



Dear Elite Care Family & Friends,

Fall is officially here and we love watching the season change the landscape of our campus. Residents continue to help finish harvesting the last of our fruits and vegetables across campus. Our activities team continues to impress the importance of sustainability and using the produce that we grow in creative and exciting ways. Have you heard of a “choke berry”? Did you know we grow them at our Oatfield Estates campus? Residents and Staff enjoyed learning all about these little known berries and how to utilize them in the best way. After researching, we found out that you cannot eat them raw, so our activities team helped Residents make a delicious “choke berry” jam! We will be able to enjoy this for months into the fall and winter season. Preserving the art and skill of jam making and canning is important. Residents reminisce about learning these skills from their parents and passing them along to their children. It is always a fun time to share stories between Residents. In addition to “choke berry” jam, we also have made blueberry, blackberry and cherry jams too! When the apples and the pears start to fall, we know it is time for cobblers and pies. We even harvested some home grown potatoes to make tiny appetizers for a fun party. As fall turns into winter, Residents look forward to persimmon season and other hearty growing produce. There is never a dull moment in the gardens or the kitchens of Elite Care. Stop by and see what fun we are having!



Elite Care Management Team



Refer a Resident
Receive \$1,000*

Call for more Information:
503-653-5656

WELCOME

ELITE CARE

Welcome Home to Elite Care!

* Referral must be from a current Resident/ and or Family to qualify. New Resident must reside in facility for 30 days. \$1,000 will be deducted from referring Residents' Rent.

The advertisement features a light blue background with a stylized house and trees logo in the center. Below the logo, the word 'WELCOME' is written in a banner. On the left, two elderly women are standing, one with a backpack and a red suitcase. On the right, two elderly people are standing, one with their arm raised. The text is in various colors and sizes, including red, blue, and black.



Oatfield Estates

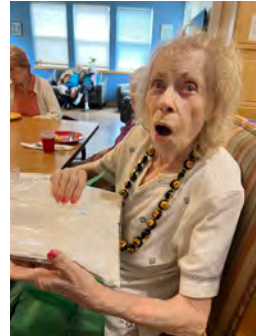
Arts & Crafts

The Paint and Sip event this month had both Residents and Staff excited and engaged in a special crafting project. We are always finding new ways to decorate and beautify our unique campus, and providing charming housing for our local feathered neighbors is always a popular endeavor. Folks made sure that they had rope hangers securely attached, and chose beautiful colors for their very own birdhouse. There were styles ranging from traditional cottages to camper trailers. Folks also took the time to just paint decorations for their own houses.

There was another project where folks got together to honor our Veterans, specifically Purple Heart recipients. Residents shared stories of service, and civilian residents had fun building colorful and personalized Thank You cards for those who have received that distinguished award.



Birthdays at Oatfield Estates





New Resident Oatfield Estates

Welcome Isabel. When Isabel was a little girl she lived in New Jersey. They lived in an RV because her father traveled a lot for work. She has a younger sister who is "five or six years younger than me." As a child, Isabel's father would take her and her sister to the Jersey shore for summer vacation every year. Through both her childhood and adulthood Isabel loves to travel. She has been to France three times, traveled extensively through the UK, and would travel to NYC as often as possible. Isabel met her husband in New Jersey from a blind date that was organized by her younger sister. Isabel and her husband soon got married and had three children, two girls and one boy. Isabel joins us in Hood House and is looking forward to making new connections and being social. Welcome Isabel!



ROUTINE FOOT CARE SERVICES



**PORTLAND
Foot Care
CLINIC**

ALL INCLUSIVE APPOINTMENTS AVAILABLE FOR
\$50 WITH OUR REGISTERED NURSE

AMARACHI IRECHUKWU, RN



**PORTLAND
Foot Care
CLINIC**

PORTLAND FOOT CARE CLINIC
Portland, Oregon 97216
720-690-5215 | Portlandfootcareclinic@gmail.com |



Oatfield Estates

Garden Fun

In addition to our normally scheduled Monday flower arranging, people spent extraordinary amounts of time engaged in garden-related activities this month. From weeding and watering, to trimming, to harvesting, residents were plugged in throughout the extensive soil beds contributing efforts to our horticultural interests. Gardening this month has been closely tied to Fantastic Foods endeavors. We had flower harvests to decorate events, including an educational event that Melba of Hood House led on the proper care and trimming of rose gardens. Residents also assisted in gathering and preparing a variety of fresh vegetables and fruits for culinary adventures.



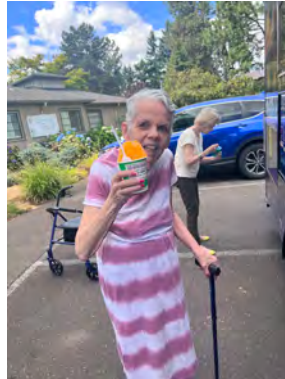


Oatfield Estates

Fantastic Foods

A group of Paint and Sippers made chocolate and banana milkshakes that they enjoyed whilst working on their flower-pressing project. We used cosmos and berries from campus to create unique art designs on white fabric. We used all types of berries from campus for cobblers and pies, shakes and juices, and even real blackberry lemonade! There were no complaints when we skipped the prep work and just loaded bowls of fresh blueberries for the High Tea snack.

There was at least one watermelon seed spitting contest on the Cascade Lawn. There was a round of kale that got harvested, cleaned, trimmed, seasoned and roasted for chips, and hordes of rhubarb that got chopped up and made into a Rhubarb Compote. A special cheese tasting was hosted by a resident's family member in Rainier House, and residents also lent a hand in a number of different houses to the preparation and creation of fresh basil pesto on french bread for High Tea. Activities Staff also hosted a waffle bar one afternoon right in front of Cascade House, and we had a shaved ice truck come and help keep the heat tolerable for anyone who wanted to come get a cup.





Oatfield Estates

Music

We had a ton of live concerts on site this month, and when we didn't have the pros playing, residents were having their own jam sessions. They had drumming circles once a week, and I know at least a few folks had fun with the karaoke groups that got together. Music is so important to us. It nourishes the spirit like food feeds the body, and we don't stop making it.





Oatfield Estates

Fun and Games

Keeping our minds and bodies active this month was a challenge on some days with the weather as hot as it was. When it was too much, many residents hopped in on games of Spot It and Bingo, and did workouts in the shade of the porches. Tai Chi and Yoga were better inside on some days, and book discussions and trivia kept our brains engaged. The days weren't all overwhelmingly roasty. On cooler days, there was time working with the parachute, ribbon dancing, RC car racing, and lawn games like bean bag toss and baseball. There's never any shortage of fun to find, and our residents are great at jumping right in when it appears.





Save the Date

Walk to End Alzheimer's Disease



Our Team will meet @ 8a.m.
Saturday October 14th at the
Portland Zoo

Email Nancy Leifheit to join us!
NLeifheit@elitecare.com

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

PROMISE GARDEN FLOWERS



BLUE
I have Alzheimer's.



YELLOW
I am supporting or caring for
someone with Alzheimer's.



ORANGE
I support the cause and a vision
of a world without Alzheimer's
and all other dementia™.



PURPLE
I have lost someone to
Alzheimer's.



Fanno Creek

August was a month of change for us at Fanno Creek. We were just getting to know our newest activities coordinator Stephanie, when a life change brought her to Washington for a new chapter in her life. We wish Stephanie the best of luck, and hope she comes to visit us from time to time. Without any pause, we welcomed our newest newest Activities coordinator Ally to our team! Allie brings a wealth of experience in the caregiving industry, and an incredible amount of enthusiasm and energy. Residents are looking forward to participating in some fun new activities that Allie has planned for us already!

We spent the month on our gardens by the barn, enjoying the weather and tending to our produce. Our gaggle of chickens is growing, and are finally able to be free range during the day. They also help us keep our gardens thriving by eating bugs and providing fertilizer for our soil. We still keep them locked up in their coop at night to protect them from local predators. Our gardens and fruit trees attract a wide variety of wildlife including deer, fox, birds and badgers. Morning walks often turn into a fun wildlife safari for our Residents as they keep their eyes trained for furry friends. Residents spent a lot of time outside harvesting from our berry bushes and fruit trees, and our Chef Jennifer always incorporates our bounty into delicious homemade recipes. We have made berry cobbler, pies, roasted figs and all of our dinner salads include tomatoes fresh from our garden.





Fanno Creek

Residents at Fanno Creek also enjoyed a month of fun and games across campus. We always enjoy our weekly tai chi lessons with Papi, and since the weather has been so nice, Residents spent time outside practicing their balance and movement skills. Domino's seemed to be the game of the month during social hours in the afternoon. Resident's also had a great afternoon of paint and sip fun! Ally even brought her Son to join in on the craft project. Although we have enjoyed summer and the warm weather, we are all in agreement that Fall is a welcomed friend this year.



FALL IN LOVE WITH
FANNO CREEK

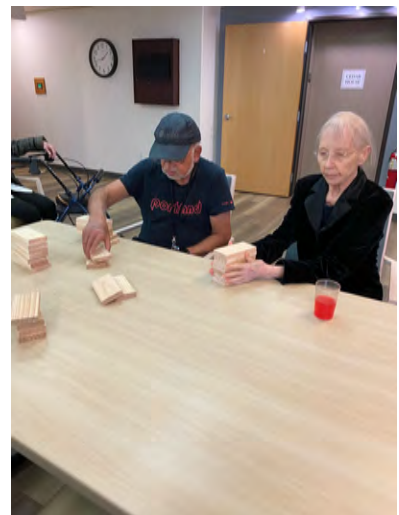
50% OFF

**FIRST & THIRD
MONTHS RENT**

CALL TODAY 503-653-5656

TAKE FINANCIAL
POSSESSION BY 11/31/2023
ELITE CARE WILL TAKE
50% OFF YOUR FIRST AND
THIRD MONTHS RENT

ELITE CARE





Fanno Creek

We are welcoming our newest resident Christie to our Fanno Creek Family. Christie was born in Turlock California, South of Modesto and is the oldest of her siblings. She has one brother Mike and two sisters named Cindy and Connie. Christie has also painted some beautiful paintings and loves to show and tell with her community since being here and puts everyone in awe. Aside from her magnificent painting skills she also loves horseback riding, roller skating and traveling. She shared stories about where she's been and how amazing the years have been while being married to a military man. She worked for a car and home insurance company for over 20 years and enjoyed giving to her community. She has 3 children all daughters and has lived with her daughter in roseburg for a short time before coming to Fanno creek. She enjoys gardening and has participated in the gardening activities since being here and enjoys conversation with her peers. Welcome Christie!



Resident Spotlight: Gaj was born in India in 1946 and grew up there; he graduated from Madras Medical College, which began his passion for neurology. He studied in India until 1971 and later traveled to Pontiac, Michigan, where he encountered his first ever snow storm which was a great surprise. Gaj began working at Pontiac General Hospital, in Michigan, as an intern and enjoyed the beginnings of his research. He then decided to move to the big apple, New York City, where he was a neurology resident for 4 years at St. Vincent's Hospital in Greenwich Village, and later continued his extensive research in neuroendocrinology in Dr. Zimmerman's lab at Columbia University. He then decided to drive, with that passion, with his first wife, a classical pianist,



from the big apple, to Portland, Oregon. Upon arrival in Portland, he asked a local Portlander where the motel was, who pointed the way and said "up the street, till you see Fred Meyer and then take a left." Gaj, caught off guard, and not knowing what Fred Meyer was, said "Who is Fred Meyer, and how will I recognize him when I see him?" Both giggled and they finally found the way to their motel. In 1984 Gaj went into practice as a neurologist, at OHSU for 15 years and later met his second wife Elena, after his first wife passed away. Elena is from Mexico City, and they have two sons, Joseph and Benjamin, who are bilingual in English and Spanish.

Gaj has been at Fanno Creek for over 2 years and has been a part of almost every activity and meeting he can squeeze into his day. He loves taking his dog Moonpie for walks, three times a day. He has made many friends here at Fanno and has been a great contributor to the community within! His favorite quote, in remembrance of his deceased first wife, is "Lives of dearest ones do remind us to make our own sublime, and having departed leave behind us footprints on the sands of time!" Gaj always has a positive word to share with his fellow residents at Fanno Creek, and we appreciate that we get to call him family.



Oatfield Estates

Garden Fun

In addition to our normally scheduled Monday flower arranging, people spent extraordinary amounts of time engaged in garden-related activities this month. From weeding and watering, to trimming, to harvesting, residents were plugged in throughout the extensive soil beds contributing efforts to our horticultural interests. Gardening this month has been closely tied to Fantastic Foods endeavors. We had flower harvests to decorate events, including an educational event that Melba of Hood House led on the proper care and trimming of rose gardens. Residents also assisted in gathering and preparing a variety of fresh vegetables and fruits for culinary adventures.





Oatfield Estates Staff Highlight

This month we are highlighting one of our amazing medtech's, Kim, who works in Larch & Tabor Houses. Kim started as a caregiver with Elite Care in May 2023, and quickly advanced to the position of medication technician with greater responsibility and oversight of her Residents. Kim has worked in the care industry for over 10 years- with experience in large hospitals like Portland Adventist and smaller practices like the allergy clinic she worked at in Coos Bay.



Kim finds the most rewarding aspects of working at Oatfield Estates are being able to help provide care for our special residents, working alongside great co-workers and the sense of community and family the Elite Care emphasizes.

Balancing work and personal life is important to Kim, who knows that to give the best care to residents means taking the best care of herself. Outside of work Kim enjoys fishing, crabbing, going to the coast and spending time with her grown children. One of her Daughter's Maddie, also works at Elite Care in Larch and Tabor houses too, so it is super special to spend time in a professional setting with her. Kim's

goal is to provide the best care and dignity for Oatfield Estates residents throughout their life journey with us at Elite Care. Thank you Kim, for being a dedicated member of our team- we look forward to watching your career grow within Elite Care.





Oatfield Estates

New Resident

Welcome Margaret (Marty). Staff have shared that Marty is a “delight to get to know.” Her warm and welcoming smile invites conversation, and she has plenty to share about growing up here in Oregon with her sister, Janet. She was born and raised in the Portland and Milwaukie area. When she grew up, she went off to Linfield College where she earned her Bachelor’s Degree of Science in Management and Social Sciences. She ended up working in a job that she was passionate about and very devoted to in the field of Human Resources and Social Services. She always worked hard and prided herself on being an outstanding employee.

She enjoys a number of extracurricular activities, and spends most of her time gardening or enjoying a nice stroll outside. She also loves to read and write, listen to music, and watch educational documentaries. The Staff and residents are excited to welcome her to Oatfield Estates, and look forward to getting to know her better. Welcome, Marty!



ROUTINE FOOT CARE SERVICES



**PORTLAND
Foot Care
CLINIC**

ALL INCLUSIVE APPOINTMENTS AVAILABLE FOR
\$50 WITH OUR REGISTERED NURSE

AMARACHI IRECHUKWU, RN



**PORTLAND
Foot Care
CLINIC**

PORTLAND FOOT CARE CLINIC
Portland, Oregon 97216
720-690-5215 | Portlandfootcareclinic@gmail.com |