

Dear Elite Care Family & Friends,

As we quickly move into summer, we want to focus some light on our amazing employee's across our Elite Care Campuses. We have so many reasons to be thankful for the staff we get to call family at Elite Care. Our staff care so deeply for our residents and create such meaningful memories and bonds throughout their journey, that it is almost hard to put into words how much heart and soul it takes every day to accomplish this. We want to dig deep and give thanks to every single employee across our two campuses. It takes a literal village to run campuses of over 100 residents and keep everyone healthy, happy and thriving. We have layers of different teams with employees working 365 days a year and 24 hours a day to ensure we can maintain Elite Care's high standards of care. Please join us in recognizing our fabulous teams, and the hard work they put in every day for our amazing Residents.

Our extraordinary team of Chefs, run by Head Chef Angela, work as organic as possible to incorporate as much home grown produce as possible into our daily menus. Head Chef Angela works incredibly hard to compile nutritious meals that can accommodate every dietary need across campus. Our chefs are working in a from scratch kitchen, with fresh baked bread daily, delicious hand rolled meatballs and crab cakes to boot! Thank you to our team of hard working Chef's!

Our life enrichment team, kept organized and run by Director Patty, are always looking ahead for when to plan activities around planting fruits and vegetables in the ground we live on. Patty and her team incorporates daily activities that can accommodate any level of cognition and physical abilities to keep our Residents active and engaged. Is exercise considered 'work' if we are all smiling and having fun while doing our daily activities? Keeping our bodies in motion is a crucial part to our holistic approach to health care.

Our facilities team, run by Travis & Logan- keep our 2 campuses and over 8 acres of grounds clean and safe every day for our Residents and Staff! Facilities projects can range from cable and internet issues, all the way to deep cleaning our fountains to ensure they sparkle. We cannot thank you enough for the magic that you do on a daily basis for our Residents.

Our incredible housekeeping team of Linda, Dee & Eloisa at OE and Rosa at Fanno Creekwork with residents and house staff to keep our homes clean and organized. These incredible women may be doing behind the scenes work, but they are always engaged and attentive to Resident needs. Thank you Ladies, for making us shine!

Our house staff of care takers, medication technicians, resident care coordinators and house managers who all work closely with residents and their families to ensure each individuals health and safety everyday. You are the reason we are able to keep our care standards so incredibly high. Thank you for the dedication and passion that you bring to our industry.

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Newsletter



June 2023

continued from front page

Our administrative team of Nurses, Human Resources, Office coordinator, Marking and Sales all work together to ensure communication reaches the sources to benefit our residents. Without any of these teams, we could not operate and we could not serve our residents as well as we do. Thank you to everyone who keeps Elite Care running smoothly and contributing to the memories we make and share with our residents. We appreciate your dedication to this industry and the heart and soul you lend to our residents. We look forward to a great summer with some amazing memories to share with you all!

-Elite Care Management Team

New to Elite Care

Elite Care is so excited to announce our partnership with Optum, an extension of UnitedHealthCare Assisted Living Benefits Plan. Optum is a dedicated health team that can work directly with medicare and medicaid to establish an "in house" care team for Residents at Elite Care Oatfield Estates and Fanno Creek Campuses. It is becoming more and more important for Residents to be able to have access to healthcare in their own Residence. Optum's team of prescribing nurse practitioners and physician assistants can come onto our campus and care for our residents without leaving the comfort of their homes. If you want to learn more about this, please call 1-844-886-1315, TTY 711 to talk with a representative about the benefits of enrolling into this benefit program. Optum can work directly with a primary care provider of choice, or even take over as the primary care provider in many situations. THis a yearly open enrollment program, with no current wait list for establishing care through Optum. We are looking forward to this exciting partnership that will directly benefit our special Residents. Call today for more information!

The UnitedHealthcare Assisted Living Plan features great benefit options for residents in Assisted Living, Independent Living and Memory Care Communities. And it also gives you access to extra care coordination and personal attention from a health care practitioner right here at Elite Care Oatfield Estates. Want to learn more? Talk with our local agent about your UnitedHealthcare plan options to enjoy low out-of-pocket costs, if any. We're here to help.

Here's what the plan includes:

- · Collaboration between clinician, doctors, specialists and community staff
- · Preventive care to help anticipate and identify health concerns
- · A primary contact for the teams involved in your care
- Phone support 24 hours a day, 7 days a week
- · Hands-on care from your home

Explore the UnitedHealthcare Assisted Living Plan



1-844-886-1315, TTY 711



More benefits than Original Medicare

This may include hearing, vision, dental, foot care, transportation and more (many provided on site). See the plan Summary of Benefit for all details.

uhcassistedlivingplan.com

Elite Care Senior Living Newsletter June 2023



Oatfield Estates Highlights

Crafty Creations

Most folks on campus this spring have been digging deep into their individual creative spirits to generate beautiful and unique works of arts in a variety of mediums. We have had sessions for rock painting, flower painting, and even painted birdhouses for our feathered neighbors on campus. For Earth Day, we celebrated on Paint and Sip Wednesday by crafting Papier-Mâché Earth Globes that turned out to be lovely hanging decorations. People were sketching and painting what they saw in the natural world around them, and some of the results were breathtaking. There were even rabbit-themed creations, which isn't surprising since the Easter Bunny was due on campus any day. Residents made their own piñatas for Cinco de Mayo, and their own drums for the drumming sessions that are becoming more and more popular. Music is ever an important part of life at Oatfield, and we make sure to incorporate it into as many other activities as we can.









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Oatfield Estates Highlights

Moving Melodies

We had a number of talented performers visit campus for concerts, some new and some well-loved and familiar. We had one of our favorites, Monty, on the piano with his hand-picked oldies but goodies. We had a new pianist, Kyle Lewis, who we met when attending a theatre performance last autumn that he played accompaniment for called, "Hello, Dolly!" He has some really great theatrical pieces that residents have been excited to sing along with at the next concert. We had a number of Guitarist/Vocalists give concerts that were also really wonderful. In addition to our professional performers, residents and staff had many jam sessions with guitars, drums, and a variety of other official and nonofficial instruments for making their own music. We are proud that our people can be both chef and guitarist, or caregiver and talented pianist, and our residents never stop surprising us with their hidden talents.





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Oatfield Estates Highlights

Green Thumbs

There are some people here on campus, residents AND staff, who find it impossible to stay indoors with the beautiful weather we've been having. We spent a lot of time reminding each other to hydrate and snack to sustain us through all of the exciting things we find to do in the Garden Hangout and in the multitude of soil beds we have throughout the grounds. We got vegetables started, house plants propagated, accomplished necessary transplants, watered, weeded, and spent time envisioning and accomplishing changes in the sensory garden. Jill led another awesome Therapeutic Horticultural Activity with a great turnout. If it was green baby related, we were elbow-deep in it these last couple of months.







Oatfield Estates Highlights

Veterans' Social

An event that is gaining popularity on campus is our Veterans' Social. Activities Coordinator Carmela has been leading the organization of this event, and getting great feedback from our Resident Veterans on how they want to see it progress, and what activities they are interested in. This month, they had a really great time challenging each other on the Billiards table, and socializing over snacks. It's been nice for those folks with that shared experience to be able to share stories and remember that part of their lives together. We are grateful for their service.



Odds and Ends

We still do all the old favorites here at Oatfield. Residents still play Bingo every week (if not more), arrange flowers on Mondays, do Yoga on Tuesdays, have Book Discussions on Fridays, and play music and drum on Saturdays. They still bake Pastries with Patty on the regular, and whenever the mood strikes with the House Staff. We have the nails and mocktails events on the regular, where folks can get manicures and a tasty beverage, and random events like the class that Resident Jim Olsen taught his neighbors on the Greek alphabet, or visits from mini-ponies and puppies for snuggles. There is always something going on at Oatfield.







Fanno Creek Highlights

May was a month for sweet treats and gardening projects at Fanno Creek. With our Activities Coordinator, Stephanie, our Residents have been extremely active this past month. We are so excited to welcome Stephanie to our team! Cinco de Mayo was a very fun fiesta with fresh guacamole and salsa catered by our own personal Chef, Jennifer. Residents were treated to snow cones and fun games to finish off the celebrations. Our new shaved ice machine has really earned its keep this last month, and Residents love mixing flavors to find the perfect signature taste. So far blue raspberry & watermelon are the favorites amongst our Residents.







Oatfield Estates Highlights

Royal Rosarian Honorary Rose Planting

We had two very exciting events occur this spring. First, the Royal Rosarians of Portland joined us for a perfect, sunny afternoon luncheon and ceremony to plant and dedicate a new rose bush in the Adams House rose garden surrounding our American Flag by our wishing well. Residents sat under a row of canopies to participate in this gorgeous ceremony that is a local tradition embraced by one of our Founders, Lydia Lundberg, who is herself a Rosarian. Residents mingled with the members, adorned in their official attire, and more than one member of the audience with rose expertise remarked on the exquisite quality of the rose that was chosen for the occasion.









Oatfield Estates Highlights

Rose Festival Princesses visit.

In May, we also had our annual visit from the Rose Festival Royal Court. The Princesses were all so beautiful. They made for quite a sight in their vibrant pink shirts and contrasting black pants, while they lined the Cascade Lawn walkway to introduce themselves to the residents seated under the shading pavilions and sipping on ice water and pink lemonade. After the introductions were complete, the ladies gathered for a conversation and crafting activity we had prepared for the event, building garden decorations with the residents while they mingled, visited and learned about each other. The princesses took turns serving Root Beer Floats and Creamsicle treats, and enjoyed a two hour social with the residents before gathering their gifts from Elite Care and loading their tour bus for their next destination. We look forward to their next wonderful visit with us.



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June 2023

Fanno Creek Highlights

Our gardens are growing as well here at Fanno Creek. Residents enjoy daily walks out to the raised garden beds and everyone lends a hand tending to the needs of our sprouts. Weeding, watering, mulching and pruning are all very important jobs, and every resident is encouraged to help however they can. There is always time and space to sit and enjoy the views and some great conversations as well in the shade of our barn.

We recently added a number of new baby chicks to our family as well, and Residents are eager to tend to them and ensure they are raised with love and care. Cleaning the outside chicken coop is never a fun job, but it adds purpose and responsibility to Residents routines. Everyone pitches in, even if it is just on the side lines encouraging the hard work. Soon the baby chicks will be old enough to let out into the coop with their 2 big sisters to watch over them.

We are looking forward to summer and what our hard work in the garden will reward us with!



Elite Care Senior Living Newsletter

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Fanno Creek Resident Spotlight

Our Fanno Creek campus is considerably smaller than Oatfield Estate, and that equates to a very family-like environment between Residents and Staff. This month we want to highlight a very special Resident who has taken the initiative to ensure all his fellow Residents are being active on a daily basis, and lending his green thumb to our gardens.

Johnny has been a Resident at Fanno Creek since February of 2023. Johnny, a former scholastic athlete, has been actively engaging and encouraging his fellow Residents to be active daily! Being a former Tack & Field award winning athlete, Johnny knows the importance of continuing an exercise routine throughout your life. Every day, after their scheduled morning stretches, Johnny encourages his friends and fellow Residents to do a group walk out to the raised bed garden area of our campus.

Residents of all ages, and of all differing physical abilities- follow Johnny on a fun excursion that has quickly become a morning highlight.

While out in the gardens, Johnny has also gifted our Fanno Creek Campus with his green thumb and love for gardening. Johnny has partnered with his Families Church, to create a donation program for the community to donate to our growing gardens! Thank you Johnny, your enthusiasm about our community is inspiring! We are so excited to see our gardens grow with lots of love and dedication from our community.







Newsletter



June 2023

New Residents

Welcome to Tabor House, Donna!

Donna was born in Johnstown, Pennsylvania, and grew up with a large family in a multi-generational household. After she got married she moved to the Maryland/DC area and she lived there for 30 years. She later went back and forth between Florida and Pennsylvania for awhile, and eventually lived in Ohio for ten years before finally moving to Portland with her daughter.

Donna went to university later in life and received a BS degree in ethics and a masters degree in counseling. Some of her other interests have included journalism, music, arts & crafts, and her Roman Catholic faith. She played clarinet and saxophone in her school days and particularly enjoys Rod Stewart, Linda Ronstat, and Elvis Presley. She is passionate about her collections of CDs and art pieces that reflect her connection to the arts through the years.

Donna has two children–Michelle, who lives in Portland and is actively involved in Donna's life, and a son named Marc who lives in Georgia. She also has two granddaughters, aged 19 and 15, who always make her smile. We all look forward to getting to know Donna better and learning more about her favorite things!



Helens house welcomes Sally, who is a multifaceted woman. She started out working as a physical therapist, and then the rest of her life as an interior designer. She's lived all over the world as a result of her husband's work. She has lived in the traditional, Cherokee influenced Ashville. NC and the adventurous, modern New York City. Her favorite types of books are about history, which seems to be an extension of all her travel experience and general curiosity. She plays piano, she knows how to grow a beautiful garden, she paints, she cooks. Is there anything she can't do? It was so easy to talk to Sally about all of her passions and adventures, and she loves to share and swap stories. Sally is looking forward to the community at Elite Care, and has already enjoyed all of our fun social activities.

Elite Care Senior Living Newsletter



June 2023

New Residents



Welcome to Adams House Karen. The very first thing that will greet you when you knock on Karen's door in Adams house, is her dog Bandit. Bandit is more bark than bite though once you get to know him, and he absolutely adores Karen. One of the best things about Karen, is she is a sublime storyteller and especially loves talking about her best friend Bandit. "My dog protects me", she joked. In reality, though, Karen needs no protection. She grew up on a ranch with only 2 older brothers to keep her company. This is where she learned her keen sense of humor, and quick wit. She proudly proclaims that she was a farm girl, this is her strength. To Karen, the essence of life on the farm can be encapsulated in the words: "don't cross the line". Karen and Bandit are settling into Adams house, which welcomingly is right next to our Chicken Coop. Just looking outside reminds Karen of the beauty all around her. Welcome to the Adam's house Family, Karen!

Margaret is our newest addition to Ashland House! Margaret earned a masters and PhD from Oregon State University in education. Margaret has a beautiful son and daughter and two grandchildren. Margaret often would call her speech "crazy talk", but it didn't seem crazy to me! Her self deprecating humor seems to point in the direction of her thoughts: it's not that she's crazy, it's that there's nothing wrong with being crazy. Given her educational background, I wanted to hear her thoughts on life. Margaret told me that she came to the conclusion that being nice to people is the one thing every life lesson seems to have in common. Welcome to the Elite Care Family, Margaret, we look forward to getting to know you!

Oatfield Estates Resident Spotlight

Our beloved Hood House resident, John Evans, passed peacefully in March here on campus, surrounded by his beloved family, friends, and his cherished wife, Florence. We partnered with his family to celebrate his life and say farewell in true Oatfield fashion, planting a Fuji apple tree that was specially chosen by his children and grandchildren. As a group, we took turns covering the roots and steadying the trunk, and his children placed an engraved memorial marker at the base of the tree. Patty led a small ceremony of dedication to his memory. You will forever be in our memory, and a part of our campus, John.





Elite Care Senior Living Newsletter



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Staff Spotlight Oatfield Estates



February saw the beginning of Teressa's career growth at Oatfield Estates when she accepted the position of Resident Care Coordinator, (RCC)! She exhibits the traits needed for this leadership role and is already making a difference in the Larch/Tabor Houses where she works.

Teressa has worked in several different types of care communities providing care for seniors. Although she enjoyed the work at these communities, she yearned for a more personal relationship with the residents that she provided care.

Teressa has found that at Oatfield Estates! She is very pleased with the ratio of staff to residents; this allows her to truly enjoy getting to know and working with our residents! Since Teressa shares that she loves working, we are happy she has found the perfect place to work!



Staff Spotlight Oatfield Estates

Meet Anna, one of our most enthusiastic Personal Caregivers! Anna is a very dedicated staff member of nearly 16 months. She provides outstanding care to her residents and is also an amazing team member on Oatfield Estates' campus.

She is a Native Oregonian who has worked in the health care setting for 8 years as a Caregiver. Anna has made the decision to continue her career in health care by starting the CNA course! We support and applaud

Anna's commitment to further her knowledge of providing care for seniors. Her goal, along with personal growth, is to earn her LPN license or an Administrator's license!

Anna shares that the most rewarding aspect of caring for her residents is the ratio of staff to residents. She loves that she knows them on a personal level and can spend one on one time with her residents.



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Staff Spotlight Fanno Creek:

Welcome to our Fanno Creek Family, Stephanie! Stephanie has jumped right into our activities coordinator position, and from the smiles on our Residents faces- we'd say she is off to a great start!! Stephanie grew up locally in Newberg, Oregon and continued her education at Portland Community College with an associates degree in Sociology. Her passion for others and the healthcare industry has led her to her current position here at Fanno Creek while she finishes up her bachelor's degree in Healthcare Administration! Stephanie loves to run trails and be outside in nature. She says the best part of her job here at Fanno, is working with Residents in the Gardens and establishing connections with everyone.

Residents at Fanno Creek are elated to have such a vibrant and passionate addition to their care team. Stephanie has already begun our spring gardens with help from all the residents, and everyone is looking forward to some fun and tasty baking projects to incorporate the harvest they tended to and harvested throughout the season. We are so blessed to have you on our team, welcome Stephanie!

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Fanno Creek June 2023

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Oatfield Estates June 2023

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t0 AM Woter Balloce Toes (CL) 135-3 PM Bold Bird Houses (GN) 3 PM High Two 330 PM Binge (A)	J-3 PM Player Arranging	C AM Yego (L) & GSG AM (H) T AM Tel CH (A), ISAO PM(ASH) 1 PM (L), ISO PM (HD), 3 PM (L) 3 PM High Tec 510 PM Developed Meeting (A)	930 AM Outing to Fred Meyer 130:230 PM Calture Club Name Than State - History of the Flog 3 PM High Teo 330 PM Natural Mast Festilizer	Debres Smaphies and Coffee III AM Tei Chi (A) 1040 PM(ASH) 1 PM (L) 130 PM (HD) 2 PM (I) 2 PM Learner Werk & Beculs(GH) 2 PM Learner Werk & Beculs(GH)	130 PM Lover George Kumed	10 AM Head, Shaddes, Kners & Taes 130 PM Lawn Dames and Horsenhoer (CL) 3 PM High Ten 3 20 PM Karanke & Dunneing Grand Fast of New Yorght C Ab
18 Hamps dorthlag	19 (uminumih	20 Many Briteley	21 Harry Hittellan	22 Magan Ballana	23	24
10. AM Wolk is Feed the Koi 130 PM John on Guiltor (A) 3 PM High Tea 130 PM Croquet (CL) Father's Sur	5 PM Bingo [H]	IO AM Yogo (L) & IO30 AM (H) II AM Tei Chi (AL IO40 PMIA3M) I PM (L) 330 PM (HD), 2 PM (J) 3 PM High Tier Rost Serv Floori 330 PM Devotinool Meeting (A)	930 AM Chagon Frod Museum 150 300 FM Karataka & Drumming for Moke Maac Day 3 FM High Fan 930 PM Waship al Pantar Sethi(T) Summer Soletice & World Make Maat Day	10 AM Grolf Oregon Boats 11 AM To: Chi (AL 2240 PM(ASH) 1 PM (L) 130 PM (HD), 1 PM (J) 9 PM Diagen Bard Boces to Without Britt	Fountain of Adams 1215 PM House Meeting ()) 130 PM Ziplack Finger Painting 1 PM High Tea	IC AM Stretch to Calch a Failing Star 130 PM Putting an the Green (Behind T) 1 PM High Teo 1 50 PM Karaske & Drumming
25 Harry Hearday	26 Mainanel Chaodate Radding Day	27	28	29 mag Halidan	30	
10 AM Workson w/ Bands 130 PM 'Come Together' Beatles Celebratien Karacke 5 PM High Teo 330 PM Bings (HO) Glabel Bentlet Day	10 Abd Flaver Prep (GH) 10.5 Phd House Meeting (A) 115.5 Phd Flower Arranging (GH) 3 Phd High Tea 3 Phd Singe (J)	10 AM Yage (L) & ID3D AM (H) 11 AM Tai Chi (A), 12+0 PM(ASH) 1 PM (L), 130 PM (HD), 2 PM (J) 3 PM Hajk Ten 3 SD PM Deveticoal Meeting (A)	930 AM Outing to Freil Meyer 130-3 PM Cards Against Humanity (Apple Edition) 3 PM High Tes 330 PM Basing For Paritimon's (ASM)		10 AM Cloud Gazing Strall 130 PM Bean Bag Baseball 5 PM High Ten 130 PM Book Oscursion (ASH)	All activities are subject to change ar cancellation due to continualty needs