

Residential Care Facility:

Newsletter



December 2025

Dear Elite Care Family & Friends,

Happy Holidays from all of us here at Oatfield Estates & Fanno Creek! We are excited to finish this year out with some extra cozy memories. We celebrated Thanksgiving in style with homemade turkey pot pies early in the month with proceeds going towards Northwest Family services- a local charity. Elite Care matched dollar for dollar which made residents and staff really proud to be able to contribute to our community. We closed out the month with thankful wishes for the new year! Don't forget to get your photo taken with Santa & Mrs. Claus- Oatfield Estates is hosting the famous couple on the 17th of December from 3:00pm-4:30pm.

Until the New Year- stay cheery & bright!
Elite Care Management



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It's a Purple Party!

November is Alzheimer's Awareness Month. The color that represents this disease is purple. Adams and Hood house here at Elite Care decided that in honor of spreading awareness to the community we had a "PURPLE PARTY!" It was absolutely amazing! We even had purple cupcakes AND purple punch which the residents LOVED! Nora from the Alzheimer's Awareness Foundation volunteered to come out and speak to our residents about Alzheimer's, she explained thoroughly about the disease how to notice early signs, the three stages of development, and even ways family can help with caring for a loved one who is dealing with the disease, The residents were very engaged and had many questions at the end they were very appreciative of the presentation and walked out raving about "good" it was.



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Magic & The Blues

This month Larch & Tabor welcomed two exciting guests. The TJ Wong Trio rocked the house with their fresh take on both blues classics and surprising covers (given a sweet bluesy twist). A special highlight was when they somehow transitioned from Black Sabbath gradually into The Simpson's theme! Then, at the end of the month, Stefano Delight gave us something to be thankful for: the wonder and mystery of magic! Stefano wowed us with his tricks from around the globe and across time, while also entertaining us with his humor and charisma.



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Resources for Our Veterans

Division Director Joe Glover from the Oregon Department of Veterans' Affairs (ODVA) delivered an informational presentation about the history of veterans services and needs, as well as offered resources for those who have served. Glover highlighted the history and vast ramifications of chemicals like Agent Orange as well as other common veteran experiences throughout the Vietnam War, the Gulf War, and beyond. He answered our questions and addressed some common misconceptions about the VA and what Veterans Service Officers (VSOs) can do to help. Mr. Glover, thank you for stopping by and meeting with us about this important topic, which touches many in our community.





Tye Dye for Christmas

Hoping this will be the beginning of a new tradition. Holiday sock Tye Dying. Everyone enjoys getting socks for Christmas. Here at Oatfield estates we are making those wishes come true.. Tye Dye a pair or two pairs of socks with us. Keep them or give them as a gift. It's so much fun for all.



Sessions with Shiloh

Shiloh is here at Oatfield Estates to assist with behavior support and drug & alcohol counseling. You can go to Shiloh for help any time you need one-on-one support, but she also rocks the house with group sessions. Every week she hosts an informational, collaborative and immersive "Session with Shiloh." This month, she's helped us understand and implement DBT/CBT skills and engage in positivity/gratitude reflections as part of an overarching series, "Staying calm in the storm and being grateful for the rain." So next time you want to dive into mindfulness or partake in some sweet treats, stop by the 3rd floor of Larch to be floored with knowledge!

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I spy a UFO!

Did you know that the Pacific Northwest was the epicenter of what was considered the first modern UFO event? And it happened around Mount Rainier? In June of 1947, a civilian pilot named Kenneth Arnold reported seeing nine silvery objects flying near Mount Rainier. This event also led to the creation of the term, "flying saucer". All this happened before the infamous Roswell. So not only are we known for our beautiful forests, Bigfoot, and our creative ways, we are also known for our spaceships. Welcome to our planet alien overlords! Remember to recycle!



Unique folks of Helens/Rainier

At first glance, you probably wouldn't think much about the cool folks of Helens/Rainier. But once you sit and visit with them, you get an entirely different point of view. The diverse spirits of these two houses is amazing. We have residents who are video game enthusiasts. Others are skilled in drawing, slam poetry, and have an enthusiastic spirit for crafts. Some are even unofficial experts in fields like the paranormal. The list goes on and on. Just goes to show how an everyday conversation can bring out something you may have never known about a person. We are so happy to have each resident as part of our community and family here at Oatfield Estates!

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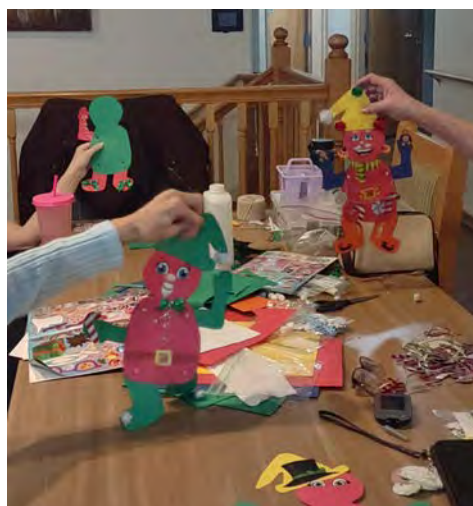
Oatfield Estates



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Thanksgiving Childhood relived

As adults, when doing various crafts we think of more sophisticated projects. A lovely sewn skirt, a delicate waterpainting. But sometimes we forget the basic, yet delightful joy of a simple project like....hand turkeys! And with a little imagination, and various craft supplies, you can create a unique hand turkey that reflects your unique personality.





Resident Spotlight



JAMES- Larch House

James was born in San Diego, California. He described growing up with a small family and a strong relationship with his mother. His childhood memories often trace back to just him and his mom at the beach. James started surfing at age 13 and was soon hanging ten with the best of them.

He says he got to meet many professional surfers over the years and even placed in the top ten at some larger tournaments. James says he loves surfing because it is so independent, adding, "To surf, you just need a board, a wet suit, and waves."

In addition to carving through the ocean, James began playing soccer at age 15 and started learning to play the guitar at age 21. He loved listening to surf music and artists like DEVO and the Talking Heads. His favorite classes in school included math, social studies, and PE, and while James has mostly preferred to stay in this area, he really enjoyed getting to go to Hawaii and Mexico in past travels. As you might expect, summer is one of James's favorite parts of the year, but he also loves Christmas. Next time you see James at the Larch House, be sure to say hey! Thank you, James, for being an awesome part of our community!



Staff Spotlight



Born and raised in Bismarck North Dakota, Brandon lived there the majority of his life just up until two years ago. Brandon was raised in a single parent household with his mother and spent a lot of time with his grandmother. Growing up, he loved to doodle and write little stories as well as play video games with his family. His family also had a pet Pekingese poodle which is also known as a "Peekapoo." In middle school Brandon was a part of Science Olympiad where he'd work in teams to prepare and compete in a variety of science and engineering challenges.

In high school he did competitive speech and wrote for both the school newspaper and the school literary magazine. Two of his favorite classes were college-level psychology and Advanced Placement English. Brandon also attended Bismarck State College and completed a program in education at the University of Mary, after which he became an English teacher for 6 years, teaching grades 6-12th.

Outside of his family, he credits much of his influence to the strong network of friends he's built over the years. His passions include writing, media, and film. Some of his favorite movies are The Truman Show, Everything Everywhere All at Once, 2001: A Space Odyssey, along with the works of David Lynch. He likes indie rock music and vegan food. When asked to describe himself in three words that best capture his personality, he described himself as authentic, a bit cheeky, and someone who isn't afraid to play the devil's advocate. After moving here two years ago, Brandon started off caregiving and then transitioned over to the Life Enrichment Coordinator position. Brandon explained, "The most rewarding part of connecting with residents is building meaningful relationships and engaging the residents in good fun, great conversations, and splendid memories... Also, we get to paint!"

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Staff Spotlight



Today I would like to show some appreciation to one of our Long standing employees.

Let me introduce you to Timothy. This guy has been an employee with us for over 4 years.

When he first started with us he was floating in the houses on our upper campus. During his four years he has spent time in many of our houses on campus. He has found his spot at least for now at Jefferson.

Timothy has a calming effect on our residents. His kindness and confidence show in everything he does and everything he does is with his residents best interested in mind. He is kind of quiet, but that is because he is paying attention. He takes in the information about each resident and has this ability to know what they need before they do. I don't think Jefferson House could manage without this guy. Just ask the folks that live there.

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Fanno Creek



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November at Fanno Creek was a truly enriching month filled with connection, celebration, and nature-inspired wellness. We began with a heartwarming visit to the Japanese Garden, setting the tone for a month of beautiful nature walks and moments spent appreciating the wonders of Mother Earth.

Shortly afterward, our dedicated residents came together to decorate Fanno Creek with festive fall décor in preparation for our delicious Thanksgiving Lunch Party. Their creativity brought joy, fun memories, and meaningful conversations about cherished traditions.

Throughout the month, we also joined residents for peaceful nature walks and calming outdoor meditation sessions. These grounding experiences offered a chance to recharge, connect with the environment, and support emotional well-being—making November a truly restorative and memorable month for all.



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Fanno Creek



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Gardening and Horticulture

As part of our commitment to being an Elite Care community, we continue to encourage and support every resident's gardening journey, offering meaningful opportunities to connect with nature and grow their green thumbs.

This month has been full of activity. Residents have enjoyed peaceful nature walks, gathering flowers to craft beautiful centerpieces for our Thanksgiving celebration. They've also explored the outdoors in search of unique blooms and experimented with new gardening techniques and plant varieties. Along the way, they harvested tomatoes and spent time improving the chicken coop—much to the delight of our feathered friends, who now have plenty of new companions!

These flourishing additions not only enhance the beauty and sustainability of our community—they provide residents with rewarding, hands-on experiences that spark curiosity and build confidence. From nurturing bonsai trees to experimenting with hydroponics, our residents are growing more than plants—they're growing their creativity, skills, and connection to nature.

Daily nature walks continue to bring joy, inspiration, and a sense of calm to all who participate





Arts & Crafts at Fanno Creek

November brought wave of creativity to our community as residents embraced a wide variety of artistic expressions. From abstract fall “Retro Vision Boards” and watercolor paintings to flower pressing, cookie and cake baking, and crafting traditional Thanksgiving drinks from around the world—our residents explored an exciting mix of mediums. They blended coloring pencils, watercolors, glue, cardboard, and more to bring their imaginative ideas to life. Many also enjoyed making hand-crafted lotions, experimenting with creative writing, and composing bohemian-inspired poetry.

This month, we also began a new calligraphy and letter-writing activity. Residents are creating handwritten letters to send to peers in our sister facilities, offering a special way to build connections, form new friendships, and explore the artistic side of writing.

The excitement and pride were unmistakable as their unique creations were displayed—each piece showcasing personal flair, creativity, and heartfelt expression. Alongside studio time, we hosted a vibrant Social Fest where residents and care staff came together to celebrate culture through hands-on cookie baking, a vegetarian day showcase, lively music, dancing, and collaborative art.



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Employee Spotlight: Judit

We are excited to shine the spotlight on Judit, one of our extraordinary caregivers. Judit has proven to be an invaluable member of our team, consistently demonstrating a remarkable blend of understanding, patience, fun, collaboration, and empathy. Her unwavering support during challenging moments has brought comfort to both residents and staff, fostering a culture of appreciation, trust, and mutual respect within our community.

With her warm charisma and infectious positive energy, Judit has quickly become a beloved presence at Fanno Creek. Her enthusiasm for teamwork and her dedication to community make her an indispensable part of daily life here. Judit brings not only many years of experience but also fresh, innovative ideas. Whether she is assisting with activities—offering creative musical insights and refreshing suggestions—or supporting meal services with her thoughtful, personal touch, she is always seeking meaningful ways to contribute.

Please join us in celebrating Judit's outstanding work and the positive impact she continues to make in our community!



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Resident Spotlight: Elda

We are delighted to introduce our amazing resident Elda, a truly remarkable member of the Fanno Creek community. Elda joined us five years ago, and from the very beginning, she embraced our home with open arms—quickly becoming an active, joyful, and cherished part of daily life. She loves how our activity calendar aligns with her vibrant routine, and she brings her whole heart into everything she participates in.

Originally from Peru and a passionate world traveler, Elda carries with her a rich collection of stories and experiences from her life in Portland and beyond. Her lively spirit shines through in all her favorite activities, including outings, Zumba, high tea, mocktail social hours, music, and crafts. Whether she's enjoying arts sessions, attending Catholic Mass, meditating outdoors, dancing through Zumba and Tai Chi, or joining our yoga outings, Elda radiates creativity, grace, and energy.

Elda's enthusiasm, sense of humor, and warm personality make her an absolute joy to be around. She has a wonderful way of brightening any room she enters, and her love for baking, outings, and the arts only adds to her delightful charm.



The Ancient Quince

This month, our therapeutic horticulture program turned its attention to one of the most enchanting and overlooked treasures on our campus: the Quince tree. Nestled quietly near the walking path just behind Jefferson House, this golden, fragrant fruit tree has been part of human history for thousands of years. We can only claim about 25 years for our tree.

During our recent session, residents explored Quince through touch, scent, taste, and story, transforming a simple piece of fruit into a meaningful multisensory experience. The session began with a reflection moment, where residents held fresh quince from our own tree and noticed its weight, its bright yellow color, and its sweet floral aroma. Many remarked that it smelled like roses or something sweet and tropical.

We shared fascinating facts about quince – how it was cultivated in ancient Greece, symbolized love and good fortune, and was once used to perfume linens and wedding celebrations. Residents learned that Quince's color changes dramatically when cooked, turning from pale yellow to a beautiful Rosie pink, which sparked a lively conversation about foods that transformed with heat and time.

Learning about the Quince tree through our senses is not only educational, but it also provides gentle, cognitive stimulation, fine motor practice, and sensory grounding that supports emotional well-being.

To close the session, residents reflected on Quince as a symbol of patients and transformation – a fruit that softens only with warmth, much like many of life's sweetest moments. Our quince tree may be monitored in size, but it offers an abundant opportunity for connection, creativity, and discovery. We look forward to many more seasonal sessions that celebrate the healing potential of nature right here at home.