

Lighting the Darkness

Diwali, India’s fabulous “festival of lights,” occurs on the night of the new moon during the Hindu month of Kartik, and this year falls on November 12. Diwali is the most important holiday of the Indian calendar. It is primarily a religious celebration for Hindus, Jains, and Sikhs, but it has become so popular that many other South Asian countries treat it as a national holiday.



Across India, Diwali is celebrated over five days, but the darkest night, the night of the new moon, is the main day of the festival. Families light small, clay lamps known as *diyas* to ward away evils associated with the darkness. Diyas, candles, and lanterns are arranged throughout the home, in the streets, in places of worship, and even floated on lakes and rivers. Some places set off bright explosions of fireworks in the night sky. Once the lamps are lit, families gather for fabulous feasts and prayers to Lakshmi, the Mother Goddess of good fortune and prosperity. To celebrate Diwali is to celebrate the triumph of light over darkness and good over evil.

Throughout India, there are many legends associated with Diwali. In the north, Diwali commemorates the return of King Rama to his kingdom of Ayodhya after 14 years of exile. To celebrate the king’s return, his subjects lit lamps and decorated Ayodhya with rows of diyas, a practice reflected in modern Diwali celebrations.

In southern India, the story is told of Lord Krishna vanquishing the demon Narakasura with the help of his wife, Satyabhama. The demon had been granted immortality and could be slain only by his mother. Krishna knew this and asked his wife to accompany him to battle. It was Satyabhama, as an incarnation of Narakasura’s mother, who felled the demon with an arrow. In western India, as in the south, Diwali is celebrated as the triumph of good over evil. Here, the festival marks the day that Lord Vishnu sent the selfish and vain King Bali to the netherworld. Despite these differences, no matter where you go, Diwali is marked with light and family.

November Birthdays

Staff Birthdays

- Dawn Woodruff 11/03
- Livingston Norech 11/13
- Amanda Choin 11/17
- Monica Robles-Torrado 11/18
- Sofia Ambriz 11/30

Resident Birthdays

- Diane M 11/13
- Don J. 11/30

In astrology, those born from November 1–21 are Scorpio’s intense scorpions. Scorpions seek deep connections and nurture deep empathy and commitment. Those born from November 22–30 are Archers of Sagittarius. The Archers have a unique blend of passion, curiosity, and adaptability. Bold travelers, they are unafraid to explore and conquer new terrain.

Salon

- Women’s Haircut \$25
- Men’s Haircut \$20

Please call Nancy at 503-656-7415 for quotes on other hair care services and to schedule your appointment.

Nancy is here on Thursdays but is flexible on days and times.



Deerfield Gazette

Deerfield Village | 5770 SE Kellogg Creek Drive | 503-6534064



Meet Our Team

Executive Director

Milissa Wright

Community Relations

Director

Catlyn Enyart

Resident Service

Director

Stephanie Paxton

Wellness Director

Shannon Williams

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

The Game Is Afoot

As friends and family gather together during the third week of November to celebrate Thanksgiving, they will have another holiday to celebrate: Game and Puzzle Week. This weeklong holiday is designed to inject some old-fashioned fun and games into a holiday that is often dominated by eating and watching television.

Despite our preoccupation with digital screens, board games are currently enjoying a “golden age” of popularity. In 2021 alone, tabletop games earned a whopping \$13.4 billion worldwide. Designers are developing plenty of innovative, creative, strategic, and beautiful games for our enjoyment. Most importantly, however, these tabletop games deliver something that a screen cannot: a shared social experience.

There are plenty of competitive games where one winner comes out on top: *The Settlers of Catan* rewards the player with the most advanced settlement, *Ticket to Ride* the most extensive rail network, and *Seven Wonders* the most dominant civilization. But designers now offer plenty of games where players must cooperate to win the day. *Pandemic* pits players against the outbreak of various diseases, *Mysterium* requires solving a mystery and a ghost story, and *Robinson Crusoe* forces players to survive together on a deserted island. And then, of course, there is the mother of all tabletop games, *Dungeons and Dragons*, where players assume the identity of a group of fantasy heroes, playact their decisions, and even make the story up as they go along.

Whether games are competitive or cooperative, they often force us to face challenges and solve problems together. Faced with challenges, the strongest and most vulnerable parts of our personalities shine through, revealing who we truly are to the players around the table. These revelatory moments, in a low-stakes setting where defeat means that we can just play another round, are what make gaming so fun. Win or lose, games are bound to provide plenty of laughter, levity, and memories of time well spent.

Life Enrichment

What a fun October! We had so much fun at our Halloween Trick or Treat! All of the staff participated and dressed up in their amazing costumes. We really enjoyed seeing all of the little kids in costumes too! It was such a treat! We are looking forward to all the fun things happening in the month of November!



Outings

This month our outings will be:
 Nov. 7th Fred Meyers
 Nov. 11 Santa's treasure bazaar
 Nov. 16th Target
 Nov. 28th Olive Garden

Entertainment

Nov. 3rd Ray Hanna
 Nov. 17th One man band Art Goodman
 Nov. 30th Tumwater Choir

Reminder: Our monthly Activity meeting will be held on Friday Oct. 13th at 1:30pm in the dining room. Please bring all your ideas to share.

*Activities are subject to change, please see daily activity sheet for the most updated activities.

November Kudos

This month's kudos goes to Rhonda our favorite weekend concierge. Rhonda is a fabulous Deerfield cheerleader. From tours, to activities to assisting in the dining room... Rhonda's many hats are such a delight! Rhonda is always super helpful to staff, keeps a smile on everyone's face and makes sure our birds are well taken care of. Rhonda, we appreciate all your hard work.



***If you see someone going above and beyond, you can fill out a kudos card and put it in the suggestion box located in the dining room.**

Sandbox Artistry



The Siesta Key Crystal Classic, America's premier sand sculpting competition, will be held from November 11–13 on the island of Siesta Key, near Sarasota, Florida.

This is no regular day at the beach. The sand sculptors are magnificent artists able to sculpt sand like the Renaissance artists of old. Just how do they do it? Professionals often have access to tools that common beachgoers do not. This starts with massive wooden forms used to create giant bricks of wet, compacted sand. More water often means better sand for carving. Next, professionals get creative with their tools. A margin trowel, the kind used to set mortar or lay tile, is common, but some pros resort to forks, knives, credit cards, horse combs, or straws—anything that will work. The final and most important ingredient is creativity!

The Emu War

After World War I, Australian veterans were granted land in western Australia for farming. When the Great Depression arrived in 1929, the farmers were encouraged to increase their farms and their wheat crops. Vast tracts of land were cleared, irrigated, and cultivated. In October of 1932, the economic hardship of the Depression was compounded by another disaster, this one in the form of 20,000 emus.



Emus—those large, flightless birds native to Australia—migrate to the coast from the Australian interior after breeding. As the birds migrated, they encountered the newly cultivated farmlands and found them an excellent new habitat full of food in the form of wheat and water from irrigation. The massive flocks soon ate and spoiled the wheat crop and left gaping holes in fences that let in other pests, such as rabbits.

The soldier-farmers petitioned the government to save their livelihoods, and the government agreed to send military machine gunners to the area, so long as the farmers provided food and accommodation and paid for the ammunition. On November 2, 1932, the machine gunners declared their "war" on the unsuspecting emus.

By November 8, Major Gwynydd Purves Wynne-Aubrey Meredith had led several attacks on the birds with little success. Over 2,500 rounds of ammunition had been fired and only 50 birds had been killed. Army reconnaissance noted: "Each pack seems to have its own leader now—a big, black-plumed bird which stands fully six feet high and keeps watch while his mates carry out their work of destruction and warns them of our approach." The military decided to withdraw and regroup. They returned to "battle" the following week but with marginal success. By November's end, the "Emu War" had ended and had done little to stop the birds. The Australian Army was largely foiled. Today, as many as 700,000 emus still call Australia home.

Good Friends Make Good Neighbors Program

Residents love living at Deerfield Village and, since our residents are often our best spokespersons, we've created the Good Friends Make Good Neighbors Program to show our appreciation.

How it Works

When a Deerfield Village resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

*In order to qualify as a new potential resident, the person being referred may not already be in our contact list. To make a referral, and ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Community Relations Director prior to the inquiry or tour.

Meet the STAFF

Welcome to all of our new staff. We are so happy to have them

New Staff:

- Monica – Weekend Care Staff
- Caitlyn – New CRD
- Livingston – Morning Cook
- Amanda – CLG Traveler/Day Swing Med Staff
- Cassidy – NOC Care Staff
- Mindy – Weekend Care Staff

Daily Shift Change from 2pm-2:30pm; care tasks will be attempted to be performed before or after the shift change!