



## Message from Leadership

May has arrived with a renewed sense of energy and anticipation, and our community is truly embracing the transition into the summer months ahead.

The longer days and warmer weather bring more opportunities to gather outdoors, enjoy fresh air, and create meaningful moments together. There is a shared excitement in the air as we look forward to seasonal activities, sunshine-filled afternoons, and the simple joys that summer always brings. One of the highlights of this time of year is the stunning display of tulips in full bloom. Their vibrant colors and natural beauty have added a special brightness to our surroundings

New surroundings can be difficult though, moving to a new place, new routines, but what's surprising is how often strangers soften that transition. Strangers don't carry expectations of who you've been; they meet you exactly as you are, right now. And in that way, they help you build a sense of place. Bit by bit, unfamiliar faces become familiar, and what once felt intimidating starts to feel like the beginning of something good. April showers bring May flowers as they say... its exciting to look for the possibilities of what's to come, even when it's hard.

Lyrics: "Sunshine on my shoulders makes me happy..." - John Denver

Poem: "May Night" by Sara Teasdale

"The spring is fresh and fearless  
And every leaf is new..."





## Wooden Shoe Tulip Festival

It was a perfect day for a drive. Located in the Willamette Valley, with spectacular views of Mount Hood. The Tulip Festival Features acres of Colorful tulips for our enjoyment. This is something we all look forward to every year and this year mother nature was so kind to offer a picture perfect 60 something degree day. The smell of tasty snacks from different food carts filled the air. Offering a variety of good things to eat. We perused the gift shop. Always filled with beautiful trinkets and tulips for sale to bring some of the colors of nature home with you. The beautiful bright purples, pinks, yellows and reds line the walk ways through the fields. Always an enjoyable visit. I'm looking forward to next year already.





## Easter at Oatfield Estates

We celebrated the Easter season with a party at Larch & Tabor. Patty and her partner Prune performed a dance routine with several unique numbers for our entertainment. We enjoyed some delicious cupcakes, pretzels, and beverages while getting to know our neighbors across campus. Then, to top it all off, in hopped a surprise special guest, an international celebrity... The Easter Bunny! We are so thankful that the world's most famous (and largest) rabbit took the time to greet us and take some wonderful photos.





## Duck, Duck... Derby!

This month, we gathered at Adam's house for a "duck derby" party. We listened to The Byrds and enjoyed delicious treats, such as pretzel confections modeled in the cute likeness of little ducks! This was all a prologue to the real fun: our duck derby race! Competitors plopped their rubber ducks (or sharks) in the fountain and used fishing poles to reel them back with all their finesse and might, all with the goal of proving that they (and their duck) were the fastest of them all.





## Planting Roots on Arbor Day

In honor of Arbor Day, we planted a dogwood tree in front of the Larch & Tabor houses. The dogwood tree is said to encourage us to combine discretion and creativity while doing random acts of kindness, to continue caring and protecting others without drawing attention to ourselves. There are Cherokee legends of the Dogwood People: stealthy, tiny beings similar to fairies who would quietly help humans and protect babies, the elderly, and the sick. The four-petal blossoms of a dogwood tree have become symbolic of the four cardinal directions, as well as the crucifix in Christian tradition. The dogwood is a symbol of life transitions, renewal, and resilient hope, and it is already a beautiful addition to our campus.





## Parkinson's Awareness Walk

According to The Michael J. Fox Foundation, Parkinson's disease affects nearly 1 million people in the United States and more than 6 million people worldwide. Parkinson's disease occurs when brain cells that make dopamine stop working or die, and researchers believe that, in most people, it is usually caused by a combination of genetic and environmental factors. Because dopamine is a chemical that coordinates movement, Parkinson's disease is called a "movement disorder," and it can cause tremors, slowness, stiffness, and walking and balance problems. This month, we walked for Parkinson's awareness, to get the information out there and remind each other that we are not alone. We shared stories and experiences and then walked from the Cascade Lawn to around the water fountain. A big thank you to everyone who joined us.





## World Tai Chi Day

The gathering for World Tai Chi Day had to be moved inside due to the weather but it was still a zen-ful experience. Our wonderful Tai Chi Master, Poppy, demonstrated different poses and styles along with informing everyone about the meaning and cultural significance of Tai Chi. Did you know that Tai Chi is actually called Taiji and that the hand greeting symbolizes the sun and moon? Poppy encouraged residents and staff to follow along with performing the poses and by the end everyone was feeling calm and relaxed. Thank you, Poppy!



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## Board Game Party

Hopeful capitalists gathered to fight for as many properties as possible during a game of Monopoly at the Board Game Party. This mentally stimulating game encouraged residents to practice financial literacy and clever strategies. Some residents had to face the reality of life being unfair by continuously being sent to jail while others spirits were elevated due to chance and luck allowing them to acquire many properties. Due to a lack of trading, no one was able to upgrade to a house but all utilities, railroads, and almost all other properties were purchased. Fortunately, our banker's poor math skills were uncovered by the watchful eyes of the players and was forced to play with integrity. Next time, we will allot more time for this mischievous and competitive game to promote more fun.





## April: A Month of Lush Nature and singing Birds

April at Fanno Creek was a truly exciting month, filled with connection, vibrant celebrations of color, and nature-inspired outings. We kicked things off with a memorable trip to the Wooden Shoe Tulip Festival, where residents delighted in the stunning array of colorful blooms. They enjoyed delicious food, engaged with fellow visitors, and soaked in the lively atmosphere, making the most of a beautiful spring day.

The joy continued back at home as we welcomed the Easter Bunny, who came and visited all our excited residents to spread joy and hunt for fun colorful eggs that brought smiles and excitement to everyone. The celebration was perfectly complemented by a delicious pastry prepared by our chef, Sam, making it a special Saturday event that residents truly enjoyed. Together, these moments embraced the spirit of the season and left our community with lasting happiness.





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## Arts & Crafts at Fanno Creek

April brought a vibrant wave of creativity to our community, as residents embraced a wide variety of artistic expressions each day. From retro-inspired vision boards, collages, and paintings to baking white cakes, carrot cakes, chocolate fudge, and classic yellow cakes, creativity flourished in many forms. Residents also explored mixed media techniques, combining colored pencils, watercolor, and natural scrubs made from organic materials sourced right from our own yard. These elements came together in unique projects using glue, cardboard, and other materials to create handmade body scrubs and textured art pieces, along with glitter painting, Rocks being paint and embroidery.

Our residents continued to expand their artistic horizons by experimenting with new mediums and discovering fresh ways to share their stories through calligraphy and other creative outlets. In addition, residents explored crafting handmade jewelry, designing flower arrangements, and learning new creative techniques. The excitement and pride were evident as their unique creations were displayed—each piece reflecting personal style and imaginative spirit. Beyond the art studio, we hosted daily social gatherings where residents and care staff came together to celebrate culture and community. These moments included hands-on cookie baking, vegetarian-themed days, lively music, dancing, and collaborative art activities. The month was filled with creativity, connection, and joyful expression—reminding us that art has a powerful way of bringing people together and strengthening the heart of our community.





## **Gardening and Horticulture**

At Fanno Creek, gardening is more than a hobby—it's a meaningful way for our residents to nurture creativity, enhance well-being, and experience a sense of accomplishment. We believe that planting and caring for living things enriches not only our environment, but also our community. As part of our commitment to being an Elite Care community, we proudly support each resident's gardening journey by offering opportunities to connect with nature and grow their green thumbs.

This month, residents enjoyed the Visit for all our community partners from OE and collaborated with Fanno Creek Team and Help us prepared for our great July Yearly Party where we invite Friends and family for all our sisters facility and our own community to be prepared and ready for the upcoming great event.

We bring the residents to a new adventure planting new seeds and plants for our garden and spent time cleaning the chicken coop and allowing the residents to interact with the baby chickens bringing joy and sense of belonging or purpose to the project.

We had a great chance to enjoy our usual nature walks along different areas of the Fanno Creek Trail, taking in the changing season. They observed blooming flowers, flowing creek waters, and delightful interactions with ducks and neighboring community members. These moments sparked curiosity and inspired residents to incorporate more nature into their daily routines.

April also brought exciting exploration in the downtown area of Tigard where the residents love the experience of walking to the stores in the center of the town to look a vintage stores and visit many coffee shops and farmers markets bringing them autonomy to enjoy life in the most authentic and simple way possible.

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April at Fanno Creek was an amazing 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 warm, welcoming spaces filled with inspiration for the season, setting the tone for a month rich in creativity, learning, and connection.

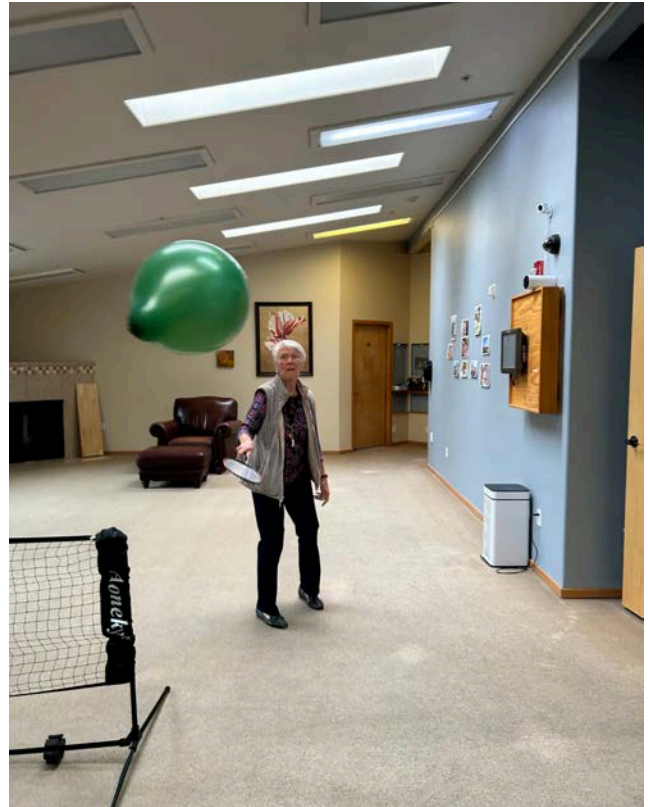
Throughout the month, residents enjoyed a variety of daily games and enrichment activities designed to support cognitive wellness and “mental gymnastics.” These included word searches, crosswords, puzzles, color-by-number activities, and engaging daily trivia focused on memorable public figures and cultural moments. Each activity encouraged participation, curiosity, and a sense of accomplishment.

Music filled our community with energy and heart. Intimate, tropical-inspired performance spaces came alive with the sounds of electric guitar by Dominic Franco, piano performances by Monte, and beautiful flute melodies that created an atmosphere of warmth and cultural richness. Residents enjoyed a diverse range of musical styles, including American classics, German folk songs, Argentinian rhythms, and Peruvian favorites, performed by both guest musicians and talented residents.

Highlights included Monte’s captivating piano performances and a memorable garden concert by our beloved flutist, Karen. Her multicultural set—featuring foxtrots, classic ballads, Irish-inspired melodies, and an unforgettable tango—left everyone enchanted and celebrating the spirit of music and culture.

Alongside the performances, the month was filled with playful and engaging activities that sparked laughter and connection. From oversized dominoes, bingo, Monopoly, and Jenga to creative games like balloon racquetball, residents found endless opportunities for fun. The return of Brien Games brought added excitement and surprise, making each session something to look forward to.

Whether enjoying a soothing poetry reading or cheering on a friendly competition, residents discovered countless ways to engage, express themselves, and simply have fun. March reminded us all of the power of creativity, play, and community to bring joy into every day.



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## Resident Spotlight: Dorothy at Fanno Creek

We're delighted to introduce our amazing resident, Dorothy, a truly remarkable member of the Fanno Creek community who joined us less than a year ago. From the very beginning, Dorothy has embraced community life with open arms, seamlessly engaging in activities and finding joy in a daily routine enriched by connection and purpose.

Originally from Portland, Dorothy has been a lifelong enthusiast of outings, good food, music, and meaningful friendships. She brings with her a vibrant spirit, an upbeat personality, and a natural ability to lend a helping hand. Her love for staying active shines through in everything she does—from enjoying live music, Catholic Mass and outdoor adventures to joining in on coffee and breakfast gatherings with fellow residents and her daily smoke break.

Dorothy carries a wealth of stories from her life in Portland, reflecting a dynamic past filled with creativity, movement, and exploration. Her energy is contagious, and her sense of humor brings light and laughter wherever she goes.

She has a special gift for making others feel welcome and valued. She effortlessly brightens every room she enters.

With a love for outings, delicious meals, , love for knitting and her beloved husband Bob. Dorothy truly embodies the spirit of community. If you ever visit Fanno Creek, be sure to sit next to her. You'll quickly discover why she is so cherished and how easily she turns a simple moment into a meaningful connection.





## Staff Spotlight: Alyson at Fanno Creek



We are excited to shine the spotlight on Alyson, one of our extraordinary Med Techs. Alyson has proven to be an invaluable member of our team, consistently demonstrating a remarkable blend of understanding, fast approaches, 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 positive attitude, warm charisma and infectious energy, Alyson has quickly become a valuable presence at Fanno Creek. Her enthusiasm for teamwork and her dedication to community make her an indispensable part of daily life here.

Alyson being from Oregon brings not only many years of experience but also fresh, easy going innovative ideas where she complements a welcoming energy to the residents that surround her, making the residents feel at home where they can always call for support and Alyson always there to serve fast and in the most positive way. 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 Alyson's outstanding work and the positive impact he continues to make in our community!

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## Stronger Together: Words That Carry Us

### 'A New Vibe: Stronger Than Our Struggles'

May is here, and with it, Mental Health Month 2026—a powerful opportunity for our community to **BE THE CHANGE** and **BRING THE CHANGE**. We're kicking off a great new vibe, one that's too powerful to negate, signaling that a positive change is in the air.

This month, we are centering a simple, undeniable truth: **we are stronger than our struggles**. Strength doesn't always roar; sometimes it's the quiet decision to stay in the game, to seek connection, and to learn how to name what we feel.

Mental health awareness is about fostering resilience, together. It's about moving past labels and recognizing that within each of us are sources of wisdom and leadership.

Throughout May, we will celebrate this strength with activities designed to promote awareness and positive reframe:

- **Mindfulness and Movement:** Look out for meditation moments and walks outdoors to identify local birds, connecting movement with awareness.
- **Building Connections:** Join us the Mental Health Walk and BBQ, activities designed to facilitate trust and rapport.
- **Skill-Building Pop-ups:** We'll be using fun, informal interactions—like short, psycho-educational pop-ups during existing activities—to help us identify and label our emotions. This is part of our goal to help everyone recognize the early warning signs of overload or relapse and use supportive language.



## **Stronger Together: Words That Carry Us**

This month, let's reinforce our conviction that Strength Lives Here. In all of us. We are a community that sees strength and promotes resilience, and we will use this month to connect, grow, and move forward together.

As we move through this month, let us hold onto the wisdom shared by a community member of Larch/Tabor: "try to get away before you lose control." This wise advice reminds us that recognizing early warning signs of overload is a key part of promoting resilience and character.

By staying connected to ourselves and each other, we can create a supportive environment where everyone has the tools to navigate their struggles and find their inner strength.





### **Humming: by Ashland House Resident – Elaine Kroska**

Humming for 60 seconds triggers a "relaxation response" by stimulating the vagus nerve through vibrations, shifting the brain from a stressed (beta) to a calmer state. This action lowers heart rates, reduces stress hormones (cortisol), and can increase nitric oxide, enhancing blood flow and improving oxygenation.

<https://www.youtube.com/watch?v=QVoGbaq8xos>

<https://www.youtube.com/watch?v=2IPgGMdoMNk>

### **For migraines**

Humming can help relieve migraine pain by stimulating the vagus nerve and vibrating the trigeminal nerve, acting as a natural, on-the-go tool for relief. The vibrations from humming (specifically for 10–60 seconds) can reduce tension, increase nitric oxide, and promote relaxation, which may mitigate headache symptoms.

### **How Humming Helps Migraines**

**Vagus Nerve Stimulation:** The vagus nerve is key to the parasympathetic nervous system. Humming stimulates this nerve through the throat, which helps to calm the body and decrease migraine pain.

**Trigeminal Nerve Vibration:** Humming at certain frequencies vibrates the cheekbones and facial structures, which may help mask pain, acting similarly to, say, Cefaly or Headaterm devices.

**Increased Nitric Oxide:** Humming and humming-related exercises, like those in the Bezyy Migraine article, can increase the release of nitric oxide, which is a neurotransmitter.

**Cost-Free Relief:** It is a non-invasive, free technique that can be used anywhere.

### **Additional Tips for Relief**

**Humming Technique:** Take a deep breath in through your nose and hum softly on the exhale for 5–10 seconds, gradually working up to 60 seconds.

**Vibrating Tools:** Some find that using a small, handheld massager on the face to stimulate the nerve is helpful.

**Listen to Music:** Gentle audio therapy or music that resonates with you can help reduce headache pain, according to Migraine Again.