

Residential Care Facility:

Newsletter



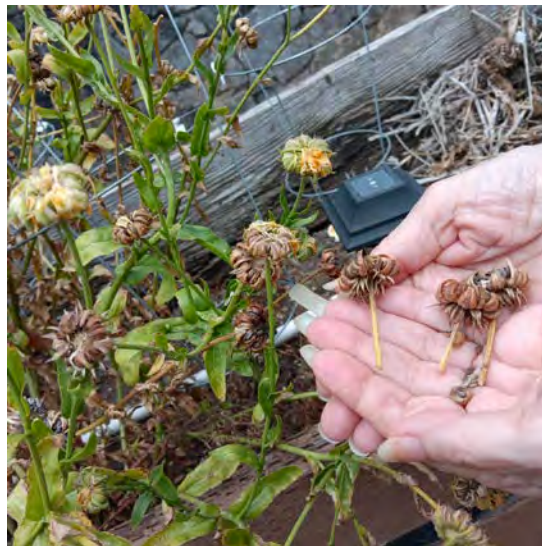
September 2025

Dear Elite Care Family & Friends,

We have survived the heat of Summer and are warmly awaiting the cool crisp air of Fall. While we work on preserving our gardens after an abundant year, the warm weather can stick around awhile longer to help out too. Residents and Staff save seeds from this year's tomatoes, cucumbers and squash to plant again in the spring- and we all chip in the dead head some roses to promote healthy regrowth. What end of season garden tricks have you learned from your family? We are always eager to increase our repertoire of knowledge and invite all family and friends to join us throughout the year tending to our gardens. Stay tuned for all of our Fall fun we have planned this year! It is sure to get spooky in the near future as we get our campus ready for one of our favorite holidays- Halloween!

Until next month- stay cozy and warm!

-Elite Care Management Team



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Oatfield Estates



September 2025

Welcome to the Jungle” – Our Annual Oatfield Estates Party!

For this year’s annual celebration, and in recognition of the 25th anniversary of Hood House, the party planners at Oatfield Estates transformed our Cascade Lawn into the lush and wild world of The Jungle Book. Whether you’re a fan of the family classic Disney film or Rudyard Kipling’s timeless original books, there was absolutely something for everyone!

Our adventures began by crossing the wooden bridge and traversing past the misty waterfalls. From there, our guests could drop by for a quick photoshoot with a gorgeous backdrop and props, mark the occasion with a temporary tattoo or with henna body art done by Glitter Ruby Henna (Street Poet Sam on Instagram), or join friends both familiar and new for tabletop games like Mancala or Snakes and Ladders before diving into some of the amazing food prepared by our chefs Angela and Tabitha. These were some scrumptious, India-inspired eats: chicken or vegetable curry with rice, hummus with veggies and homemade pita chips, prickly pear jam with crackers, a sparkling lavender “Butterfly Bliss” drink, and so many tasty treats abound!



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Oatfield Estates

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Welcome to the Jungle” – Our Annual Oatfield Estates Party! con’t

While sharing great food and unforgettable company, partygoers could admire the vines hanging overhead and bob their head to the musical rhythm of the jungle. Alongside everyone in their wonderful costumes, you might even have caught a rare glimpse of our friendly giraffe or the powerful and wise Bagheera the black panther... Oh, and did we mention the opportunity to get real tattoos inside from Anatomy Tattoos, or that Kona Ice was here, with their delicious frozen shaved ice to keep us cool on the hot day?

A huge shout-out and thank you needs to go out to all the staff and volunteers who made this exceptional party possible. We loved having everyone here and hope to see you next year for something else amazing and to create more beautiful memories!



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Oatfield Estates



September 2025

Celebrating 25 Years of Hood House

The following speech was given to recognize Bill and Lydia's vision that built not only a different kind of home for Hood House residents but also the extraordinary and innovative organization that is Elite Care. Please take a moment to read about the profound impact Bill and Lydia have made on our community.

"It is such a joy to stand here with all of you today, as we celebrate a truly meaningful milestone — the 25th anniversary of Hood House, the very beginning of something so much greater than any of us could have imagined at the time.

Twenty-five years ago, Bill and Lydia had a bold and beautiful vision: to create a home that didn't feel like "a facility," but rather a place they themselves would want to live in one day — warm, personal, filled with life and joy.

And so, they built Hood House — just 12 rooms, but overflowing with intention, heart, and purpose. It wasn't just a building. It was the start of something. The seed that grew into an entire community — now eight houses strong — all grounded in that same original philosophy of dignity, connection, and authentic living.

Bill and Lydia didn't just build a home. They sparked a movement in what senior living could be — and should be. Today, you can still see that vision alive in every rosebush, every koi pond, every mindful tai chi movement. In the chickens that wander freely. In the laughter of grandchildren visiting. In the way staff, residents, and families share not just space — but life.



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Oatfield Estates



September 2025

Celebrating 25 Years of Hood House

This community has always been different on purpose. Here, nature isn't a backdrop — it's part of the healing. Here, relationships matter more than routines. And every person, regardless of age or ability, is invited to experience Belonging, Influence, and Purpose in real, tangible ways.

Hood House was just the beginning — a first spark that lit the way forward. Over the years, that spark grew into a network of eight unique houses — each with its own personality, but all rooted in the same values that Bill and Lydia put into place from day one.

So today, we say thank you — not just for the house, but for the vision behind it. For seeing what was possible when others couldn't. For leading with courage, creativity, and care.

Here's to 25 years of Hood House.

To the founding vision that changed everything.

To the legacy that continues to grow.

And to Bill and Lydia — whose hearts built not just a house, but a home for generations to come.

Happy Anniversary, and thank you.





Staff Spotlight: Dylan



Dylan describes his bond with his adoptive family as a pretty close relationship. Every other year they go to Hawaii together and stay at Kapa'a. Decorating is also a big thing in the family, even for smaller holidays. Dylan's favorite holiday is Halloween. He loves how versatile it is and how there's so many options for costumes, how it gives an excuse for friends to hang out and watch horror movies and eat pizza. Combine this with how Dylan

loved reading Percy Jackson as a kid, and it's not hard to see why he's also gravitated toward Dungeons & Dragons and playing Magic the Gathering.

David Bowie and The Beatles are two of Dylan's favorites when it comes to music. As for influences, he looks up to and respects President FDR for his vision, his convictions, and his ability to balance cooperating with others while also taking initiative when needed. One of his favorite classes in high school was AP Government, because it so often led to good debates with more diversity of opinion than he had expected.

Dylan believes that it's important to always have a long-term goal in mind. Even if you have to trick your psyche to get into it, it's vital to have a reason to get up in the morning: something to hype yourself up for! It could be something small, but it's important to take pride in doing that thing, whatever it is. Right now, Dylan is focused on his future. He decided after high school that he wanted to go into nursing, so he took a medical terminology class his senior year. Now, he is looking towards pharmacy work and is about to start his second year in his program at Portland State.

These days, you can find Dylan at the Larch and Tabor houses, helping people as a caregiver and finding time in-between to play chess with residents on the big table downstairs. Let's all give a big thanks to Dylan for all that he does for our community!



Staff Spotlight: Victoria



Born in a suburb of Chicago, Victoria and her twin brother are the oldest of 7 children. Throughout their childhood, they camped across the country— from the Great Smoky Mountains in the South to the East Coast and up into Canada. When not swimming in lakes, Victoria spent her time at the library. She was fascinated with fairy tales and fantasy stories, which evolved into a love for The Lord of the Rings.

Victoria remains an avid reader; some of her favorite books recently have been Cloud Cuckoo Land and If Cats Disappeared from the World. Also, when she was a teenager, Victoria liked to go to local punk and grunge shows in Chicago. In 1991, she saw Nirvana at the Cabaret Metro for only \$10!

Victoria has always loved school and loved learning. She earned her Undergraduate degree at the University of Illinois, her PhD at the University of California Santa Barbara, and her post-doctoral fellowship in behavioral neuroscience at OHSU. Victoria later returned to Oregon in 2013 and has remained here ever since. Little known fact: Victoria also has an art minor! She has shared her love of art and nature with her kids ever since they were little, so one way they bond as a family is through hiking and time spent mushroom hunting in the great outdoors. By the way, you may already know that Victoria loves birds, but did you know she once raised a Steller's jay and that he still lives in her yard with his mate?

The residents of Larch and Tabor recently chose Victoria as our Star Employee of the Month because she does so much beyond her role as a behavioral support specialist. Victoria says that she tries to be one of the residents' problem solvers, and I couldn't have put it any better: Victoria is always going the extra mile to help residents problem solve and find resources. One of her guiding principles is to try to meet people with kindness, because you don't always know their whole story (and they likely don't know all of yours). Thank you Victoria for all you do for our residents, whether it's picking berries or discussing alternative music or any of the innumerable ways you have listened or shown care. You make a lasting impact on us all.

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Oatfield Estates Resident Spotlight: Wayne



Let me tell you a little about our newest resident at Ashland House here at OatField Estates. Wayne received his doctorate from Harvard and went on to be a professor at Harvard. His Resume would also include working as a controller in several non profit companies. Lets not forget his time serving in the Navy. Thank you very much Sir. When I asked him if he had any hobbies. His eyes lit up and he became very excited. Cooking popped up immediately. All the spices and he likes his food spicy.

He is a gardener too. Using his bounty to create fun and delicious dishes to share with friends and family. Growing up on a dairy farm taught him how to be resourceful. He loved his time on the farm. Stop by and say hello. Be prepared to stay for a bit because he has so much to share and is just a joy to be around. Welcome to Oatfield Estates, Wayne!

Butterfly Outing



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Fanno Creek



September 2025

Fanno Creek

This month has been nothing more than full on bloom season for both our residents and staff at Fanno Creek. We are incredibly grateful for the meaningful connections formed and the enriching experiences shared throughout August. 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.

August began with a heartwarming Visit to the Jungle book Party at Outfield states reuniting with our sister facility residents and seeing many smiles, as well as very exciting to visit the Delilah Farm at Swan Island Dahlias enjoying a beautiful day surrounded by flowers and many new memories.

Next, our dedicated volunteers joined forces with residents and staff to explore the art of Nature Walks and meditation out in nature helping the residents to grounding and stabilizing the nervous system. This hands-on experience sparked excitement and allowed everyone to bond over shared culinary adventures picking fruits and veggies to create healthy Green smoothies. We also make Puerto Rican Quesitos a delicious traditional Pastrie where the residents use their beautiful energy to learn how to make them and be very excited about and so much more.

The delightful treats created with the residents spread joy and cheer throughout the facility, leaving everyone eager to explore more culinary exchanges in the future.



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Fanno Creek



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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.

Language learning also played a significant role in this month's activities. Many residents expressed interest in learning creative writing in Spanish and also we learned acting classes from one of our famous residents, 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!



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, residents have been busy starting flower seeds, making flower arrangements, watching how the bees and butterflies pollinate the Garden and 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 Palms, Fidelity fig, Yuca plants and lush philodendrons, along with the stunning garden morning glories currently growing in the garden, 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. The residents are developing going for nature walks daily.



Arts and Crafts

This month, our community has truly flourished with the artistic spirit of our residents! From abstract Vision Boards designs to hand-made dream catcher, Flower Mandalas, 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 Puertorrican 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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Resident Spotlight: Tiny



We're delighted to introduce our beautiful resident Tiny, a truly remarkable resident who joined Fanno Creek 6 months ago. From the very beginning, Tiny 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 Bingo, dominoes, nature walks, word search, Mocktails wine social Hours, Coloring, Music, crafts, baking, gardening Tiny brings a wealth of stories from her time as a living

in Oregon and her ability to understand spanish as well as her amazing time knowing many ways around the trails around tigar and fanno creek, Her deep passion for Walks outside, 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 Arts, Bingo 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 Tiny—you'll quickly see why her presence is so cherished, and you're sure to make a fast friend!

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Fanno Creek



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Employee Spotlight: Tanya

We are excited to shine the spotlight on Tanya, our extraordinary Med Tech! Originally from Uzbekistan, Tanya has proven to be an important member of our team, consistently demonstrating an exceptional blend of understanding, patience, collaboration, fun 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, fast approach and mutual respect within our community.

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

Tanya thrives on a sweet approach, approaching every situation with a calm, fun and steady hand. With over 20 years of experience in the health industry, she brings not only her expertise but also her innovative ideas to the table. From assisting with Staff to supporting meal services with a personal touch, Tanya is always looking for ways to contribute in creative, impactful ways.

Join us in celebrating Tanya's incredible journey and the positive contributions she continues to make to our community!



Horticulture

“Flowers aren’t just something to look at, but something to experience”

Last month, our residents joined together for a special What’s in Bloom activity, designed to celebrate the beauty of late summer while engaging the senses in meaningful ways.

Therapeutic horticulture is about more than simply enjoying flowers—it’s about experiencing nature fully, with sight, sound, touch, taste, and smell.

Residents explored freshly gathered blooms and greenery. Together, we noticed how stems and leaves differ in shape and structure—some were smooth, others ridged or waxy to the touch. We admired the vibrant colors of roses and reflected on the meanings behind each shade. We paused to ask: Does this rose have a scent? What does it remind you of? These simple questions opened the door to wonderful conversations, cherished memories, and smiles all around.

Even sound became part of the experience—some petals rustled playfully when gently ruffled, adding a surprising and joyful layer to the exploration. The sense of taste also joined in as residents sampled freshly picked mint leaves, savoring their cool, refreshing flavor.

This sparked memories of gardens past, family recipes, and warm summer teas.

This activity encouraged residents to carry their awareness into daily life—whether on a walk or enjoying the gardens, to notice nature’s textures, fragrances, colors, tastes, and even its quiet sounds.

Through activities like What’s in Bloom, we nurture a deeper connection to the natural world while sparking joy, conversation, and memory. By engaging the senses, we help residents stay curious and connected, reminding us all that the beauty of nature is always within reach.



Wellness

Social wellness is one of the eight dimensions of wellness and refers to our ability to form and maintain meaningful relationships. For seniors, maintaining these relationships can become more difficult due to factors like retirement, mobility challenges, grief, and health concerns. But staying connected isn't just nice, it's necessary. Research shows that social isolation and loneliness increase the risk of:

Heart disease and stroke, Depression and anxiety, Cognitive decline and dementia.

A 2023 report by the U.S. Surgeon General labeled loneliness a public health crisis, equating its health risks to smoking 15 cigarettes a day. For seniors, the risks are even more pronounced as they often face unique barriers to connection.

Cognitive Benefits of Social Engagement

The brain, like a muscle, benefits from regular stimulation. Engaging in conversations, games, or collaborative activities keeps the mind sharp and supports:

Memory retention, Problem-solving skills, Attention span and focus, Language abilities.

A study from the University of Michigan found that seniors who maintained frequent social interaction had significantly lower rates of cognitive decline than those who were isolated. Social activity encourages seniors to express themselves, recall memories, and use critical thinking—all of which stimulate brain health. In fact, social interaction is now considered a core strategy for delaying or managing Alzheimer's disease and related dementias. Participating in shared routines, such as weekly game nights or storytelling circles, also provides structure and anticipation, both of which help protect cognitive function.

