

For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his life to his unique art. His birthday, April 26, is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

April Birthdays

Residents

- Judy H. 04/02
- Charlotte H. 4/19
- Kathy J. 4/29
- Bonnie S. 04/23

Staff

- Stephanie Paxton 04/12
- Elizabeth Cecilio-Guzman 04/26

- Emmylou Harris (musician) – April 2, 1947
- Marlon Brando (actor) – April 3, 1924
- James D. Watson (scientist) – April 6, 1928
- Jackie Chan (actor) – April 7, 1954
- Beverly Cleary (author) – April 12, 1916
- Queen Elizabeth II (royalty) – April 21, 1926
- Barbra Streisand (entertainer) – April 24, 1942
- Kelly Clarkson (singer) – April 24, 1982
- Jay Leno (comedian) – April 28, 1950
- Duke Ellington (pianist) – April 29, 1899

Salon

Need a Haircut?

Women

- Bang Trim \$5.00
- Haircut \$25.00

- Shampoo and Set: \$25.00
- Shampoo, Haircut, Styling \$35.00
- Hair Coloring \$55.00 and up
- Perm \$75.00
- Perm and Styling \$85.00

Men

- Haircut \$20.00
- Shave \$15.00



Book an Appointment today!

Walk-In clients also welcomed. For inquiries please call (503) 656-7415.

Deerfield Gazette

Deerfield Village | 5770 SE Kellogg Creek Drive | 503-653-4064



Meet Our Team

Executive Director

Milissa Wright

Community Relations

Director

Marci Thurman

Resident Service

Director

Stephanie Paxton

Wellness Director

Gemedi Bakuto RN

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

Tartan Tales

Scottish American Heritage Month is a time to don kilts, hum to the tunes of bagpipes, and celebrate the rich tapestry woven by Scottish immigrants in the fabric of American history. Rewind to the 17th and 18th centuries, and picture the adventurous Scots sailing across the Atlantic to the promising landscapes of Canada and the United States. They sought refuge from religious persecution, economic hardships, and land scarcity. Political unrest, coupled with the promise of religious freedom and better prospects, were incentives for many Scots to pursue a fresh start in the New World.

The spirited settlers didn't just plant their flags; they wove their culture into the fabric of their new homes. From Nova Scotia to North Carolina, they created communities that echoed the hills of Scotland. They didn't leave behind their love for haggis or the skirl of bagpipes; they infused these traditions into the heartbeat of American culture.

Fast forward to today, and you'll find echoes of Scottish influence in the very fiber of America. From the lilt of folk tunes to the thunder of athletes at Highland Games, their legacy lives on. The haunting, soulful whine of the bagpipes and the swirl of the tartans evoke a sense of kinship, reminding us of the indelible mark left by these pioneers.

Scottish American Heritage Month isn't just a nod to history; it's a celebration of resilience, tradition, and the merging of cultures. From their stories of fortitude to their rich cultural contributions, their legacy transcends time, resonating in the essence of the American spirit. This April, don your tartan, strike up the bagpipes, and celebrate the remarkable journey and enduring impact of the Scottish Americans who made this land their own. Raise a dram of whisky (or your favorite beverage) to salute the spirited Scots who helped shape America. Cheers to a heritage as rich and diverse as the Scottish landscape itself!

The Rise of Robots

Outings

April 5th @ 10AM Ross Dress for Less
 April 12th @ 10AM Fred Meyers
 April 19th @ 11AM Town Center Mall Food Court
 April 26th @ 10AM Walmart

Please see the Outings binder at the front desk to sign up.

If we have less than 3 people signed up, the outing will be rescheduled.

Entertainment

Joining us this month will be the beautiful Rachel Varayne on April 6th @ 2:00pm. We are welcoming back the one and only Chuck-Par-Due on April 12th @ 2:00pm. And lastly, we will have Ron Hampton with his first solo performance at Deerfield on April 25th @ 2:00pm.

All Performances will be held in the Dining Room.

Tea for Two Baby Shower

As most of you know our Resident Service Director, Stephanie has been blessed with TWINS! We are extending an invitation to our residents to join us in the fireplace room on April 5th from 2:00-4:00 as we celebrate Stephanie and the coming of her bundles of joy!

Volunteers

Want to join in on the fun? Do you enjoy baking, painting, or maybe reading? We are always looking for volunteers who love to share their favorite activities with our residents! If this is something that interests you, please reach out to our Life Enrichment Director, Danielle.

Danielley@cascadeliving.com
 503-653-4064

Honesty and Deception

You may find that April 4 goes against your moral code, for it's Tell a Lie Day. Many ethical people live by the credo "Always tell the truth." But do we? Researchers have discovered that most people tell occasional lies for several reasons. Sometimes we lie to gain other people's respect or to cover up for making mistakes. The good news is that most people lie to spare someone else's feelings from being hurt. If people choose to always be honest regardless of the consequences, that honesty could lead to injury or harm. Compassion may sometimes override honesty.

Lucky, then, that April 30 is Honesty Day. Honesty can certainly hurt sometimes, but it also takes courage and maturity to be honest in difficult situations. Furthermore, staying honest attracts other honest people to you. When you are surrounded by the truth, you can be your authentic self. The freedom that comes with honesty is worth celebrating!

Meet the STAFF

No new care staff this month!

Reminder: If you need to make any changes to your shower or laundry schedule, please reach out to Stephanie.

Our shift changes are at 6am, 2pm, and 10pm. While your calls will always still be answered, you may notice a delayed wait time during these times. Thank you for your understanding.

Savoring Art

April 13 is Slow Art Day. No, this doesn't mean you should draw pictures of turtles or molasses. It's just a day to spend some quality time with art, pondering the composition and closely contemplating the work.



For some, staring at a piece of art for 10 minutes or more may present a challenge. But Phil Terry, the founder of the slow art concept, discovered something highly rewarding when he spent hours studying two paintings in a New York City art museum one afternoon. He realized he did not have to be a professional art critic to understand and appreciate art.

How does looking slowly at a piece of art heighten the experience? In the good old days, the expert craftsmanship of products was appreciated. Modern culture places an emphasis on mass production, often at the hands of unskilled craftspeople or in mechanized factories. One of the major benefits of slow art is appreciating the amazing expert craftsmanship it takes to make a work of art. Taking the time to really look at art allows us to appreciate each brushstroke, the choice of materials, and the step-by-step process of creating a work of art. With this heightened awareness of craftsmanship comes a deeper emotional connection to the artwork.

Museums around the world have embraced the slow art movement, and on April 13, many will offer tours that visit only a few works of art. These tours end with lunch, where visitors can discuss what they saw and how the art affected them. But Terry is quick to point out that Slow Art Day isn't confined to just museums. Taking the time to appreciate art can happen anywhere, from sculpture gardens to city parks to historic houses. In essence, Terry is simply repeating the old maxim "Stop and smell the roses." These roses just happen to be in a museum.

Welcome to Deerfield

March was a busy month with new residents joining our Deerfield family. This month we would like to welcome John M. to Deerfield! If you see him around, introduce yourself and give him a warm welcome.

John M., Apt 26



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.