

Elite Care:  
Residential Care Facility

February 2025



# Newsletter

**Dear Elite Care Family & Friends,**

Love is in the air at Elite Care as we sashay into February. Join us throughout the month for fun activities inspired by our favorite holiday, Valentines Day! Commercially Valentines Day has been recognized with printed cards since the 1700's. Here at Elite Care, we make our own cards expressing love and gratitude for our friends and family. You can find residents using all sorts of mediums and inspirations to personalize their creations. One of our favorites is collecting and painting rocks to leave around campus. It is so exciting to find a funny or thoughtful piece of art when you are out walking in nature. Finding treasures always brings a smile to your face, and sparks conversations to continue along your journey.

We also love to incorporate food into our activities! Throughout the month check out our menu to see what our chefs are preparing for lunch or dinner. To make a "reservation", call Cascade House- our team is happy to accommodate guests and special dates!

Until next month, stay cozy and warm!  
Elite Care Management





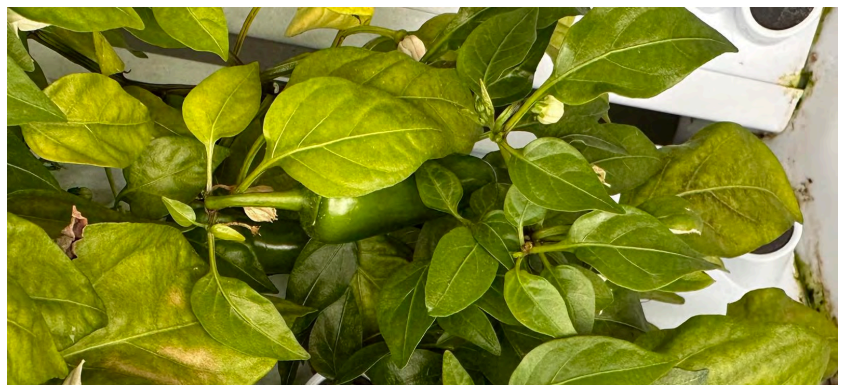
# Newsletter

**“February is the border between winter and spring.” — Terri Guillemets.**

While our gardens rest, it may look like not much is happening but there's actually a lot going on in the gardening right now. The soil is providing food for wildlife, insects are aerating the soil and breaking down dead material creating nutrients for next season's crops and if you look closely, you'll notice buds starting to form on the trees.

It's also a busy time of year for our gardeners indoors. It's a time for dreaming, planning and building anticipation. Meeting with friends and sharing our hobby of gardening together. Inside we're waiting, not so patiently, for the days to warm up. We're plotting out our vegetable gardens and brainstorming the flower beds. We're flipping through seed catalogs to find the new varieties for 2025, searching for our tried and true seed favorites and completing an inventory of last year's saved seeds. If you're a gardener, you know this is also a good time to check garden tools and equipment to make sure they're ready for the season. Clean up any garden tools, make simple repairs to equipment and check dates on seeds packets and fertilizers to ensure the best outcome for plants. You can also have your soil tested to see what it needs to be ready for the season.

We love having our friends and family join us in our community. If you'd like to help get our gardens ready for the season, please feel free to talk with one of our Life Engagement team members to find out how you can help.





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## Odds & Ends:

We had a great discussion about Martin Luther King Jr. His speech “I had a dream” really moved us. We reflected on what life was like back then and how things are now. It’s great to celebrate and honor such great people from our history.







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## Music at Oatfield Estates:

Residents enjoyed the amazing musician Kyle, who played the piano. He sang some songs and just played the others, that variety was so good for the residents. Genres were all through the generations - ranging from the 50's to the early 90's. Some residents were dancing and clapping along.







# Newsletter

## Movement & Exercise:

As the weather gets colder, it's even more important that we warm up our bodies with regular exercise and movement. Residents enjoyed the physical, mental, and social health benefits of group Tai Chi every week this month. When the temperature outside wasn't forbiddingly frigid, residents also embarked on a bracing walk around the community. Simple, regular exercises like these can keep our minds sharp and strengthen our bodies.



Brisk walk after our yoga class





## Fantastic Foods:

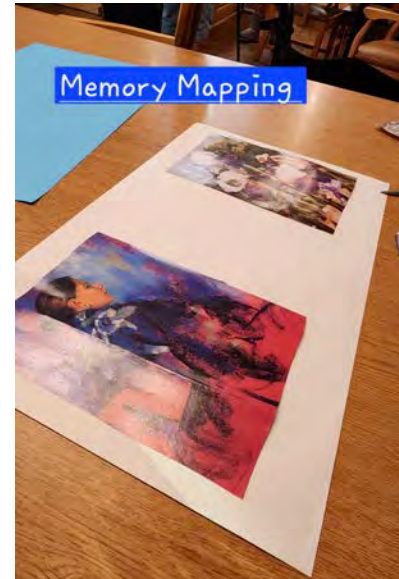
It feels like January flew by faster than you can say “holy cannoli” — but in that sweet interim, we sampled some truly fantastic foods. Nothing beats a fruit parfait when you want something that’s got some fresh fruit in it but also does the trick as a sweet treat. Residents who prefer saltier snacks also enjoyed crackers with summer sausage and swiss cheese. Last, but never least, we pursued “al dente” perfection with our pasta tasting event. Who says delicious goodies are only for the holidays?





## Arts & Crafts:

- Memory mapping
- Bird feeders
- Decorating for Valentines Day- love is in the air!







# Newsletter

## Games:

From jumbo Jenga to jigsaw puzzles, all the pieces fell right into places to make January the perfect month to stay warm indoors and play games. Residents socialized over ball-tossing games that hone our accuracy, and of course bingo is always a popular pastime (especially if you're winning!). We connected over trivia games, Uno, and other card games like Apples to Apples, which brought us together over good conversation, laughs, and friendly competition.





## Gardening:

Is there any better way to spend a Monday morning than enjoying the wonderful sights, smells, and textures that gardening provides? It's even better when we're together, and that's the nature of the game when it comes to our regular visits to the Garden Hangout. Residents arranged flowers and potted plants while also enjoying light conversation and the abundant pretty sights around the Oatfield Estates campus. There's beauty all around us.





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## Resident Spotlight



Elizabeth (Betty) was born in California and grew up in SW Portland, where she has always had a close-knit family. Her Nana and Grandpa visited from California, and her German Grossmama and Grosspappa would visit from Virginia. On the weekends, Betty would ski down Mt. Hood or go boating with her dad, who had this awesome 32-foot cabin cruiser. She danced with her high school “Trojanes” at half-time shows, which is especially unsurprising given Betty’s lifelong love of

sports. School also meant opportunities for art and crafts, and Betty remembers in particular weaving this huge blanket on a big loom, and how she’d make book covers and bind books.

Betty thought at first she wanted to be an art major, but she later switched to sociology before majoring in business with an emphasis on marketing. She’s a fan of Pink Floyd, The Rolling Stones, Bob Dylan, country music, and visiting the coast. She loves shopping, good conversation, and (of course) lots of chocolate. Betty has a wide range of interests and is willing to try most things at least once, because she said things like book clubs and movie clubs “help broaden my horizons.” Betty moved here right before Thanksgiving in 2022, and while at first she kept more to herself, now she’s active in the community at Larch and Tabor. Betty encourages others living at Oatfield Estates to be a part of the community, because it can help you with your overall health, including your spiritual and mental health.

Thank you Betty, for your smiles and for always being such a great listener! We’re so happy to have you at the Larch House!



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## Welcome New Residents

Please give a warm welcome to another Rainier resident, Jonathan! Jon grew up around Oregon; Milwaukie, Oak Grove, Molalla, and Colton. His family still lives in the area and they are super happy to have Jon nearby. Born and raised in this area so much, he calls it his “stomping grounds” and is proud to be a country guy. Jon says “heritage is in the woods.” He is a handy man for sure; whether it's making tools, contraptions, and anything that has to do with blue collar work he's there. Sports are important to Jon, especially his favorite team the Seattle Seahawks. An awesome memory for him is getting to go to a Seahawk game and getting to keep the jersey from the trip. Something he collects are baseball cards, he used to play baseball, and he has “about a billion” different cards. Jon also used to play football and he also wrestled on his varsity high school teams.

Jon is an advocate for peace and meditation. He also incorporates this into his faith and spiritualism. Jon's favorite genre of music is everything! Jellyroll (Country Rap), Metallica (Metal), and also West Coast Rap are some favorites if asked. Jon says living at Oatfield Estates is like “heaven”. Here he is able to practice working on his green thumb and landscaping around campus.

His biggest goals in the future are to be himself again, to walk again, to be an advocate, and to be a counselor/psychologist. If there is at least one thing to know about John, he is a plant guy! Gardening (inside and outside) are a big hobby, he loves rescuing plants and bringing them back to life. We are so happy to have you here Jon!







## Staff Highlight

Emma's family is split up between Oregon, Hawaii, and Texas (which is why she can do a mean Texan accent). While growing up, her great grandparents' place was like a second home. She remembers fondly how "Grandpa John" would have these jam sessions with her, where he'd bust out the accordion while tiny Emma rocked out on the recorder. As a middle child of 6, sometimes she and her siblings fought a bit, but now that they're all older, she says she's "besties" with her brothers and sisters. As a kid at school, Emma kept mostly to herself, but she loved her culinary arts class, because when it came to cooking, she said she always "killed it."

Speaking of which, her other favorite class in school was a forensics science class, where her teacher would set up these murder scenes with clues and sometimes even maggots to inspect. This has naturally evolved into a love for true crime podcasts. Nowadays, Emma spends most of her time with her 2 year-old daughter, which of course means lots of arts and crafts! Overall, Emma says that she tries to live by the motto of treating others how you'd like to be treated, and she really likes "showing up and showing out" for residents. Giving it her all gives her a sense of accomplishment, and down the road her goal is to become a nurse, so she can help take care of more people in more ways.

Emma, we're so lucky and happy to have you here as one of our caregivers at Larch and Tabor!

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## Staff Highlight



Jake was born in Fairbanks, Alaska. Later he moved to Redmond in 2013, then moved to Corvallis in 2020. He attended Oregon State University and graduated in 2024 with a Degree in Bachelor of Science in Human Development and Family science with a Minor in Sociology. His Mom still lives in Redmond and works at the local hospital. But his older sister lives in Eugene, also works in behavioral health but with children. His girlfriend Portia lives with him in the NW Portland area and is a marketing manager and an amazing artist. They have two leopard geckos, a milk snake, two desert beetles, a pink toed tarantula, 3 fish and 4 dwarf frogs, as well as a bullfrog named Jib.

Jake is a very talented musician - he plays 12 string guitar, bass, banjo, mandolin, piano, and the drums. He also has a huge Vinyl and cd collection - approx 450 in said collection. Some of his favorite music artists are LCD sound system, CAN, and Velvet Underground. He is big on sight seeing, as well as a history buff, learning about all the different architecture, researching street names, viewing beautiful buildings, and seeing all the Portland's trolley staircases spots in NW Portland. Jake is also a big cook, and prefers making Filippino food of all things. Such a passion of his for sure!

In the future Jake wants to be his own type of Carpenter - building houses, wood working, etc. He also would love to work and own old Swedish and French cars. His dream car is a Citroen ds19 - which is a french car from the 50s. Another dream is to be in and have a band while releasing music along the journey. Preferably a Krautrock - synth pop - post punk band if he had to choose. His future goal while working within Elite Care is to meet and assist as many residents as he can. We are so happy to have you here at Oatfield Estates.



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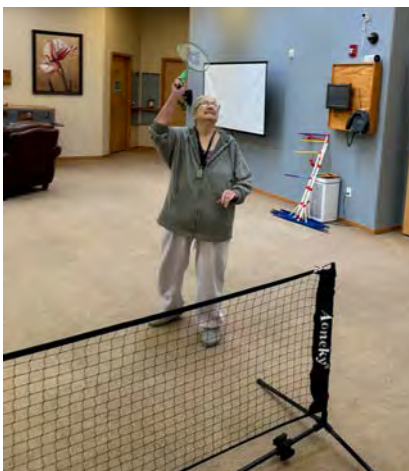
Fanno Creek

# Newsletter

## A Month of Community & Collaboration:

This month has been truly transformative for both our residents and staff at Fanno Creek. We are incredibly grateful for the meaningful connections formed and the memorable experiences shared in January. It's been a month of growth, laughter, and new beginnings—an energizing start to the year!

Residents embraced the opportunity to connect, collaborate, and lead various activities, including multicultural experiences, which brought a fresh vibrancy to the start of the year. From forging new bonds with staff to enjoying quality time with family, the atmosphere has been filled with joy and laughter.





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January kicked off with a heartwarming visit from Fit Group, who brought the energy of exercise and the promise of healthy habits for the year ahead. The enthusiasm was contagious, leaving everyone motivated for a healthy, energetic start to the year. Our incredible volunteers also played a huge role in this month's success. They collaborated with residents and staff to create Japanese potstickers, bringing the community together for a fun and educational experience. The culinary event was a huge hit, spreading cheer and sparking interest in more multicultural activities. And we can't forget about our Volunteer Pet Therapy Dog, Finn, whose visits brought love and smiles to everyone, including residents in hospice care.





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One of the highlights was a memorable trip to Pittock Mansion, where residents marveled at the historic colonial architecture and shared stories, evoking fond memories. In addition, the desire to learn new languages blossomed, with many residents expressing interest in learning Spanish and Italian—bringing staff, families, and residents closer together in the process.

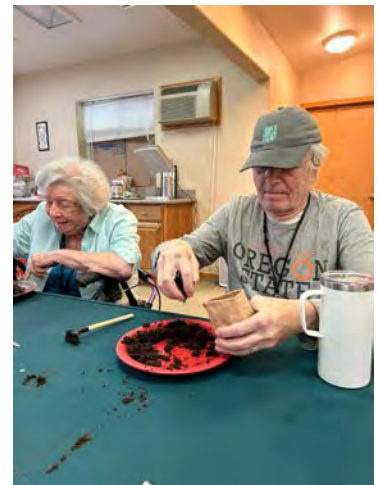




## Gardening & Horticulture: Nurturing Nature's Beauty

At Fanno Creek, we are passionate about fostering an environment that celebrates nature and growth. This month, our residents have been cultivating tropical plants and caring for new bonsais, contributing to the beauty of our community. A special focus was placed on growing Amaryllis, a symbol of hope and renewal.

In addition, the introduction of hydroponic systems in our activity room has sparked curiosity and excitement. This innovative gardening method has brought new possibilities for cultivating plants and has added an exciting dimension to our horticultural program.





## Arts & Crafts: Creativity in Bloom

January was also a month for artistic expression. Residents explored a wide range of artistic endeavors, from abstract collages to flower pressing, handmade jewelry, and painting. The joy of creating was evident as completed works were proudly displayed for all to admire. Cultural club discussions and Bohemian Shakespeare theater nights added a creative touch to the month, with residents experimenting with different tools and techniques to bring their visions to life.





## Music & Games: A Month of Harmony and Fun

Music played a central role in bringing our community together this month. From intimate acoustic performances in the library and plant room, to vibrant multicultural sounds, the music was a highlight for many. We were treated to performances by Karen, whose angelic flute playing filled the room with melodies from Ireland, Germany, Argentina, and beyond. Kriss and Gabe shared their guitar and trumpet skills, playing traditional classics, while Monte's piano performances resonated deeply with everyone. The month culminated with an exciting salsa performance by Leah and Jeff Velez, our talented dance instructors. The energy and passion of the dance floor were contagious, with styles ranging from foxtrot and salsa to tango. Dance class quickly became a weekend favorite!

In addition to music and dance, games were a big hit with residents. Whether it was dominoes, bingo, Jenga, or new games like bean bag baseball and racquetball (with balloons!), there was something for everyone. The highlight of the month was our "Casino Night," a thrilling event that brought a dash of excitement and surprise to the community.







## Resident Spotlight:



Meet Dr. Larry , a wonderful resident who joined us from the coast a year ago. Known for his passion for baking, nature walks, and medicine, Dr. Z's positive energy is contagious. He has embraced all the community activities, particularly enjoying meditation, Zumba, racquetball, and Tai Chi. A retired doctor with a heart of gold, Larry is always ready to lend a hand or share a story from his time living in Manzanita, Oregon. His dynamic personality and infectious sense of humor make him a joy to be around, and his vibrant presence is felt in everything he does. If you visit Fanno Creek, be sure to say hello to Dr. Z—he's guaranteed to make you smile!

## Employee Spotlight:



We are thrilled to shine a spotlight on Liz, one of our dedicated RCCs. Originally from Mexico, Liz has quickly become a cornerstone of our community with her resilience, empathy, and collaborative spirit. She supports both residents and staff with her infectious positivity and strong sense of teamwork. Liz's creative ideas and thoughtful approach to care have made her a beloved member of the Fanno Creek team. With over seven years of experience, she has contributed in many roles, from leading activities to assisting with meals and med tech. Her contributions continue to shape the success of our community. Join us in celebrating Liz's incredible journey and the lasting impact she's making at Fanno Creek!

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## **Elda's Magic Moment**

Last month Fanno Creek resident, Elda, enjoyed a Magic Moment in the Willamette Wine Country! A wine tasting event had been scheduled at Fanno Creek in December but due to unforeseen events, the wine tasting was cancelled. Elda was extremely disappointed and sad. Our Marketing and Life Enrichment teams decided to provide Elda her wine tasting adventure!

Jill drove our activity bus, and we visited 2 wineries, Raptor Ridge in Newberg and Duck Pond in Dundee. Raptor Ridge was actually closed for the day but opened up just for Elda! Marcy, who moved from Fanno Creek to Oatfield Estates, was Elda's special guest as they have been the best of friends since meeting at Fanno Creek.

It was a perfect day for this adventure; the sun was shining, and the skies were a beautiful blue. At Raptor Ridge we had a breathtaking view of MT Hood and the valley surrounding the winery. We enjoyed a delicious flight of wine along with great conversations. Elda and Marcy chatted and recalled memories of past times together at Fanno Creek. It was heartwarming to see these two friends reunite while they talked and shared some laughter. It was quite an experience to be the only group at the winery and have lots of attention lavished upon us.

It was then on to Duck Pond, where once again we were the only group there along with a couple planning an event. We again had the undivided attention of the great staff at the winery which continued to make Elda feel pampered and special. The wines were lovely as well as some tasty cheeses and breads and a beautiful charcuterie board. Elda and Marcy continued their laughter and reminiscing while making new memories to share in the future.

Thank you, Jill, for your excellent driving skills! Lissa, Community Manager and Liandy, Life Enrichment Director, Courtney, VP of Marketing for Elite Care, and Nancy Sales & Marketing for Elite Care rounded out the group providing this fun adventure for Elda. Everyone enjoyed all the wines and a wonderful, fun filled, relaxing day. Elda kept sharing that she was grateful to be out and about at the wineries and loved that the weather was so perfect for her Magic Moment!



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## Elda's Magic Moment





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## February Wellness Tips:

Baby, it's Cold Outside! In February, as the cold weather persists, senior health and safety tips focus on staying warm, preventing falls, being mindful of slippery surfaces, dressing in layers, monitoring for signs of hypothermia, keeping homes at a comfortable temperature, and limiting outdoor exposure when conditions are harsh.

### Key Tips :

- Maintain a warm indoor temperature:
- Set your thermostat for at least 68\* and use draft guards to prevent cold air leaks.
- Dress in Layers:
- Protect your lungs from cold air. Layer up! Wear multiple layers of loose-fitting clothing, including a hat, gloves, scarf, and warm socks to protect exposed skin
- Be cautious of slippery surfaces:
- Use non-slip mats in entry ways. Wear boots with non-skid soles- this will help prevent you from slipping. If you use a cane, replace the rubber tip before it is worn out.
- Limit outdoor exposure:
- Avoid prolonged time outside in extreme cold, and if you must go out, dress appropriately and be mindful of your surroundings.
- Stay hydrated:
- Drink plenty of fluids to prevent dehydration, which can worsen cold-related issues.



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