

Residential Care Facility:

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October 2025

Dear Elite Care Family & Friends,

We are incredibly proud to announce that Elite Care Oatfield Estates has been awarded the Joint Commission's Gold Seal of Approval® for Assisted Living Accreditation. Elite Care Oatfield Estates was one of the first assisted living communities to receive Joint Commission accreditation in the state of Oregon.

The Joint Commission is a global health care organization that drives quality improvement and patient safety through a rigorous accreditation process. They have worked with more than 24,000 health care organizations around the world over more than 70 years to ensure safe, high quality, equitable and compassionate care for all. Elite Care Oatfield Estates underwent an onsite review by the Joint Commission reviewers and was evaluated for compliance with assisted living standards spanning several areas, including, but not limited to: emergency management, the environment of care, infection prevention and control, medication management, and leadership.

Together with the Vanda Health organization, the Elite Care Oatfield Estates team worked incredibly hard to prepare for the accreditation process. Preparations began more than a year ago and included writing, revising, and formalizing written policies and procedures, aligning job descriptions, creating orientation check lists for new employees, and addressing additional environmental and emergency management regulations not covered under Oregon's Administrative Rules (OARs).

All told, we worked to weave together written policies, around 800 regulations, and 20+ interdisciplinary care pathways to ensure meaningful intersections between policy and best care practices.

Accreditation is the culmination and celebration of years of hard work, it is evidence of our team's ability to stay dedicated and focused throughout a challenging and rigorous process, and it showcases our daily commitment to providing safe, quality, equitable, and compassionate care for every Elite Care resident.

Until next month, stay spooky!

-Elite Care Management



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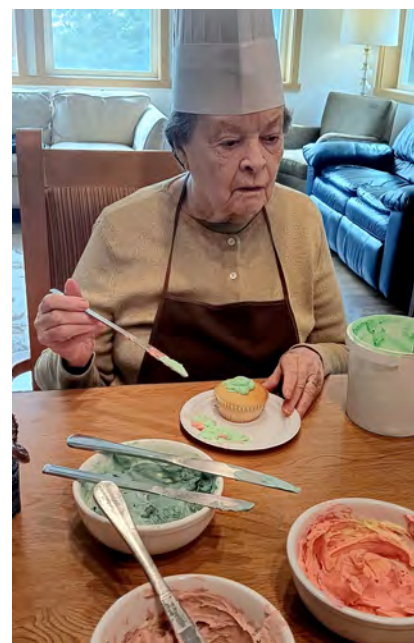


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Cup cake competition

Oatfield residents recently put their creativity—and sweet tooth—to the test during a lively cupcake decorating competition. The house was filled with laughter, colorful frostings, and plenty of sprinkles as everyone joined in the fun. Each participating resident was given a cupcake and a variety of decorating supplies to design their own masterpiece. From carefully piped flowers to whimsical toppings, no two creations looked alike. Some took a classic approach with neat swirls of frosting, while others went all out with bold colors and towering designs.

Friendly competition added to the excitement as residents voted for their favorite cupcakes. Judges had a tough time choosing, but in the end, the real prize was the joy of sharing smiles, creativity, and of course—a delicious treat at the end!



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SEED PACKAGING

Seed saving is more than a gardening practice—it's a timeless tradition that connects us to the cycles of nature, nourishes the body, and cultivates community. By collecting and storing seeds from the plants we grow, we ensure the continuation of our gardens year after year, while also reaping holistic benefits for mind, body, and spirit.

Seed saving invites us to slow down and observe the full life cycle of plants—from sprouting to flowering to setting seed. This practice fosters mindfulness and gratitude, reminding us of the beauty in endings that become new beginnings. For many, it's a meditative process that reduces stress and deepens their sense of connection with the natural world.

In September, we were able to save seeds from some of the things growing around campus. We saved things like columbine, sunflower, and yarrow flowers. We also saved lovage, a favorite herb that our chefs use in their homemade meals.

Caring for seeds and plants supports physical health through gentle activity, fresh air, and nutritious harvests. The sensory experience—touching seeds, smelling herbs, tasting fresh produce—engages the whole self. Each seed saved is not just potential food or flowers, but a reminder of resilience, renewal, and the simple joys of nurturing life.



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OUTING TO DAHLIA FARM

Residents from both Oatfield Estates and Fanno Creek recently enjoyed an outing to Swan Island Dahlia's in Canby, Oregon. The fields were full of vibrant blooms stretched as far as the eye could see. The rain has started to settle into the season, but we were fortunate to visit on a perfectly sunny day—making the flowers all the more radiant.

As residents strolled through rows of dahlias in every shade imaginable, many paused to admire the unique varieties—some as large as dinner plates, others delicate and finely petaled. Cameras clicked, conversations flowed, and memories were made among the flowers.

Beyond the flowers, the trip was an opportunity for connection. Residents mingled, shared stories, and enjoyed the experience together, strengthening bonds. The group also took time to relax and enjoy refreshments, rounding out the day with smiles and shared appreciation for the beauty around them. The dahlia outing was more than a scenic visit—it was a celebration of nature, friendship, and the joy of exploring together. Caring for seeds and plants supports physical health through gentle activity, fresh air, and nutritious harvests. The sensory experience—touching seeds, smelling herbs, tasting fresh produce—engages the whole self. Each seed saved is not just potential food or flowers, but a reminder of resilience, renewal, and the simple joys of nurturing life.



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Live at Larch and Tabor!

On September 17th, we were entertained by a very special guest: the folk-rock band Chihuahua Desert! Their music is a little bit Western, a little bit bluesy, and 100% fun. We clapped along to their renditions of such hits as "Stand By Me" and "Margaritaville." We couldn't help but dance to "La Bamba"!

Then, on the following Tuesday, we were treated to a live performance from a Celtic fiddle band! Katie Jane Band graced our halls with a lovely mix of traditional Irish and Scottish folk music along with original compositions. You can usually find them making the festival circuit, but this month we were lucky to enjoy the band's high-energy performance! We were left moving our feet and cheering for more!



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APFELSTRUDEL WITH FOUNDER, LYDIA

It's that glorious time of year again when we are on the cusp of summer's end and fall's beginning. We find ourselves looking forward to the comfort of foods we connect with from times gone by. One of our favorite activities is when our founder, Lydia, comes to visit, bringing her cherished apple strudel recipe.

We prepare for this day every year with great anticipation. We peel, cut, and package the apples, adding cinnamon and sugar, all in preparation for the day the baking begins and our hard work pays off. Like many years in the past, this one did not disappoint.



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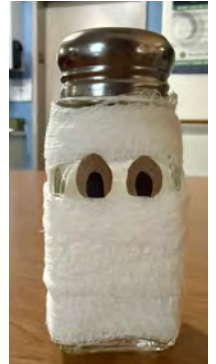
Arts & Crafts

During the month of September, the houses of Helens and Rainer has been a buzz with art. Each week a different project was introduced and others continued.

One popular project has been the tried but true acrylic painting. One could never suspect something so simple could bring folks a form of peace and joy. We enjoyed painting to our hearts content. Some days it was the traditional canvas, another it was an unconventional rock.

Another art project that has caught traction with us has been the Rave bracelets, otherwise known as Kandi. These simple but stylish bracelets are traded at Rave concerts between fellow Rave music lovers in the name of PLUR; Peace, Love, Unity, Respect. We enjoyed making these stylish bracelets. Folks loved that they could customize them with sayings or even their own name. Odds are we will bring this project back. Cause who could say no to good Kandi? We all look forward to a new month of crafting and just creating a world of our own.

We spent the month of September at Helens and Rainier Houses gearing up for the spooky season. We painted wooden pumpkins, hung popsicle stick jack-o'-lanterns in the kitchens, draped ghostly garlands across the mantel, and made spiderwebs using regular black trash bags. All of this is just a warm-up for the exciting Halloween projects we have planned for October, leading up to our Bridgetown volunteer group Halloween party at the end of the month.



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The Fabulous Bella Trent

Here at Elite Care we have a variety of wonderful folks. Each with their own unique personality. At the Helens house, a new neighbor is in town. And that new person is the sassy, free spirited Bella! I had the privilege of interviewing her and believe me when I say...I need to work on my questions because when I asked her the first question, "how's your day going?" She bursted out laughing saying, "I used to be a reporter. That is a terrible question". I was both amused and felt accomplished because I got my first information from her. Win, win.

Young Bella was born and raised here in Oregon. She ventured to Pennsylvania for college, majoring in Creative Writing and a minor in philosophy. Did she love being in Pennsylvania? The school yes. Pennsylvania itself? Nope. She loved the more open-minded atmosphere of Oregon, and came right back when she could. Being a Creative Writing major, it's no surprise that one of Bella's greatest loves is to do poetry. She actually performed at the Keller, and says there are videos online of her performing.

Aside from the poetry, Bella loves her shows and movies. Her favorites are the classic Buffy the Vampire Slayer, as well as The Soprano's. She is also a fan of the original English version of The Office. Though she does like the American version, she prefers the original. Her favorite movie genre is horror. And as a lady of exceptional taste, one of her all-time favorites is The Lost Boys. They Live is also a top one for her. But it's not just the spooky movies that she loves; Breakfast Club is also a must watch on her list. When it comes to music, her go to is the Grunge scene with the band Nirvana leading the way. She also likes Punk a lot and another band she likes is Modest Mouse.

When asked about her time here at Elite Care, she let it be known that, "it's very peaceful here. And I think I've gotten really good care since I've been here". To finish the interview, I had to ask her, "What is the air-speed velocity of an unladen swallow?" She didn't answer fast enough and was thrown off the bridge we were on- Just kidding! She caught on to the Monty Python quote and we both had a good chuckle.

Welcome to Elite Care Bella!

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Staff Spotlight



DARRELL has spent most of his life living back and forth between Gresham and his hometown of Boring, Oregon. As a kid, he would've said that Boring lived up to its name, but looking back on it now, he says that he actually had a great childhood: days spent just playing video games (Atari, Nintendo, Genesis), games of softball or paddle boating or swimming with family, playing cops and robbers with friends at the trailer park, or buying popsicles and soda from the neighbor kids at their makeshift stores. He remembers this one time where he and his friends

bought so much soda that they were up for like 6 days straight with no sleep!

As the youngest of 5, Darrell also became close with his siblings, who would always stick up for him while growing up. His parents, who live in Arizona now, taught him to treat people with respect, especially his elders and peers. He also learned how to cook from his parents. The first meal Darrell ever made was a chef salad when he was 5 years old, and as far as back as he can remember he's always wanted to be a chef. These days his favorite dishes to make are enchiladas or his mom's green chili. "I've always loved coming up with new ideas," Darrell explains. "Looking at people's faces as they're eating it, seeing that they're enjoying it... It makes me happy."

Prior to making his dream of being a chef a reality, Darrell worked at Winco for 13 years (many of those years in the deli department) and at the Ross in Gresham, among other places. Now, though, he can't imagine wanting to work anywhere other than at Oatfield Estates. He loves working here and especially loves the residents. Between his mom, his youngest sister, and his fiance, there are decades of caregiving experience in his family. Outside work, you can find Darrell rocking out to 80s/90s music or watching a classic John Wayne movie or some Abbott & Costello comedy. He loves going to church and spending time with his family, whether it's watching shows at home or going to the park with his kids.

Thank you Darrell for all your infectious energy, all the laughs, and of course all the great food!

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Staff Spotlight



Dee Simmons has been part of the Oatfield Estate community for a few years now, and was featured in this newsletter twice during her tenure in housekeeping. This time, we are announcing Dee's official move to the activities team, working with Erin Shadle at Helens and Rainier houses. Dee has already forged some beautiful connections at Helens / Rainier, and tapped into an unknown interest of the new residents: The paranormal! And just in time for Halloween!

Welcome to Helens and Rainier, Dee. We are delighted to have you here with us!

Autumn Safety for Seniors

There's much to enjoy about the transition from summer to autumn! The intense heat begins to subside, the leaves change color, and we prepare ourselves for the Holiday season. Like all other seasonal transitions, there is a trade off, and with the positive changes come some challenges to our health and safety. Seniors, in particular, are at risk around this time of year. Colder temperatures, the presence of influenza, and even fallen leaves can threaten Seniors' wellbeing and independence.

Fortunately, by following a few tips and best practices, Seniors can stay safer and enjoy everything that the autumn season offers. Here are a few tips.

Get the influenza vaccine: Seniors are at risk from flu complications, such as pneumonia and bronchitis. These complications can result in serious illness, hospitalization and even death. In addition to vaccination, it's best to take additional steps toward reducing the risk of the flu:

Avoid contact with those who are sick

Wash hands with warm water and soap frequently throughout the day or use alcohol-based hand sanitizer.

Regularly disinfect surfaces that are likely to be contaminated

Keep Warm: The National Institutes of Health reports that hypothermia can develop rather quickly after being exposed to relatively mild cold temperatures. Seniors should dress in layers of loose-fitting clothing.

Clear away the leaves: Fallen leaves can easily cause seniors to slip and fall. They should be raked away from the driveways and sidewalks.

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Fanno Creek



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A Month of Harvest, Adventures & Wellness

September at Fanno Creek was a truly enriching month filled with connection, celebration, and nature-inspired wellness. We began with a heartwarming trip to the BBQ and Farm Party at Harvest Homes, where residents reunited with friends from our sister facility, enjoying the sunshine, friendly animals, delicious treats, and the joy of making new memories. Soon after, our dedicated volunteers joined residents for peaceful nature walks and outdoor meditation, creating a grounding experience that supported emotional well-being. A touching highlight came when JP, a longtime Elvis Presley fan, received a surprise gift from his new friend and volunteer, Sam—a cherished photo of Elvis and a country music album—bringing a big smile to his face and sparking a beautiful conversation during their walk through the trees. The month continued with a spirited celebration of National Assisted Living Week, where staff, residents, and management came together for a week full of exciting activities including a Taco Bar, Ice Cream Bar, Piñata Party, arts and crafts, and even live folkloric dancers. These shared experiences brought laughter, creativity, and a stronger sense of community, reminding us all of the power of togetherness. As we reflect on everything September brought—joyful outings, heartfelt connections, and vibrant cultural moments—we are grateful for the memories made and look forward to the coming months with enthusiasm and open hearts.



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Gardening & Horticulture

At Fanno Creek, we are passionate about cultivating a vibrant gardening and horticultural environment that nurtures both plants and people. We believe that the simple act of planting and caring for life brings a sense of peace, purpose, and pride to our residents. Gardening not only enhances our surroundings but also supports mental wellness, sparks creativity, and offers a deep sense of accomplishment.

As part of our commitment to being an Elite Care community, we continue to encourage our residents' gardening interests by offering hands-on opportunities to connect with nature and develop their green thumbs. This month, residents have been busy starting flower seeds, creating beautiful floral arrangements, and observing the magic of pollination as bees and butterflies flutter through the garden, helping blooms take shape.

The garden is thriving with a tropical flair, featuring vibrant palms, fidelity figs, yuca plants, lush philodendrons, and the stunning morning glories that wind gracefully through our garden beds. Each plant is a reflection of our residents' dedication and care—living proof of their hard work and horticultural talents. These flourishing additions not only enhance the beauty of our community but also provide engaging, rewarding experiences that foster learning and growth. From nurturing bonsai trees to experimenting with hydroponics, our residents are expanding their skills, creativity, and confidence. Daily nature walks further deepen their connection with the natural world, offering peaceful moments of reflection and joy. At Fanno Creek, we're not just growing gardens—we're growing together.



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Arts & Crafts

This month, our community has blossomed with creativity as residents embraced a wide variety of artistic expressions. From abstract vision board designs and pastel painting techniques to hand-made lotion, creative writing, and bohemian-inspired poetry, our residents have explored new mediums and discovered fresh ways to share their stories. The excitement and pride were unmistakable as their unique pieces were displayed, each one showcasing personal flair and imaginative spirit. In addition to studio time, we hosted a vibrant Social Fest where residents and care staff came together to celebrate culture through hands-on pizza-making, lively music, dance, and art. The month was filled with collaboration, learning, and joyful expression—reminding us once again how art brings people together and strengthens the heart of our community. We are so proud of the talent and enthusiasm our residents continue to share!



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Music & Games

September at Fanno Creek was a vibrant celebration of music, movement, and play—bringing residents together in joyful ways that lifted spirits and strengthened community bonds. Our cozy library and lush plant room were transformed into tropical-inspired performance spaces, where the sounds of acoustic guitar, piano, and flute created an intimate atmosphere filled with warmth and cultural richness. Residents enjoyed performances spanning American classics, German folk songs, Argentinian rhythms, and Peruvian favorites, brought to life by both professional musicians and talented residents. Highlights included Monte's captivating piano pieces and a memorable garden concert by our beloved flutist, Karen, whose multicultural set—featuring foxtrots, classic ballads, and an unforgettable tango—had everyone enchanted. Alongside the music and dance, the month was filled with games and activities that sparked fun and connection. From oversized dominoes, bingo, Monopoly, and Jenga to creative twists like racquetball with balloons, the laughter never stopped. The return of Brien Games added surprise and excitement, making every game session a moment to look forward to. Whether enjoying a soothing poetry reading or cheering on a friendly game, residents found countless ways to engage, express themselves, and simply have fun. September reminded us all of the power of creativity, play, and community to bring joy into every day.



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Resident Spotlight

We're delighted to introduce our Amazing resident Larry N, a truly remarkable resident who joined Fanno Creek 4 Years ago. From the very beginning, Larry has embraced our community with open arms, seamlessly integrating into our activities and finding joy in how the calendar complements his daily routine. A lifelong enthusiast of Outings, Zumba, High Tea, Mocktails wine social Hours, Music, crafts, Larry brings a wealth of stories from His time living in Portland Oregon and his ability to understand Spanish as well as his amazing time working in a bakery, A vibrant spirit is especially evident in activities like Arts, Bingo and Tai Chi, where he embraces creative movements and exudes energy. His infectious sense of humor and enthusiasm make him an absolute joy to be around, and it's clear that he has a special ability to brighten any room.

Employee Spotlight

We are excited to shine the spotlight on Katrina, our extraordinary Care Staff! Katrina has proven to be an important member of our team Finishing her last year in nursing school, She consistently demonstrates 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 her warm charisma and infectious positive energy, Katrina 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.

Katrina thrives on a sweet approach, approaching every situation with a calm, fun and steady hand. With 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, Katrina is always looking for ways to contribute in creative, impactful ways.

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

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National Assisted Living Week

This September, Elite Care packed its bags (figuratively, of course) and set off on a week-long journey celebrating National Assisted Living Week. With the theme Ageless Adventure, our community embraced the joy of travel, exploration, and connection—without even leaving home!

Our residents kicked things off with creativity and heart. They crafted story bracelets, where each bead represented a favorite destination, special person, or unforgettable experience from their travels. The bracelets became little passports of memory—tiny, wearable souvenirs of life's great adventures.

Residents also wrote heartfelt thank-you notes to staff and exchanged postcards between houses, creating a "pen-pal passport" program that reminded us how far kindness can travel.

We know that every adventure takes energy—so our staff were treated to a caffeine cart, keeping spirits high and steps lively through their long shifts. Whether housekeeping, culinary, direct care, office, or life engagement, each department received recognition for the incredible love, time, and heart they give daily. Their dedication is the true compass that guides our community. A goodie bag with treats and "souvenirs" was given to each staff member to close out the week's adventure.

No adventure is complete without guides along the way. Our wonderful volunteers were celebrated for the time they give selflessly, helping steer Elite Care with kindness, laughter, and steady support. Their generosity is the map that helps us keep moving forward.

National Assisted Living Week reminded us that adventure isn't always about crossing borders—it's about creating meaningful moments together. From beads and postcards to coffee carts and gratitude, the week was a joyful reminder that age is no limit to adventure.

At Oatfield Estates, every day is a trip worth taking—because the best journeys are shared.