are already elbow deep in dirt, of course. We had bulbs that needed potting, and beds that needed clearing and turning. Keeping with the Irish theme, there were spuds to split and bury, and the green beans sprouted on St. Patrick's! Sunny weather always seems just a bit more fun when you have fresh garden harvest to munch, and flowers to enjoy, so it was a month full of time spent in the Garden Hangout anticipating and working toward that end.

When we got tired of digging, we spent time arranging, because Trader Joe's is still keeping us buried in cut flowers to play with on Mondays. We are really feeling the energy of the season, and getting ready for the really warm weather and outdoor events. Sunny weather always seems just a bit more fun when you have fresh garden harvest to munch, and flowers to enjoy.





April 2023

## Oatfield Estates

### Outings

Getting out of the house and heading into the community are some of the most highly anticipated and celebrated Activities Calendar items on the agenda every month. Many residents look forward to heading out in the bus to the local market and picking up a few favored items, and stop by the Starbucks afterward.

This month we also had a packed bus for a trip to the performance of “Little Women,” at the theatre at Clackamas Community College. In recognition of Women’s History Month, there were numerous activities, including a trip to the Ledding Library, looking for books on the topic. Towards the end of the month, the bus was straining to hold the group who wanted to attend the outing to the War Front Museum. It was a great time, with everyone getting to reminisce with the owner about their own experiences of service in the military. The sun was shining enough for a tour of the Victory Garden, and from the smiles, I think we’ll see this museum as a frequently requested destination.





## Oatfield Estates

### Pet Therapy

A very neat and exciting thing we had on campus this month was an increase in the number and diversity of our animal visitors. Napoleon, our favorite Alpaca, showed up wearing a wonderfully green and festive outfit for his tour of campus. Almost everyone wanted a carrot kiss from that fluffy snuggler.

We also had a couple of miniature horses who dropped in to travel room to room, giving a friendly nuzzle even to our folks who can't get out of bed. The smiles were infectious, and there were plenty of giggles and "Awwwws," as the residents made new friends. A very interesting volunteer opportunity has cropped up for Hood House Resident, Melba Worth. Having adopted a young puppy, she has recently been offering their "pet therapy" services. She has been visiting other residents throughout campus, and sharing her bundle of joy with her neighbors, and who doesn't love puppy kisses? We are grateful to have her doing such a kindness for others here in the community. Thank you Melba.



### Oatfield Estates

#### Resident Spotlight

##### Heart of Service

Oatfield Estates Leadership would like to recognize two members of the Resident Community who go above and beyond for their fellow residents, as well as the staff, here on campus. Always willing to lend a hand to a project, a shoulder to a heartache, or an ear to a problem-solving endeavor, John Ross and Marcia McIntosh show us all what it means to look out for each other. Thank you so much, you two, for being stunning examples of human kindness, compassion, and service to one another. We are proud to have you be part of our community.



John of Ashland House really knows how to see the best in everything! You might have already seen (or heard) him hard at work around the Garden Hangout, making drums out of old buckets, coffee cans, and other recycled materials. John took a major part in organizing the space to make it function better for storage, gardening, or as a workspace for indoor projects and crafting activities. John has even made an array of drumsticks out of bamboo and duct tape to show the other residents how to make their own music at our drum circles and karaoke sessions!

Before coming here John worked as a manager for Home Depot for many years doing community outreach work with the company's Team Depot foundation. Jim had a talented friend from Jamaica who taught him all about drumming and homemade instruments. He then brought those skills to work and began to make his own drums out of big orange buckets and concrete cylinder molds that he would cut in half and repurpose. John really made an impact during his time at Team Depot by organizing large community drumming circles with all the neighborhood kids in order to teach them a new skill and a sense of connection. He also helped out with other groups serving veterans and womens' shelters.

It's no secret that John loves helping people and seeing them brought together by music and the simple act of caring for others in need. We are truly blessed to have John share this beautiful space with us and spread his warmth, creativity and musical passions to all who live here. Thank you, John, for literally showing us how to dance to the beat of our own drum!



### Oatfield Estates Resident Spotlight



Meet Marcia from Ashland House! Marcia originally hails from Miami, Florida. After graduating she moved to Denver, Colorado where she began her career as a consultant for Kaiser Permanente. For 28 years Marcia worked as a liaison between the IT and business departments where she put her excellent communication skills to work. She moved to Oregon in 2005 and continued to work for Kaiser until 2022, when she eventually had to stop working due to major life changes.

Marcia is an immensely positive person who has never been one to let adversity get her down. Some of her passions include gardening, taking part in and assisting with our group activities, and people—especially all of those who she has loved and cared for in her lifetime. That’s one thing you will probably notice about Marcia...her enthusiasm and level of caring for others is absolutely contagious! Some of her favorite memories here include some beautiful and

touching moments spent with Jim and Andy, both former residents of Ashland House. Marcia just has the most wonderful way of truly seeing and remembering the best in a person, and is also an amazing storyteller!

### Resident Spotlight: Fanno Creek

We want to spotlight a very special Resident at Fanno Creek. J.P. has quickly become a very important part of our family at Elite Care. Always eager to help with any project that involves gardening, remodeling or using his wheelbarrow- J.P. has been awarded Fanno Creek Resident Volunteer. Thank you for being part of our community!





## Fanno Creek

March flew right by in a flash! Fanno Creek Residents were so busy with projects and guests that we barely realized Spring had sprung. On St. Patrick's Day we welcomed members of a local Irish Dance School who performed traditional Irish step dancing for Residents! While the dancing would have been celebration enough, we also treated ourselves to some "green themed" treats! There is always a reason for sweet treats!

Fanno Creek Residents also enjoyed a visit from Benny the Llama! Dressed to the nines in a festive outfit, Benny spent quality time with every Resident. Carrot treats are Benny's favorite, and will willingly give kisses in exchange for snacks.







## Fanno Creek

We started our gardens this month at Fanno Creek! We planted strawberries, beans, squash, cucumbers and tomatoes in our raised garden beds. Our Chef's are always excited to use the produce that we grow on our campus, and Residents are always happy to help harvest the vegetables so they can enjoy delicious scratch made food. Stay tuned for our favorite recipes!



Fanno Creek Residents also enjoyed different artists that performed music for us at our campus. A concert is always a great way to socialize and relax. Residents enjoyed Piano music with Monte who sings and takes crowd requests, as well as guitar jam sessions with 2 local musicians. We welcome all kinds of music, and Residents can't help but sing along too!





### Oatfield Estates

#### Odds and Ends

Of course we love adventure, but it's also important to be faithful to our regularly scheduled activities. We get our morning exercises and walks in. We make it to our Tai Chi classes with Papi and Yoga Classes with Martha. Bingo is obviously a must have, and we've been making time for High Tea every afternoon. Bible Study on Monday, Devotional on Tuesday, Book Discussions on Fridays, and all the birthday parties a campus could ask for have been happening all through the month.



April 2023

## Oatfield Estates

### New Residents



Adams House welcomes Frank. He is a remarkable man, who served our country for twenty years as a Petty Officer in the Navy. On the battle ships, he was responsible for the identification and transmission of top secret classified documents. Frank takes great pride in his work, but even more so in his family. It is because of Frank's daughter that we have the privilege of having him as a member of our community. He shares the love he has for his family and his work with everyone he meets. His vibrant life shines through his voice. His smile glimmers, and his laughter spreads joy like a ripple in a pool. Never one to spare you a quip, Frank's just a good guy! Frank loves beer, especially cold Coors.



Welcome Virginia to Helens House. Ginny grew up in a family where she was expected to shoulder responsibility pretty much right out of the womb, and she hasn't given it up! Even today, Ginny is concerned, above all else, with responsibility and love. She says there is truth in the metaphysical idea that we live on, literally, through our children. One of her great inspirations is the memory of a neighbor lady from her childhood who took every opportunity to teach her. It was from this lady, at a young age, that Ginny learned all kinds of wisdom, including Socratic teaching methods. This wisdom she passed on to her children, and if you ever get the chance to look at her family photos you'll see that it's the truth!



Helens House welcomes Maria. She has two quotes hanging up in her room that show just a bit of what her heart has to offer. One of her favorites hangs behind some lounge chairs in her room and reads, "Going to the mountains is going home". As you can probably guess, she loves going on walks and taking advantage of the pristine views offered at Oatfield Estates. She also loves to glory in the mountains. Talking with Maria was like meeting an old friend, but for the first time! Maria's funny and loving, but also intelligent. She believes that United States culture has sadly shifted throughout the years, and that a focus on the good of the community has given way to a more selfish focus on issues as they impact individuals. She should

be encouraged to join the village here, where she can work with neighbors to achieve the dreams and goals they have for Oatfield. On the importance of other perspectives in light of selfishness she told me, "we have a lot to learn about ourselves from other people. If that weren't the case, what would be the point of relationships?"

Elite Care Senior Living

# Newsletter

April 2023



## Newsmaker of the Year Award

Elite Care is a long-time sponsor of the Royal Rosarian's Newsmakers of the Year Awards, and Lydia, Elite Care Co-Founder, has been a member of the Royal Rosarian organization for many years. Each March, Elite Care residents and team members enjoy a night out, celebrating the Newsmakers who are being recognized for exceptional acts of heroism or benevolent service without regard for personal safety, public recognition, or personal gain. It is always an inspiring event, and Elite Care is honored to be a part of it!





# Oatfield Estates April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Parkinson's Awareness Month &amp; National Garden Month</b>							
<b>All activities are subject to change or cancellation due to community needs</b>					<b>LEGEND</b> A- ADAMS HOUSE ASH- ASHLAND HOUSE C- CASCADE HOUSE CL- CASCADE LAWN H- HELENS HOUSE HD - HOOD HOUSE J- JEFFERSON HOUSE L- Larch House R- Rainier House T- Taber House GH- Garden Hangout UC-Upper Campus LC- Lower Campus RH- Rotate Houses	<b>1 April Fools Day</b> 10 AM Therapeutic Horticultural Event w/ Jill (T) 115 PM Create a Riddle Box- Add a Joke 3 PM Comedy & Happy Hour 3:30 PM Drumming (L/T)	
<b>2 Palm Sunday</b> 10 AM Collect Eggs at the Chicken Coop 115-3 PM Lawn Games (CL) 3 PM High Tea 3 PM Bingo (H)	<b>3 Happy Birthday, Marleen (L,R)</b> 10 AM Prep for Flowers 1:30-3 PM Flower Arranging (GH) 3 PM High Tea 3:30 PM Bible Study (A)	<b>4</b> 10 AM Yoga (L), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 1:15 PM Bingo (ASH) 2:30 PM Kris Gaiter Concert (HD) 3 PM High Tea 3:30 PM Devotional Mtg (A)	<b>5</b> 9:30 AM Outing to Fred Meyer 115-2:30 PM Paint & Sip- Papier-Mâché Earth Globes (GH) 3 PM High Tea 6:30 PM Worship Service w/ Pastor Seth (T)	<b>6</b> 10 AM Brd of Director's Mtg (HD) 10 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 1:15-3 PM Papier-Mâché Earth Globes (GH) 3 PM Concert w/ Blake (H) 3 PM Comedy & Happy Hour	<b>7 Good Friday</b> 10 AM Walk to the Garden 12:25 PM House Meeting (ASH) 115-3 PM Egg Dying (GH) 3 PM High Tea 5:30 PM Book Discussion (ASH)	<b>8</b> 10-11:30 AM Horseshoes (CL) 115-3 PM Egg Dying (GH) 3 PM High Tea 3:30 PM Drumming (L/T or CL depending on weather)	
<b>9 Happy Easter!</b> 10 AM Easter Egg Hunt 12 PM Easter Bunny Visits Oatfield (RH) 1:30-2:30 PM John Hastings Concert (A) 3 PM High Tea 3 PM Bingo (A)	<b>10 Parkinson's Awareness Week</b> 10 AM Prep for Flowers (GH) 12:15 PM House Meeting (H) 1:30-3 PM Flower Arranging (GH) 5 PM VIEWS Discussion (T) 3 PM High Tea 3:30 PM Bible Study (A)	<b>11</b> 10 AM Yoga (L), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 1:30 PM Helen Piano Concert (T) 3 PM High Tea 3:30 PM Parkinson's National Awareness Walk	<b>12</b> 10 AM Feed the Kai 1:30 PM Culture Club w/ Lydia Ecuador (L) 3 PM High Tea	<b>13</b> 10 AM Head, Shoulders, Knees & Toes 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 1:15 PM Bingo (RH), 2:30 PM (J) 3 PM High Tea 5:30 PM Sensory Cards & Stakes (GH)	<b>14</b> 10 AM Walk to Cascade Pond 12:15 PM House Meeting (HD) 1:30 PM Monty Python Concert (ASH) 3 PM High Tea 3:30 PM Book Discussion (HD)	<b>15</b> 10-11:30 AM Croquet (CL) 1:30 PM Billiards (H-UC) 2:15 PM Billiards (H-LC) 3 PM High Tea 3:30 PM Drumming (L/T or CL depending on weather)	
<b>16 Happy Birthday, Dick (R)</b> 10 AM Bowling 115-3 PM Jewels & Beads (GH) 3 PM High Tea	<b>17</b> 10 AM Prep for Flowers (GH) 12:15 PM House Meeting (R) 1:30 PM John Hastings Concert (R) 3 PM High Tea 3:30 PM Bible Study (A)	<b>18 Happy Birthday, Rose (HD) &amp; Elaine E. (ASH)</b> 10 AM Yoga (L), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 1:30 PM Kris Gaiter Concert (L/T) 3 PM High Tea 3:30 PM Devotional Meeting (A)	<b>19</b> 10 AM Float the Parachute 1:30 PM Rock Painting (GH- UC) 2:30 PM Rock Painting (GH- LC) 3 PM High Tea	<b>20 Happy Birthday, Fat (J)</b> 10 AM Leg Workout w/ Bonds 10 AM Outing to Fred Meyer 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 1:15 PM Bingo (RH), 2:30 PM (ASH) 3 PM Comedy & Happy Hour	<b>21</b> 10 AM Seed Sewing- Summer Squash (GH) 1:30 PM Plant a Tree Careaway (Behind HD) 3 PM High Tea 5:30 PM Book Discussion (HD)	<b>22 Earth Day</b> 10-11:30 AM Lawn Games (CL) 1:30-3 PM Give a Plant New Life in a New Pot (GH) 3 PM High Tea 3:30 PM Drumming (L/T or CL depending on weather)	
<b>23</b> 10 AM Walk to Kai Pond 115 PM Bingo (H), 2:30 PM (A) 3 PM High Tea	<b>30 Pet Therapy Day</b> 115 PM Bingo (H), 2:30 PM (A) 3 PM High Tea	<b>24</b> 10 AM Prep for Flowers 12:15 PM House Meeting (A) 1:30-3 PM Flower Arranging 3 PM High Tea 3:30 PM Bible Study (A)	<b>25</b> 10 AM Yoga (L), 10:30 AM (H) 1:30 PM, 2:30 PM World Tai Chi Day Demonstration (CL) 3 PM High Tea 3:30 PM Devotional Meeting (A)	<b>26 Happy Birthday, David (T)</b> 9:30 AM Outing to Daimler Trucks 1:15 PM Bingo (HD), 2:30 PM (H) 3 PM High Tea 3:30 PM Boxing for Parkinson's (ASH)	<b>27</b> 10 AM Bean Bag Toss 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 9 PM (J) 11 AM Rose Planting in Adams Rose Garden w/ Royal Court 1:15 PM Bingo (RH), 2:30 PM (J) 3 PM Comedy & Happy Hour	<b>28 Happy Birthday, John B. (ASH)</b> 10 AM Spot the Scrub Joys 12:15 PM House Meeting (J) 1:15-3:30 PM Propagate House Plants (GH) 3 PM High Tea 5:30 PM Book Discussion (HD) <b>Arbor Day</b>	<b>29 World Tai Chi Day</b> 10 AM Putting Green- Give it Your Best Shot! 1:30-3 PM Beautify Your Patch (RH) 3 PM High Tea 3:30 PM Drumming (L/T or CL depending on weather)



ELITE CARE

# FANNO CREEK

## April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Parkinson's Awareness Month &amp; National Garden Month</b>						<b>1</b> April Fools Day! 10 PM Therapeutic Horticultural Event w/ Jill 115 PM Create a Riddle Box- Add a Joke 3 PM High Tea - Comedy Hour 5PM Rick Steve's (ROME)	
<b>2</b> Palm Sunday 8AM - Chronicle & Coffee 10 AM Collect Eggs at the Chicken Coop 1:30 Trivia & Popcorn 3 PM High Tea 5 PM Oregon Art Beat (Cosmic Design)	<b>3</b> 8AM - Chronicle & Coffee 10 AM Bowling 11:30AM Arts & Crafts - Easter Place Cards 3PM High Tea 6PM - This Old House	<b>4</b> 8M Chronicle & Coffee 10 AM Yoga 1:30AM - Bingo 3 PM High Tea 6PM - Evening News	<b>5</b> 8AM - Chronicle & Coffee 10AM - Balloon Baseball 1:30 - Paint & Sip 3 PM High Tea 5PM - Survivor	<b>6</b> 8AM - Chronicle & Coffee 10 AM Board of Director's Meeting (HD) 1:30 - Baking - Bunny Cupcakes 3 PM Comedy & Happy Hour	<b>7</b> Good Friday 8AM - Chronicle & Coffee 10 AM Walk to the Garden 1:30 PM Egg Dying 3 PM High Tea 5 PM Book Discussion		
<b>9</b> Happy Easter! 10 AM Easter Egg Hunt 11AM - Easter Dinner 12 PM Easter Bunny Visit 3 PM High Tea 5 PM Oregon Field Guide (Painted Hills)	<b>10</b> Parkinson's Awareness Week 8AM - Chronicle & Coffee 10 AM Bowling 11:30AM Arts & Crafts - Seed Balls 3PM High Tea 6PM - This Old House	<b>11</b> 8M Chronicle & Coffee 10 AM Yoga 1:30AM - Bingo 3 PM High Tea 5:30 PM Parkinson's National Awareness Walk	<b>12</b> 8AM - Chronicle & Coffee 10AM - Balloon Baseball 1:30 - Manicures 3 PM High Tea 5PM - Survivor	<b>13</b> HAPPY BIRTHDAY DEANNA! 10 AM Head, Shoulders, Knees & Toes 115 PM Bingo (R), 9:30 PM (J) 3 PM High Tea 5:30 PM BLAKE JOHNSON ON THE GUITAR	<b>14</b> 8AM - Chronicle & Coffee 10 AM Walk to Garden 1:30 - Culture Club - Peru 3 PM High Tea 5PM - Book Discussion	<b>15</b> 8AM - Self Guided Stroll 1:30 Bingo 3 PM High Tea 7PM Rick Steve's (Paris)	
<b>16</b> 8AM - Chronicle & Coffee 10 AM Collect Eggs at the Chicken Coop 1:30 Trivia & Popcorn 3 PM High Tea 5 PM Oregon Art Beat (Cosmic Design)	<b>17</b> 8AM - Chronicle & Coffee 10 AM Bowling 11:30AM Arts & Crafts - TIC TAC TOE Boards 3PM High Tea 6PM - This Old House	<b>18</b> 8M Chronicle & Coffee 10 AM Yoga 1:30AM - Bingo 3 PM High Tea 6PM - Evening News	<b>19</b> 8AM - Chronicle & Coffee 10AM - Balloon Baseball 1:30 - What's In Bloom 3 PM High Tea 5PM - Survivor	<b>20</b> 10AM - Chronicle & Coffee 10 AM Board of Director's Meeting (HD) 1:30 - Baking - 3 PM Comedy & Happy Hour	<b>21</b> 10 AM Seed Sewing - Summer Squash (GH) 1:30 PM Plant a Tree Ceremony (Behind HD) 3 PM High Tea 5:30 PM Book Discussion	<b>22</b> Earth Day 8AM - Self Guided Stroll 1:30 Bingo 3 PM High Tea 7PM Rick Steve's (London)	
<b>23</b> 10 AM Walk to Garden 115 PM Bingo 3 PM High Tea	<b>30</b> 115 PM Bingo 3 PM High Tea	<b>24</b> 8AM - Chronicle & Coffee 10 AM Bowling 11:30AM Arts & Crafts - Nature Painting 3PM High Tea 6PM - This Old House	<b>25</b> 8M Chronicle & Coffee 10 AM Yoga 1:30AM - Nature Bingo 3 PM High Tea 6PM - Evening News	<b>26</b> 8AM - Chronicle & Coffee 10AM - Balloon Baseball 1:30 - Birding by Ear 3 PM High Tea 5PM - Survivor	<b>27</b> 10AM - Chronicle & Coffee 10AM - Outing to OE- Rose Planting in Adams Rose Garden w/ Royal Court 3PM - High Tea- Happy Hour	<b>28</b> 10 AM Spot the Scrub Jays 11:30 - May Day Baskets 3 PM High Tea 5:30 PM Book Discussion  Arbor Day	<b>29</b> World Tai Chi Day 8AM - Self Guided Stroll 1:30 Bingo 3 PM High Tea 7PM Rick Steve's (TBD)