



## Message from Leadership

### Elite Care Family & Friends,

With the weather slowly warming up for Spring, we are excited to start getting back outside to enjoy our beautiful property! At our Fanno Creek campus in Tigard we have some major projects planned to give that property a much needed makeover! New laminate flooring will be installed in all of the common areas starting at the end of January. On the exterior, we are excited to get a fresh paint and trim job, as well as all balcony railings will be refinished and stained. Our 100 year old barn is also getting a facelift with new paint and a good cleaning for Spring! If you haven't been to our Tigard campus, we are planning on having an open house when all of our projects are completed in late Spring. By then, all of our flowers and trees will be in full bloom and ready to show off all of the changes we have been looking forward to making. Stay tuned for the before and after pictures coming soon!



Our Resident JP at Fanno Creek has been so excited with all the demolition. Any excuse to use his wheelbarrow... which is his favorite color Blue!



### Arts & Crafts

Our Residents enjoyed a month of fun Arts & Crafts while the weather was cold and rainy... even Icy at times! Our activities crew indulged our seniors with paint & sip with watercolors, a fun rock painting project, Valentines Day card making and best of all dried flower collages. We are always looking forward to getting our hands dirty and keeping our minds occupied with fun campus projects. No matter what the weather is doing, we are always creating Art with our Seniors.



# Newsletter

February 2023

## Traveling Devotional

Our beloved Resident Doug, has taken on the role of Campus Chaplin. Every week Doug travels the houses and spreads his good word and spirit with other Residents. The time spent together is so wholesome and meaningful for everyone involved. We appreciate that Doug is willing to travel to every House, especially with the winter weather we have had recently. Everyone looks forward to Doug's kind words and a great big hug! Doug also leads our campus Bible study with a member from his personal Church. Residents always enjoy Bible study, and Doug's wife Nan is always present to play beautiful piano music during their meeting. Be sure to stop by Adam's House every month for our Spiritual gatherings!



## Coffee Time

Who doesn't love a coffee break? Our residents are fueled on coffee and will travel to get their hands on a good mug of Joe. Every trip to Fred Myers always ends with a stop at Starbucks for a "fancy" cup of coffee, and Residents love sharing stories and conversation while enjoying a good brew. We also always find time on campus to stop and catch up over a cup of coffee. It might not be a fancy Latte, but with good friends and great company, every Sip is savored.





## Fanno Creek Renovations

Our Fanno Creek campus in Tigard is currently under construction! Pardon our dust as we complete a few big projects in 2023. We have started with tearing up all the carpet on the main level and installing some beautiful new laminate flooring. Residents are always happy to supervise the construction crew, and it creates some good topics of conversation around the dinner table. Next on our project list is some exterior paint and landscaping! We cannot wait to show off all the pictures as we work through our improvements this year. Stay tuned for all the fun!



## New Resident

John Paul- "J.P."

J.P. is our newest Fanno Creek resident who moved in at the start of January. J.P. comes to us from Colorado where he was living with his Aunt Norma for 14 years. We are so excited to have J.P. join our family, especially since he brought his own wheelbarrow and is already assisting with projects around our campus. J.P. loves to garden and be active all day long outside in the yard. Moving away from his Aunt has been bittersweet for J.P.- but he is now very close to his Niece and other family members here in Oregon. This is J.P.'s first time living in a community, and he is already making new friends and has quickly become a crucial part of our landscaping renovation team.





### Fun & Games

We are all young at heart at Elite Care. And that means we are never too old for a good old fashioned game. Whether it be checkers, playing pool, bowling or playing balloon toss, laughs are always shared between Residents. Small groups, large groups or one on one- we are never bored with the amount of activities our fantastic crew comes up with. Games are also a great way to get some movement and exercise into our daily routine, while still having fun! Working on our balance with balloon toss or our hand eye coordination with bowling keeps our Residents active and engaged.



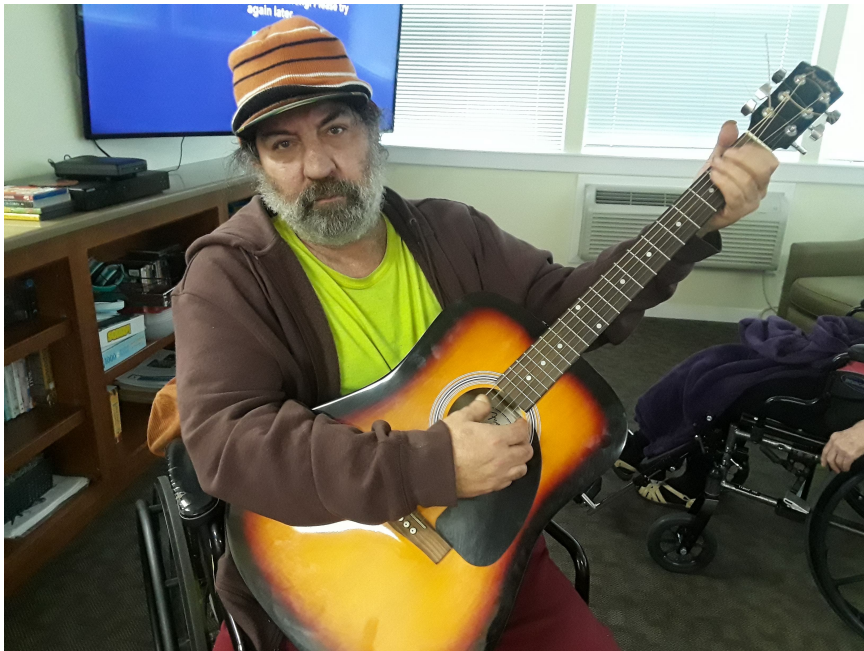


# Newsletter

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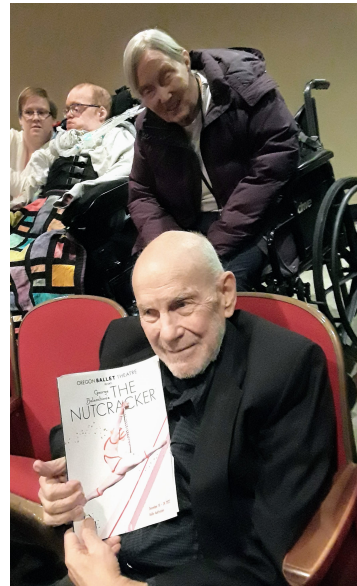
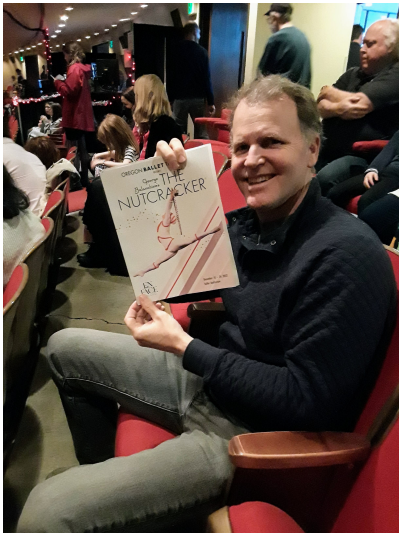
## Music Therapy

Music is always an important part of our community, and we try to get all the Residents involved with activities that promote creativity and dexterity. We have many talented musicians on campus who play a variety of instruments ranging from guitar to the tuba. Our bongo drums are always a welcome addition to a jam session, and all the Residents love to take a try at keeping the beat! One day we hope to have an Elite Care Campus Band made up of all of our talented Residents, but until then, we will continue to practice until we have it perfect.



### **The Nutcracker**

Oatfield Estates Residents enjoyed going to a live rendition of the Nutcracker. We took a great group out on the town for a night of culture and nostalgia. Live performances are always exciting to attend, but especially when there is popcorn involved! As we nosed on treats, Residents were entertained by fantastic dancers and the show they prepared. We can't wait for next year's show!



### **Rachel- Activities Coordinator for Fanno Creek**

Rachel was born and raised in the Pacific Northwest going to Tigard High School and graduating with a Bachelor's in Business from Portland State University. After graduating from college she started off in sales and has lived in Brazil, Denver, CO, Kirkland, WA, Phoenix AZ and recently moved back to Oregon. Her mom had a recent health scare which caused her to explore the assisted living field and most recently brought her to Elite as our activities coordinator. Her love for helping people and getting them moving is a passion she holds close to her heart, please welcome her to our family.





### Sandy Historical Society

Oatfield Estates Residents took a fun trip recently to the Sandy Historical Society for an afternoon filled with knowledge and exploration! We had an amazing guide take us through the museum and we were able to ask questions about our local history. Our Seniors always love a good adventure and especially when we are treated to a special tour! We ended the trip with a stroll through the gift shop where we picked up a couple special trinkets to bring home and share with the rest of our campus.



### Birthdays

- Don - 2-9
- Elaine - 2-5
- Bill - 2-7
- Christine - 2-2
- Bill - 2-2
- Matt - 2-6

Every Birthday at Elite Care is celebrated with a homemade cake shared with the entire House. Each resident is asked their preference of flavor, but our activities team loves it when the Residents lets them decide! Some top flavors of cake at Elite Care are: Peanut Butter, Maple & Lemon Lavender. Happy Birthday to all of our February Babies, enjoy your Month!






**FEBRUARY 2023**

Feb	Mon	Tue	Wed	Thu	Fri	Sat	Notes
20	30	31	1 8:30 - Chronicle and Coffee 10 - Yoga 1:30 - BHGD 3 - High Tea 5:30 - Oregon Art Best	2 8:30 - Chronicle & Coffee 10 - Garden Society 1:30 - BHGD Meeting 3 - High Tea 5:30 - News Hour	3 8:30 - Daily Chronicle 10 - Tea CH 1:30 - Book Club 3 - High Tea, Patti & Co	4 8:30 - Chronicle & Coffee 10:00 - Garden Club 3 - High Tea 7 - Rick Stearns Europe	
5 8:30 - Chronicle & Coffee 10 - Self Directed Study 1:30 - Trivia & Potpourri 3 - High Tea 6 - Oregon Art Best	6 8:30 - Chronicle & Coffee 10 - Yoga with Martha 1:30 - Creative Station 3 - High Tea 6 - The Old House	7 8:30 - Chronicle & Coffee 10 - Meeting Group 1:30 - Horticulture Group 3 - High Tea 5:30 - News Hour	8 8:30 - Chronicle and Coffee 10 - Yoga 1:30 - BHGD 3 - High Tea 5:30 - Garden Show Theater	9 8:30 - Chronicle & Coffee 10 - Garden Society 1:30 - Creative Club - News Ordinary 3 - High Tea 5:30 - News Hour	10 8:30 - Daily Chronicle 10 - Tea CH 1:30 - Book Club 3 - High Tea, Patti and Chocolate Tasting	11 8:30 - Chronicle & Coffee 10:00 - Garden Club 3 - High Tea 7 - Rick Stearns Europe	
12 8:30 - Chronicle & Coffee 10 - Self Directed Study 1:30 - Trivia & Potpourri 3 - High Tea 6 - Oregon Art Best	13 8:30 - Chronicle & Coffee 10 - Yoga with Martha 1:30 - Creative Station 3 - High Tea 6 - The Old House	14 Happy Valentine's Day 8:30 - Chronicle & Coffee 10 - Meeting Group 1:30 - Horticulture Group 3 - High Tea, Patti & Chocolate Tasting 5:30 - News Hour	15 8:30 - Chronicle and Coffee 10 - Yoga 1:30 - BHGD 3 - High Tea 5:30 - Garden Show Theater	16 8:30 - Daily Chronicle and Coffee 10 - Garden Society 1:30 - Life on the Coast	17 8:30 - Daily Chronicle 10 - Tea CH 1:30 - Book Club 3 - High Tea, 6:30 - Evening News	18 8:30 - Chronicle & Coffee 10:00 - Garden Club 3 - High Tea 7 - Rick Stearns Europe	
19 8:30 - Chronicle & Coffee 10 - Self Directed Study 1:30 - Trivia & Potpourri 3 - High Tea 6 - Oregon Art Best	20 8:30 - Chronicle & Coffee 10 - Yoga with Martha 1:30 - Creative Station 3 - High Tea 6 - The Old House	21 8:30 - Chronicle & Coffee 10 - Meeting Group 1:30 - Horticulture Group 3 - High Tea - Ward Oats 6:30 - News Hour	22 8:30 - Chronicle and Coffee 10 - Yoga 1:30 - BHGD 3 - High Tea 5:30 - Garden Show Theater	23 8:30 - Chronicle & Coffee 10 - Garden Society 1:30 - News & Horse Show 3 - High Tea 6:30 - Evening News	24 8:30 - Daily Chronicle 10 - Tea CH 1:30 - Book Club 3 - High Tea, 6:30 - Evening News	25 8:30 - Chronicle & Coffee 10:00 - Garden Club 3 - High Tea 7 - Rick Stearns Europe	
26 8:30 - Chronicle & Coffee 10 - Self Directed Study 1:30 - Trivia & Potpourri 3 - High Tea 6 - Oregon Art Best	27 8:30 - Chronicle & Coffee 10:30 - Meeting Group 1:30 - Creative Station 3 - High Tea 6 - The Old House	28 8:30 - Chronicle & Coffee 10 - Meeting Group 1:30 - Horticulture Group 3 - High Tea 6:30 - News Hour	29	30	31	4	



# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 All activities are subject to change or cancellation due to community needs	<b>Celebrating Black History Month &amp; American Heart Month!</b>		<b>1</b> Hair Salon w/ Ava 9:30 AM Outing- End of the Oregon Trail Museum 10:30 AM Morning Walk (RH) 1:15 PM Paint & Sip "Hearts & Crafts w/ Shirley Temples (GH-UC) 3:30 PM Paint & Sip (GH-LC) 5 PM High Tea	<b>2</b> Happy Birthday BRILL and Chris F (J) 10:30 AM Bd Meeting (HD) 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:15 PM Bingo (A), 2:30 PM (J) 3:30 PM High Tea 3:30 PM Travel Discussion (L/T) Groundhog Day	<b>3</b> National Wear Red Day & National Carrot Cake Day 10 AM Team Parachute (RH) 12:15 PM House Mtg (ASH) 1:15-3:00 PM Devotion on the Go (RH) 3 PM High Tea & Carrot Cake 3:30 PM Book Discussion (HD)	<b>4</b> 10 AM Therapeutic Horticultural Activity (HD) 1:15 PM/Tissue Paper Window Art (UC) 2-4 PM Annie's Memorial (J) 2:15 PM Window Art (LC) 3 PM High Tea 3:30 PM Jam Session (T)	
<b>5</b> Happy Birthday Elaine (ASH) 10 AM Shake, Rattle & Roll 1:15 PM Tear-it-Up Paper Collage (UC) 2:15 PM Paper Collages (LC) 3 PM High Tea 3:30 PM Learn Card Games & Poker (ASH/L)	<b>6</b> Happy Birthday Matt (T) 10 AM Prep for Flowers (GH) 12:15 PM House Mtg (L) 1:30-3 PM Flower Arranging (RH) 2:15 PM Trivia (L/T) 3 PM High Tea 3:30 PM Bible Study (A)	<b>7</b> Happy Birthday GEL (HD) 10 AM Yoga (L), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (J) 1:15 PM Bingo (HD), 2:30 PM (ASH) 3 PM High Tea 3:30 PM Devotional Mtg (A)	<b>8</b> Hair Salon w/ Ava & Podiatry Clinic 9:50 AM Outing- Fred Meyer 10:30 AM Morning Walk to Wishing Fountain (RH) 1:15 PM Chocolate Tasting (A) 2:30 PM Chocolate Tasting (T) 3 PM High Tea 3:30 PM Game Night (Pictionary)	<b>9</b> <b>PODIATRY CLINIC</b> <b>Happy Birthday Don (ASH)</b> 10 AM Morning Stretch 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:15 PM Bingo (H), 2:30 PM (L) 3 PM High Tea 3:30 PM Travel Discussion (L/T)	<b>10</b> 9:30 AM Two Sisters Coffee Club 12:15 PM House Mtg (HD) 2 PM Marty's Piano Concert (ASH) 3 PM High Tea 3:30 PM Book Discussion (HD)	<b>11</b> 10 AM Dance the "Hoochie Coochie" 1:15 PM Bean Bag Baseball (CL) 2:15 PM Bean Bag Baseball (CL) 3 PM High Tea 3:30 PM Jam Session (ASH)	
<b>12</b> Super Bowl Sunday! 10 AM Hunting Hearts Scavenger Adventure (RH) 1:15 PM Karaoke Sing-a-Long (UC) 2:15 PM Karaoke Sing-a-Long (LC) 3 PM High Tea 3:30 PM Build a Flag for Your Home Pt. 1 (TRD)	<b>13</b> 10 AM Prep for Flowers (GH) 12:15 PM House Mtg (H) 1:30-3 PM Flower Arranging (RH) 1:30 PM John's Guitar Concert (H) 2 PM VIEWS Discussion- "Botting the Blues" (T) 3 PM High Tea 3:30 PM Bible Study (A)	<b>14</b> Happy Valentine's Day! 10 AM Yoga & Meditation 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:30 PM Helen's Piano Concert (ASH) 3 PM High Tea & Valentine's Party (All Houses)	<b>15</b> Hair Salon w/ Ava 9:45 AM Outing-Maritime Museum 10:30 AM Walk to and Spin the Compost Bin 1:15 PM Culture Club - New Orleans (R), 2:30 PM (ASH) 3 PM High Tea 3:30 PM Build a Flag for Your Home Pt. 2 (H/L)	<b>16</b> 10 AM Movement to Mozart 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:15 PM Bingo (R), 2:30 PM (J) 3 PM High Tea 3:30 PM Travel Discussion (L/T)	<b>17</b> National Caregiver's Day 9:30 AM Hawk Walk- Meet at the Fountain 12:15 PM House Mtg (T) 1:15-3 PM Devotion on the Go (L/T) 3 PM High Tea 3:30 PM Book Discussion (HD)	<b>18</b> 10 AM "Head, Shoulders, Knees & Toes" (RH) 1:15 PM Paint Bird Houses (UC-GH) 2:15 PM Paint Bird Houses (LC-GH) 3 PM High Tea 3:30 PM Jam Session (L)	
<b>19</b> 10 AM Adopted Badminton & Volleyball (RH) 1:15 PM Open House Show & Tell (UC) 2:15 PM Show & Tell (LC) 3 PM High Tea 3:30 PM Lynn's Jazz Concert (R)	<b>20</b> 10 AM Prep for Flowers (GH) 12:15 PM House Mtg (R) 1:30-3 PM Flower Arranging (RH) 2:15 PM Trivia (L) 3 PM High Tea 3:30 PM Bible Study (A)	<b>21</b> 10 AM Yoga (L), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:15 PM Bingo (A), 2:30 PM (ASH) 3 PM High Tea 3:30 PM Devotional Mtg (A)	<b>22</b> National Day of Engineers & Ash Wednesday 10 AM Outing- Fred Meyer 10:30 AM Morning Walk (RH) 1:15 PM Recognize Engineers (ASH) 2:30 PM Recognize Engineers (L) 3 PM High Tea 3:30 PM Boxing for Parkinson's (ASH) Hair Salon w/ Ava	<b>23</b> 10 AM Walk to Feed the Chickens 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:15 PM Bingo (HD), 2:30 PM (L) 3 PM High Tea 3:30 PM Travel Discussion (L/T)	<b>24</b> 9:30 AM Musical Chairs 12:15 PM House Mtg (J) 1:15-3 PM Devotion on the Go (L/T) 3 PM High Tea 3:30 PM Book Discussion (HD)	<b>25</b> 10 AM Kick the Bean Bag Through the Goal Post 1:15 PM Gardening Club (UC-GH) 2:15 PM Gardening Club (LC-GH) 3 PM High Tea w/ Manicures & Root Beer Floats	
<b>26</b> Pet Therapy Day! 10 AM Ball Toss (RH) 1:15 PM Yohtzee Tournament (UC) 2:15 PM Yohtzee (LC) 3 PM High Tea 3:30 PM Wii Games & Karaoke (H/T)	<b>27</b> 10 AM Prep for Flowers (GH) 12:15 PM House Mtg (A) 1:30-3 PM Flower Arranging (RH) 2 PM Card Games (HD/T) 3 PM High Tea 3:30 PM Bible Study (A)	<b>28</b> 10 AM Yoga (L), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 1:30 PM (J) 1:15 PM Bingo (H), 2:30 PM (J) 3 PM High Tea 3:30 PM Devotional Mtg (A)	<b>LEGEND</b> A- ADAMS HOUSE ASH- ASHLAND HOUSE C- CASCADE HOUSE CL- CASCADE LAWN H- HELENS HOUSE HD- HODG HOUSE J- JEFFERSON HOUSE L- Larch House R- Rainier House T- Taber House SH- Garden Hangout UC- Upper Campus LC- Lower Campus RH- Rotate Houses				