

Elite Care Senior Living

Newsletter

March 2023



Message from Leadership

Dear Elite Care Family and Friends,

We are starting off the month of March with a heart full of gratitude to our dedicated staff at Elite Care. Winter can always be a challenging time for Communities, with holiday activities and planning for the New Year, we often find ourselves stretched thin and exhausted. This last month however, has been a real doozy with extreme snow and ice storms impacting our city and community. Elite Care is so lucky to have staff that will not let an ice storm or snow stop them from caring for our Residents. Staff can find any occasion to engage and have fun, especially sledding and snowball fights! The connections between our staff and Residents is heartwarming and incredibly sincere. To all of our staff who support our communities, Thank You! You are greatly appreciated and valued. Our entire system of support goes beyond just showing up for work, we impact lives every single day.



It's a small world:

Yesterday, Beth moved into Jefferson House. Her daughter, Amy and grandson, Aidan, live in London. Earlier this year, in January, Dick moved into Jefferson House. His daughter, Shelli, lives in New York.

Amy has been here helping her mom get settled into her new place, and today, Dick and Amy saw one another, instantly breaking into hugs, tears of joy, and laughter. Amy, Beth's daughter, and Shelli, Dick's daughter, have been best friends since meeting when they were only eight years old!

Amy and Aidan used to stay at Dick's home when they traveled from London to visit Amy's parents. Dick has been a bit of a loner since moving to Oatfield Estates, but today, he walked the campus with Aidan, and went to Beth's room to visit whenever he wanted. Amy called Shelli in New York to share the news that their parents were now living in the same community, and just so happens, in the same house! Shelli dissolved into tears of joy!!

Life gets so big and busy sometimes, and we lose contact with the loves in our lives. It's easy to forget it's really such a small world, and family and friends are sometimes closer than you realize- maybe even right next door! I love that we have the privilege of facilitating and witnessing those joys for our community. Elite Care is so amazing!

Submitted by Nancy Leifheit



Green Thumbs and Garden Club

Residents and Staff started out February with just the right seed-sowing attitude, and ready to get their hands dirty. Jill Nelson helped us kick things off with the Therapeutic Horticulture Activity. Residents helped gather branches, and the group worked together on their handouts, learning about forcing blooms. There was a lot of spring cleaning on the agenda all throughout the month, and that included flower beds and porch pot displays. Residents swept, rearranged, and tended plants in need of a little TLC to get them through to the spring livening. They celebrated their successful feng shui activity with some snacks and beverages on the patio in the small gaps of time when the weather was tolerable. Right on the cusp of March, residents got their soon-to-be seedlings sown. We look forward to sprouting tomatoes, cucumbers, cauliflower, and green beans, and we're already seeing the sprouting of our bulb plants all over the place. Spring is COMING!





Arts, Crafts and Spring Cleaning

Speaking of spring cleaning, the Garden Hangout received a complete overhaul. Residents were merciless in their decision making on what stays and what goes, wanting a more organized and tidy place to do their projects. Projects, we had in abundance this month. When we weren't arranging real flowers, we were painting them, or crafting them into tissue paper ("stained-glass") window art. Folks lent their engineering skills to crafting personalized drumsticks for the jam sessions that have been regularly popping up in Larch and Tabor House, with an increased interest from many residents in developing their drumming skills. There were a number of jewelry-making endeavors, from earrings to necklaces, residents had a blast making their own sparkly accessories. There were manicuring and nail-painting sessions. Folks also took the time to turn their sanding and paint brushing on birdhouses, decorating for our feathered neighbors so they'll have cozy nesting spots for this next hatching season. Even Chef Eka joined in the creative spirit, carving an apple swan to add a bit of beauty to snacktime. We are constantly in the flow of engineering new mini-vistas, shaping our beautiful campus, and are so grateful for this time of year, when the motivation comes easier with Spring just over the horizon.





Resident Engineers

We all have a part to play in that creative process, but come to find out, we have some serious talent that even extended to professional success amongst our residents. When celebrating National Engineer's Week, we discovered that we have an unusual number of people who worked as engineers during their careers. They came together as a group to talk and reminisce about Engineering as a profession, and a passion. They contributed their own experiences in interviews with our Life Enrichment Staff for Resident Spotlight pieces that we were able to post in the houses, sharing their achievements with their neighbors, and learning a bit more about each person than we knew before. We are thankful for all of our residents' gifts and talents, but were especially grateful for the opportunity to honor our Engineers this month.

Richard Rainier House:

Graduated from OR state. Very proud of his work on the Fremont Bridge.

He had the most fun in Portsmouth , NH working on Submarines. Later in life he worked as an inspector at a Nuclear Power Plant in WA.

Carl Hood House

When I asked him how he got into the Water level Industry, he told me the story when one of his instructors at Oregon State, recommended Carl to an Electrical engineer at Leupold and Stevens. Based on that, Carl worked as an Engineer for Leupold and Stevens for 25 years. Famous for measuring water levels world wide. They designed the A-35 recorder. 25 yrd long special spring called a " negator"

Victor Ashland House:

Had a 43year career as a Mechanical Engineer in the Pulp and Paper Mills.He graduated from the ROTC and spent 9mo. serving in the Korean War.

In the 43 years, he started up a paper mill in Alabama, worked for American Can, James River Corporation adn Georgia Pacific. He was in charge of the engineering and maintenance dept. His wife Elaine shared, that she was well cared for by Vic. They enjoyed entertaining and raising their family. He mentioned how nice it is to have other engineers with various specialties on the campus here. Hats off to Elaine Kr---- for help with computer technology.

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Outings

Getting out into the community was hugely important this month, particularly the shopping outings. People must've had cravings galore, or were just getting a spring itch to move, because the bus was full for every trip they took. They had so many requests, they even took some impromptu trips. There was not a frowning face in the bunch when we headed for Freddie's or Walmart to pick out our favorite snacks, or a new accessory we'd been longing for. There were also a couple of pretty neat scheduled outings on the calendar this month, one of which was to the End of the Oregon Trail Museum. We did that trip last year, but they still hadn't reopened the actual museum, so we were only able to walk the grounds. This year, they were open for visitors, and we got to take in all of the fascinating memorabilia and tableaux, getting a real feel for what the pioneers experienced in their journey to the "Wild West."

They also took a trip to the Maritime Museum, where they saw ship models, maritime artifacts and memorabilia. They looked over objects and displays that relate to steam power, sailing vessels, underwater diving, and the shipyards during WWII that built the liberty ships. A new event we saw this month was the "Two Sisters Coffee Club", an outing to a local coffee shop called "Two Sisters Play Cafe" that agreed to host a monthly club event for us. Residents can come drink coffee, socialize, color, and enjoy a relaxing community experience out of the house and out of the usual routine.





Odds and Ends

In addition to all of the new and exciting events, residents stayed busy with the usually scheduled activities. They parachuted, played Bingo, ring toss, blow-up bowling, and Tic Tac Toe. They learned new Tai Chi moves with Papi, and followed Martha's lead in Chair Yoga. The Boxing for Parkinson's group is always growing, Culture Club had an amazing turnout, and Book Discussions were deep and interesting. Our resident host of the weekly Devotional Meeting at Adams House, Doug Schippmann, generously took the Devotional on the road, bringing prayer and scripture to multiple houses a number of times throughout the month. We are grateful for his heart of service. People loved learning about New Orleans, and sharing their own travel stories to that location. The Billiards table got refelted, so there was renewed interest in "shooting stick", and during the periods of sunshine and less snow, we got out to walk, and feed and cuddle the campus chickens. All in all, it was a blast of a month, and we are looking forward to March with equal enthusiasm. See you then!





Newsletter

March 2023

New Residents



Welcome new Residents to Fanno Creek! We are so excited to welcome Johnny B. and Marcy L. to our family in Tigard.

John has been a businessman his entire life and dabbled in Real Estate, eventually passing his company along to his Son. John has three children, all local here in Oregon. One of his Daughters even lives close enough to walk over for visits to our campus. Johnny loves being social and getting out into the garden. He has owned goats previously and we are hoping to one day soon add a goat to our family here at Fanno Creek. Johnny is looking forward to creating new friendships and enjoying the garden once the weather is nicer.



Marcy is a retired grade school teacher with two Children, Jon and Julie. Marcy is coming for a large independent living community and is looking forward to a smaller family like setting here at Fanno Creek. Marcy enjoys quilting and reading a good book or taking a walk through the garden. Marcy is very excited about our garden and is anticipating how we can use all the fresh produce in our menus, as she really enjoys fresh vegetables. We look forward to getting to know Marcy and welcoming her into our Family!

Snow Day

It didn't last long, but we made the most of it. Our campus is even more beautiful with a dusting of snow. Staff had fun making snowman on the balconies and everyone pitched in to keep the walkways safe.



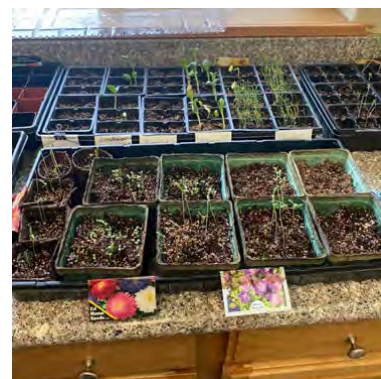


Paint and Sip

Our Tigard campus always enjoy a great art project, especially when it is accompanied by sparkling beverages! Paint and Sip is a great way to engage and socialize with other Residents. Staff provide the non-alcoholic beverages and supplies, and Residents supply the conversations! Nothing beats a rainy afternoon enjoying great company.

Getting Ready for Spring

We are excited to get going in the garden again this spring and won't let a little snow stop us. There are so many benefits to our community garden. This month, we cleared out the garden boxes. One of our newer residents, JP, was a huge help and anxious to keep going. We also took the opportunity to plant some starts.





Valentine's Day

We didn't spot any chubby, flying babies on campus this February, but we did celebrate Valentine's Day in style. In addition to the usual festive household decorating, we baked "love cookies", which we slathered with frosting hearts and speckled with colorful sprinkles. They mixed Shirley Temples, and partied in the dining room. The Chocolate Lover's Association was not to be outdone by any cookie baking enthusiasts, so they also gathered en masse to shave chocolate for melting, molding and eating, pairing it with coffees, wines, and all manner of interesting combinations. They had the right idea, as chocolate releases chemicals in our brains that induce feelings of love, and 'tis the season! A number of residents were also amazing sports, participating in "Wear Red Day."





New Residents

We are excited to welcome **Corrinne** to Rainier House this month. Corrinne was born in San Francisco, California. Pretty much the first thing you will learn about her is that she has three amazing cats, and her “fur babies” are her life. They are all Bengals, and their names are Spider, Flowers, and Bunchy. They are great snugglers, provide enormous stress relief, and make her laugh.

Corrinne has many other loves in her life, including, but of course not limited to, gardening, cooking, and sweets. For most of her life, she stayed active by doing yoga and pilates twice per week. She also loves swimming and water aerobics classes. She loves food, too, but her favorites are all the healthy stuff. She isn't a fan of boxed and processed foods, preferring fruits, fresh veggies, and salads.

She's a musician, playing both the guitar and flute, and she enjoys listening to music in her relaxation time. Her favorites are Eric Clapton, Dave Matthews Band and Buffalo Springfield. She isn't a sports fan at all, but does wind down sometimes watching TV, particularly nature shows. When she reads, it's Romance and Fiction that hold her attention. She has extensively traveled, having made her way through Europe, South America, and even Thailand. The smiles from the people in Thailand were her favorite parts of traveling. “Live to be happy and smile,” she says. Welcome, Corrinne!



Welcome Dick to Jefferson House is a pretty steady guy. He's lived an interesting life, with plenty of twists and turns, and from that has grown a love and value of routine and calm. Dick was born here in Portland, Oregon, and has been here most of his life. One of his earliest jobs was at a riding stable. He helped people learn to ride, cleaned stalls, and did other stable work, getting the opportunity through that job to also ride for fun. He loves football, and played football as a young man, before signing on with the Navy. He served his country in the Vietnam War, and afterward, served a few years in the National Guard before being honorably discharged.

He designed and built houses with his first wife, and they had a daughter named Shelli. From Shelli, he also has two

grandchildren, Noah and Malka. He and his wife split up in the early nineties, and he later remarried. He spent some of his adult life traveling, making it to the other side of the country to see New York City, as well as taking numerous cruises, and vacationing to Hawaii. As for favorites, he has simple taste. Oldies are his go-to music, and when you're looking for grub, you can't beat a good ol' turkey sandwich (no tomato). He also loves oranges.

He has been a very active person throughout his life. He's an avid bicyclist, boater, and walker, and enjoys pretty much anything that will get him out of doors. Don't be surprised if you see him out doing Tai Chi with Papi on the lawn, or making rounds along the fence, getting his steps in. He's not just active, he's also busy. He loves to just tinker, have projects, and try to fix things. If you're looking for a walking partner, or somebody to team up on a project with, Dick might be your guy. Drop into Jefferson and say, “Hello.”



New Residents



Stephanie was born in Oakland, and grew up with her sister, Jennifer, in Port Chicago, California, with her “Nana” looking after her. She went to college, earning her Bachelor’s of Arts from California State College in Los Angeles. She moved to Alameda, living there from 1995 until 2022. She was a proud member of the Sausalito Woman’s Club, and worked in Marketing until her retirement. Her partner’s name is Ron, her children are Will and Margaret, and her Grandchildren are Lily and Anika.

Stephanie is a woman of varied interests. She enjoys art, fashion, event organizing, and opportunities to be creative. She has done some traveling in Europe, visiting both England and France, and she also speaks French. She enjoys many types of exercise, including yoga, tai chi, dancing and swimming, and

loves to meditate in nature. Her favorite foods are natural and healthy. She loves big salads, and tons of vegetables and fruits.

When she’s looking for quieter relaxation activities, she enjoys “Gilmore Girls” TV show, and reading books from Oprah’s Book Club. She loves Smooth Jazz and popular music, and particularly enjoys Otis Redding. She shared that her favorite memory was the experience of seeing David Bowie’s “Labyrinth” in the theater with Margaret. We are so excited to add such an interesting new member to our village. Welcome, Stephanie!

Yvette was born and raised in Swansea, Wales in the United Kingdom, and French was her mother tongue. She came to Oregon in her thirties, and has been here since, spending most of her adult life here. She has three children, Isaac, Lisa and Mira, and many grandchildren, and was a dog owner for many years. She earned a Master’s Degree in French from the University of Wales, and spent most of her professional life as a Worker’s Compensation Claims Adjuster, until she retired.

Her interests are varied, but she says that as a young person, she enjoyed “being outside on wild adventures.” She loves going on daily walks, gardening, and has traveled extensively throughout Europe, India and Nepal. She also enjoys indoor activities, being an avid reader, particularly of detective stories. She loves Masterpiece Theater on PBS, and listening to Classical Music.

Next time you’re feeling like you might need a walking partner, or someone to talk with about an exciting book you’ve just read, pop on over and introduce yourself. You might discover a wonderful new friend in Yvette.



Engineers continued



Matthew Tabor House:

Matt worked for Cascade Corporation, now owned by Toyota.

He is a self made man, never graduated from High school, did not attend College.

Matt was hired as a temp and worked his way up the ladder. He was very successful.

He designed lift attachments, Hydraulic cylinders, and huge clamps that transported rolls of paper.

Elaine Ashland House:

Elaine was a Network Engineer. She worked remotely world wide. Her territory was everything west of the Mississippi, (servicing 34 states)

Some of her specialties were working with punch card, payroll systems, protected systems

She worked long days, but loved the work that she did.



March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28		1 8:30 CHRONICLE & COFFEE 9:00-9:15 12:30-1:00 TALKING THERAPY 3-4 HIGH TEA 5:30 NEWS HOUR	2 8:30 CHRONICLE & COFFEE 10-10:15 BULLDOGS BASEBALL 12:30-1:00 MEETING 3-4 HIGH TEA 5:30 NEWS HOUR	3 8:30 CHRONICLE & COFFEE 10-10:15 TALKING THERAPY 12:30-1:00 BOOK DISCUSSION 3-4 HIGH TEA 5:30 NEWS HOUR	4 8:30 CHRONICLE & COFFEE 10-10:15 BULLDOGS BASEBALL 12:30-1:00 BOOK DISCUSSION 3-4 HIGH TEA 5:30 NEWS HOUR
5 8:30 CHRONICLE & COFFEE 10-10:15 SELF-GUIDED STROLL 12:30-1:00 TALKING THERAPY 3-4 HIGH TEA 5:30 NEWS HOUR	6 8:30 CHRONICLE & COFFEE 10-10:15 TALKING THERAPY 12:30-1:00 ARTS & CRAFTS 3-4 HIGH TEA 5:30 NEWS HOUR	7 8:30 CHRONICLE & COFFEE 10-10:15 BULLDOGS BASEBALL 12:30-1:00 BOOK DISCUSSION 3-4 HIGH TEA 5:30 NEWS HOUR	8 8:30 CHRONICLE & COFFEE 10-10:15 TALKING THERAPY 12:30-1:00 ARTS & CRAFTS 3-4 HIGH TEA 5:30 NEWS HOUR	9 8:30 CHRONICLE & COFFEE 10-10:15 BULLDOGS BASEBALL 12:30-1:00 MEETING 3-4 HIGH TEA 5:30 NEWS HOUR	10 8:30 CHRONICLE & COFFEE 10-10:15 TALKING THERAPY 12:30-1:00 BOOK DISCUSSION 3-4 HIGH TEA 5:30 NEWS HOUR	11 8:30 CHRONICLE & COFFEE 10-10:15 BULLDOGS BASEBALL 12:30-1:00 BOOK DISCUSSION 3-4 HIGH TEA 5:30 NEWS HOUR
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