

Residential Care Facility:

# Newsletter



April 2025

**Dear Elite Care Family & Friends,**

As we plunge into Spring- we wanted to refresh and remind everyone that Spring is a time of new growth. Not only for Mother Nature, but for us Humans as well! Remember and reflect on these words of wisdom :

“Broken Crayons Still Color”

-David Weaver

Resilience is the process of successfully adapting and adjusting to challenging experiences. There will always be struggles, but how we navigate them and move forward is more important. Even when we are bruised and broken down, we can make a positive impact.

Until next month, stay positive and bright!

Elite Care Management





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## Healthy Cooking

Our residents are passionate about healthy cooking. Patty Finnegan led an interactive demo and cooking class. We highlighted the recipes this month. We prepped the vegetables, washed, and rinsed the brown basmati rice until the liquid ran clear.

The secret to great Indian cooking is toasting the spices and slow cooking. The aroma filled the air. Many people stopped by to see where the lovely smells came from. Lastly, we sat and communed with the meal.



## -The Echos, Children Choir

It was recommended by Pat Teaves daughter. They were melodic and joyful. We appreciate them sharing their instrumental talents with us. The children were amazing, and brought so much joy to our residents. Hope to have them back again soon.



### Volunteer Spotlights

#### **-Jim Olsen**

We experienced the Eclipse of the Moon on March 13th. What a sight to see. Jim Olsen, a former resident here at Oatfield, came to share one of his many passions with us. He helped us experience the distance between the planets with sketches and Mobiles. He explained the process of the Eclipse. We look forward to having him back soon.



#### **-John Schroder**

An all around expert on Horticulture. John spoke about PH levels of soil. He taught us how to plant strawberries from seed. Slicing organic strawberries. WE then added our baby plants to the strawberry patch in from of Larch and Tabor. Bring on the strawberries and cream.



Residential Care Facility:

Oatfield Estates



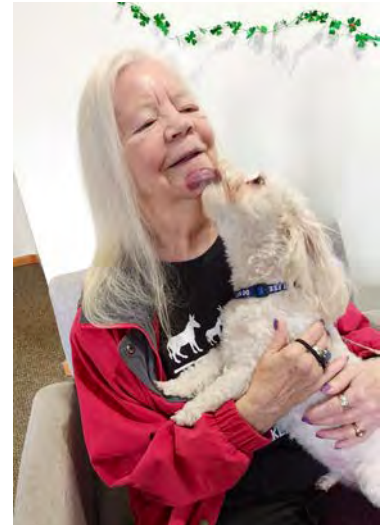
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## Animal Therapy and Care

Loving our Chickens comes easy to us here at Oatfield. It takes a team to clean and keep the coop clean and fresh. We had plenty of volunteers. The sun was out to cooperate and make the task a little easier.

Rojo the Llama paid us a visit. It was a drizzly day, but Rojo didn't seem to mind. Rojo made the day more "Llamazing!" He is the largest Llama at the Mtn Peaks therapy Llamas and Alpacas. There is nothing like a Llama hug and a carrot kiss.



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## St. Patrick's Day

“May your Blessings out number the shamrocks that grow”

Our hearts were happy and light all month . The decorations were cheerful around campus. Cookies fresh out of the oven and plenty of frosting and sprinkles to embellish them.. Game of Shamrock Bingo with a yummy lucky treat!!

An Daire Academy danced up a jig or two for us. This is always a highlight of the month.



The hills (of Oatfield Estates) are alive with the sound of music! Kyle and Monty serenaded us with their piano melodies, and Kris lifted our spirits with singing and her guitar. We were even treated to a special performance from a Tabor house resident, Taylor, who rocked the third floor with his original songs and keyboard playing.



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## Outings

### Monthly shopping.

**PAM museum.** Free for the residents on the 1st thursday of every month. We saw local Psychedelic posters, advertising Portland venues. This was our second visit to this exhibit



### Wooden Shoe Tulip Festival-

Fields of Glorious color. The rain and the wind did not stop us from experiencing the ambiance of the wonders of nature and the dedication of a family's love of farming.

The original owners are from Holland and their children and now the grandchildren and running the farm. Team work makes the dream work.



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## Arts & Crafts

This month we explored our creative side with several different arts & crafts. We painted beaches and bridges and, of course, leprechauns and their rainbows for St. Patrick's Day. We enjoyed coloring together and forming a knitting circle. These individual and group crafts were so much fun and a great way to express ourselves.





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## Family and Friends fun day.

Families came to join us in games, Bee feeder creation, using downed branches from the campus and bottle caps in a rainbow of colors. We finished the day with a huge group of drummers. We had beverages and snacks throughout the day.



## Girl Scout Visit

Troop #10577 visited us for a cookie vote activity“ We had 9 different cookies to taste!!!” We had so much fun to have them join us, and reminisce on our own experiences being a girl scout or brownie. The scouts shared with us how their fund raises help support a local animal shelter “Pixie Project.”





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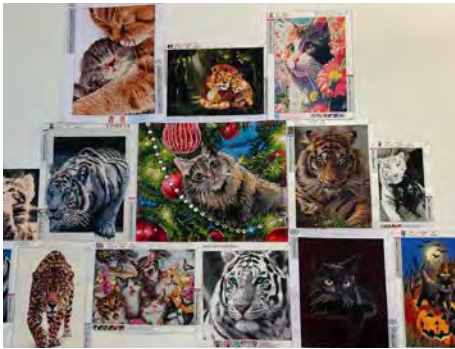
Oatfield Estates



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## Resident Spotlight



I'd like to introduce one of the amazing couples we have living on campus with us in Rainier, Deb and Ray! We are so excited to have them here with us on campus. If you see either of them out and about feel free to say what's up! Deb was born in Bremerton, WA but has lived all over. From WA, OR, CA, TX, and MI! We are proud to have another veteran on our campus. Deb served in the Air Force for 8 years as a Communication Specialist in Encryption. She served in Germany for 4 years as well!

Some of her favorite hobbies include Diamond Dots, sewing/quilting, crafting in general, and listening to music! Rock N Roll, especially Queen, is one of deb's favorite genres. She loves scary movies, western movies, and action films. Deb also loves to read; mainly Stephen King or mystery books. James Patterson is another favorite author of hers! She loves to be outside to feed the squirrels and chickens. Deb also loves spending time with her loved one, Ray!

Ray was born in Montara, California. He's lived in the Bay Area, South Texas, and the Portland Area. He's lived most of his life in the Portland metro area mainly. He was in the army, driving tanks for 3 years, stationed in Europe for 1 ½ years! He has also worked in airport custodial, carnival rides, and he also managed gas stations. He has a passion for wood working, so much so he has won a whole entire wood SHOP! He also loves a good adventure!

Ray loves to drink coffee and he enjoys his soda pop! Enjoys certain shows like SNL, Discovery Channel, some Documentaries, Animal Planet, Western movies, and WWE. Ray likes history and fiction audiobooks, rock n roll music (preferably 60-80's), and metal music as well! He loves music; so much so that he is fascinated with the guitar. He is always ready for a music conversation! Ray loves spending time with his lady, Deb, and they are always feeding the squirrels together and the chickens. Welcome them to the campus with open arms because they'll do the same to you!

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## Staff Spotlight

Miles was born 17 minutes after his twin brother, who he alleges “got all the athletic genes.” Miles was raised along the California coast. He’s lived in big cities like San Francisco but also towns so small that they have only one stop light. However, his favorite place he’s ever lived in is Vancouver, WA, where he currently resides with his partner and two children.

Miles has fond memories of his grandfather, who taught him how to read through Carcajou (a fur trapper story) and Paul Bunyon tales. When he was old enough to go to school, Miles loved history because of all the stories, math because of its puzzle-like nature, and creative writing because he liked to write fantasy stories. To this day, his favorite writer is a fantasy author, Brandon Sanderson.

Miles has been a cab driver, painted houses, worked at a call center, cashiered for Bristol Farms (like Whole Foods), was an office assistant, and also has been a security guard. After caregiving for four years, he stepped into the role of an activities coordinator, which he has been for six years now. Most recently, Miles joined the Life Enrichment team at Oatfield Estates in September 2024. When not at work, you can find Miles hanging out with his family (who are expecting a third child in May!), gardening, playing video games, and cooking. In particular, Miles likes to make soup and one day hopes to start a charity soup food cart with his partner.

When asked for his life philosophy, Miles explained that he tries to model his life around The Dude from The Big Lebowski, but when asked what that means, he replied cryptically, “That’s up to personal interpretation. You have to watch the movie.” However, he then added this: “Growing old is mandatory. Growing up is optional.” That may be an important clue to understanding how the mind of Miles works. In any case, we are so lucky and happy to have you here as part of our activities team at Oatfield Estates and look forward to whatever fun game or event you have planned for us next at the Larch and Tabor houses!

Residential Care Facility:

Fanno Creek



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## A Month of gardening, creativity and wellness at Fanno Creek

This month has been nothing short of transformative for both our residents and staff at Fanno Creek. We are incredibly grateful for the meaningful connections formed and the enriching experiences shared throughout March. The month was filled with opportunities for residents to connect, collaborate, and take the lead in a wide array of multicultural activities, fostering a spirit of togetherness and creativity.

March began with a heartwarming visit from the Irish Dancers. Residents were delighted to interact with the amazing performers creating a long-lasting memory to keep the creature, which set a positive tone for the month ahead, one filled with healthy habits and an energetic outlook.



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Next, our dedicated volunteers joined forces with residents and staff to explore the art of making Japanese yogurt cake and traditional snacks like yakisoba. This hands-on experience sparked excitement for multicultural celebrations and allowed everyone to bond over shared culinary adventures. The delightful treats created during this event spread joy and cheer throughout the facility, leaving everyone eager to explore more cultural exchanges in the future.

We were also fortunate to welcome Finn, our Volunteer Animal Therapy dog, who brought an overwhelming sense of love and kindness to our residents—especially those in hospice care. His visits uplifted spirits and brought countless smiles, reminding us all of the healing power of animals.



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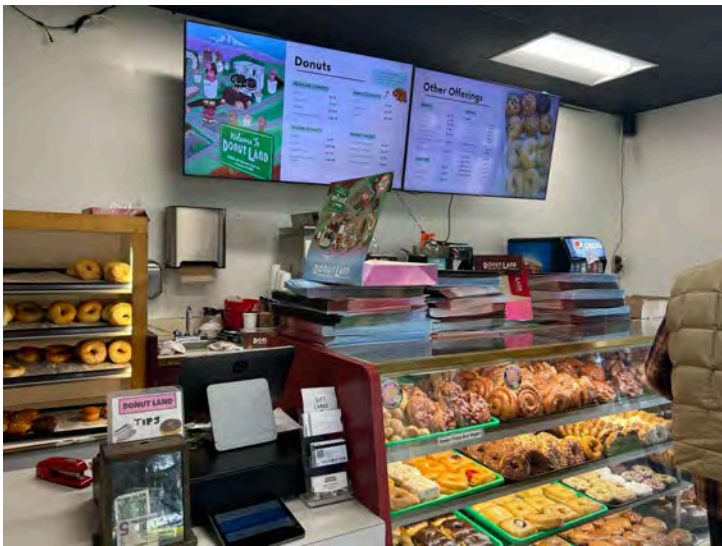
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One of the highlights of the month was the unforgettable trip to the donut shop where we taste the best donuts in Tualatin. The experience was an eye-opening journey into different flavors, leaving residents inspired and excited to explore more pastry places in the future.



Language learning also played a significant role in this month's activities. Many residents expressed interest in learning creative writing in Spanish and Italian, leading to joyful interactions between families, residents, and staff. This linguistic exchange brought people together, creating cherished memories and hopes for expanding the language offerings in future activities, with German, Russian, and Japanese being potential additions to the curriculum.

As we reflect on the month, it's clear that March has been a time of growth, connection, and vibrant learning. We look forward to the months ahead, filled with more opportunities for exploration, creativity, and cultural enrichment!

Residential Care Facility:

Fanno Creek



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## Gardening and Horticulture

At Fanno Creek, we are deeply passionate about fostering a thriving gardening and horticultural environment for our residents. We believe that the act of planting and nurturing life not only enhances our surroundings but also promotes well-being, creativity, and a sense of accomplishment. As part of our commitment to being an Elite Care community, we continue to support and encourage our residents' gardening endeavors, offering them opportunities to connect with nature and develop their green thumbs.

This month, the garden has come alive with the addition of new and exciting projects. Residents have been busy starting flower seeds, watching their blooms begin to take shape, and learning the delicate art of bonsai care in our newly launched bonsai class. These new initiatives have provided residents with the chance to explore different aspects of gardening while connecting with one another over shared experiences. The tropical plants, such as the vibrant mini monstera and lush philodendrons, along with the stunning amaryllis currently in bloom, are a testament to our residents' horticultural talents. Each plant tells a unique story of dedication and growth. Additionally, our recent introduction of hydroponic indoor vegetable and herb systems in the plant room has sparked curiosity and excitement. This innovative approach to gardening allows residents to cultivate fresh, healthy produce year-round, all while learning about sustainable growing methods that are both environmentally friendly and practical.

These exciting additions not only contribute to the beauty and sustainability of our community but also offer residents a rewarding hands-on experience, encouraging them to embrace new skills and expand their gardening knowledge. Whether it's nurturing a bonsai or experimenting with hydroponics, our residents are growing not just plants, but also their confidence and creativity.

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## Arts and Crafts

This month, our community has truly flourished with the artistic spirit of our residents! From abstract Clay designs to hand-made jewelry, flower pressing to painting, and pastel techniques to bohemian poetry, Creative Writing we've explored a rich variety of artistic expressions. Residents have embraced diverse art forms and honed their skills with new tools and techniques, creating stunning pieces to be admired by all.

The pride and joy were palpable as residents showcased their work, each piece reflecting unique creativity and personal flair. But the excitement didn't stop there! Volunteers joined us for a Social Fest throughout the month, where residents explored Japanese culture, prepared delicious desserts, and celebrated with a vibrant festival of music, dance, arts, and flavorful experiences.

We're so proud of the collaboration, learning, and creativity that continue to thrive in our community—making this month truly unforgettable!





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Fanno Creek



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## Music and Games

March was a month filled with music, rhythm, and lively energy at Fanno Creek, bringing warmth and festivity to our winter days. We transformed spaces like the library and plant room into intimate performance venues, maximizing their acoustics to create a cozy atmosphere that invited music lovers to sit back, relax, and enjoy the sounds that filled the air.

Our residents were treated to a range of performances, with a special focus on acoustic music. From guitar and piano to trumpet, the performances spanned multiple genres and embraced diverse cultural traditions. Whether it was American classics, German folk tunes, Argentinian rhythms, or the timeless favorites of Peru, the variety kept the atmosphere vibrant and inviting. We were thrilled to welcome both professional musicians and resident performers, who all brought their unique talents to the stage. The dynamic mix of styles enchanted our audience, with each note bringing joy and connection.

Notably, Gabe's guitar and trumpet performances of classic music resonated deeply with the audience, while Monte's piano pieces left a lasting impression, showcasing the beauty of musical expression. The library's cozy setting turned into a haven of relaxing poetry readings, with some of the finest works from across the ages, offering a soothing retreat for those who enjoy the spoken word.



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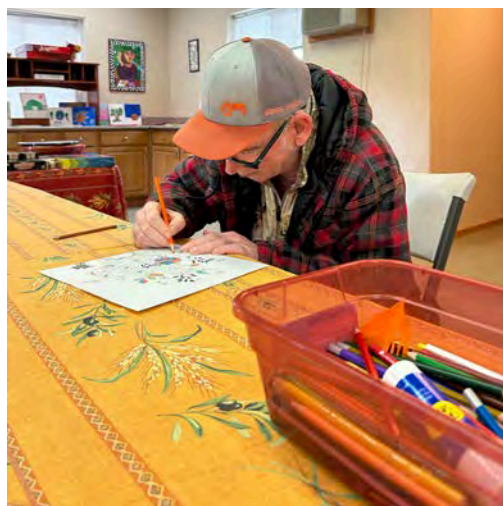


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The month also included an exciting salsa performance and Dance class by Leah and Jeff Velez, our talented dance instructors. Their performance was an electrifying celebration of multicultural dance forms, including American classics like the foxtrot, tropical rhythms like salsa and bachata, and the passionate tango. The weekend dance classes quickly became a favorite, focusing on creating monthly experiences that blend a sense of belonging, fun, and celebration. These sessions were not just about learning dance steps, but about celebrating our community's diversity with joy, music, and food.

Alongside the music and dance, the month was filled with games and activities that brought residents together. From dominoes in various sizes to bingo, Tic Tac Toe, Monopoly, Jenga, and newer games like bean bag baseball and racquetball (with balloons!), the fun was non-stop. Casino nights also made a grand return, adding an element of surprise and excitement to the mix. These games, alongside the music and dancing, created a month filled with laughter, connection, and a true sense of celebration. March at Fanno Creek was a time for residents to connect through music, movement, and play—reminding us all of the power of creativity and community to lift spirits and bring joy to our days.



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## Resident Spotlight



We're delighted to introduce our beautiful resident Linda, a truly remarkable resident who joined Fanno Creek six months ago. From the very beginning, Linda has embraced our community with open arms, seamlessly integrating into our activities and finding joy in how the calendar complements her daily routine.

A lifelong enthusiast of exercise, country drives, coffee, walks and painting, Linda brings a wealth of stories from her time as a traveler in Spain and her ability to speak Spanish as well as her amazing time growing up on a ranch in Oregon.

Her deep passion for walks in nature, baking and her unwavering dedication to helping others shine through in every conversation. Always ready to lend a helping hand, she offers a listening ear and kind words to those around her.

A vibrant spirit is especially evident in activities like Racquetball, Meditation, Zumba, and Tai Chi, where she embraces creative movements and exudes energy. Her infectious sense of humor and enthusiasm make her an absolute joy to be around, and it's clear that she has a special ability to brighten any room.

If you ever visit Fanno Creek, be sure to sit next to Linda—you'll quickly see why her presence is so cherished, and you're sure to make a fast friend!

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## Staff Spotlight



We are excited to shine the spotlight on Magge, one of our extraordinary caregivers! Originally from Mexico, Maggie has proven to be a valuable member of our team, consistently demonstrating an exceptional blend of understanding, patience, collaboration, and empathy. Her unwavering support during challenging times has been a source of comfort to both residents and staff, helping to foster a sense of appreciation and mutual respect within our community.

With her warm charisma and infectious positive energy, Magge has quickly become a beloved figure, creating meaningful connections with both residents and staff alike. Her enthusiasm for teamwork and her dedication to community engagement make her an indispensable part of life at Fanno Creek.

Magge thrives on challenges, approaching every situation with a fast approach, calm and steady hand. With over 3 years of experience in the caregiving field, she brings not only her expertise but also her innovative ideas to the table. From assisting with activities to delivering meals with a personal touch, Magge is always looking for ways to contribute in creative, impactful ways.

Join us in celebrating Magge's incredible journey as a caregiver and the positive contributions she continues to make to our community!

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“I declare this world is so beautiful that I can hardly believe it exists.”

— Ralph Waldo Emerson

Did you know that an Annual Arbor Day Celebration is one of Elite Care’s signature engagement programs? National Arbor Day is celebrated on the last Friday of April with this year landing on the 25th. We care deeply about the trees around us and each year take time to plant a new variety. Our trees supply us with oxygen, habitats for wildlife, shade for us to relax under and beauty that allows us to disengage for a moment from our mundane daily tasks. The Arbor Day Foundation says this about the holiday, “While most holidays celebrate something that has already happened and is worth remembering, Arbor Day represents a hope for the future. The simple act of planting a tree represents a belief that the tree will grow to provide us with clean air and water, cooling shade, habitat for wildlife, healthier communities, and endless natural beauty — all for a better tomorrow.”

Each year, the Elite Care team works together to choose a tree that will thrive in our unique environment, we decide together on a location to plant it and host a celebratory planting event. We hope you can join us this year to honor this tradition with us. Check the monthly activity calendar for specific dates and times.

If you're looking for something different to do next time you're on a stroll around one of our communities, see if you can locate these unique trees. Spring and Summer are the perfect seasons to see them in all of their glory.





Oatfield Estates	Fanno Creek
Mountain Laurel	Black Walnut
Staghorn Sumac	Dappled Willow
Hawthorne	Lodge Pole Pine
European Beech	Katsura Tree
Sweet Chestnut	Japanese Maple
Mulberry	Horse Chestnut
Sawara Cypress	Lilac
Quince	Cherry Laurel
Japanese Persimmon	Fig

### What is a Health Triangle?

The health triangle is a model that shows the relationship between physical, mental, and social health. It's a way to think about and achieve a balanced lifestyle.

#### How it works:

The health triangle is a framework that shows how these three aspects of health are interconnected.

A change in one area can affect the others. For example, exercise can improve mood, and social connections can improve well-being.

By focusing on each side of the triangle, you can identify areas for improvement and work toward a more balanced life.

#### What it includes:

**Physical health:** Includes exercise, nutrition, sleep, and hygiene.

**Mental health:** Includes how you feel and think.

**Social health:** Includes how you relate to others and have respect for them.

#### Why it's important:

The World Health Organization (WHO) defines health as the balance of these three aspects.

Having a good balance in all three areas is essential to living a healthy lifestyle.

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### Recipes from the Chefs

This month's Chef Recipes from Patty Finnegan are:

#### **Devaloka Pulao**

(Coconut-Scented Brown Rice Pilaf with Fresh Peas, Cashews, and candied Oranges)

Soy not Oi! Cook book

Serves 6-8 portions

2 Cups Brown Basmati rice, or Basmati Rice

1-2 Inch knob of fresh Ginger

2 tlb. Virgin Coconut Oil

6 ea. Cardamom Pods

6ea. Cloves

½ tsp. Cinnamon

½ tsp ground coriander seed

¼ tsp crushed red chili

⅛ tsp powdered turmeric powder

1 cup cashews, raw or roasted unsalted

2-3 Bay leaves

Salt to taste

4oz Dried Oranges or Mandarins, large dice

1 cup frozen peas

½ cup shredded unsweetened coconut



Soak rice in water to cover for a minimum of 30 min. Up to 24 hours. Rinse well.

Pour off water, then rinse rice well in a colander, drain thoroughly.