

Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

May Birthdays

Resident Birthdays

John M. 05/03
Gail C. 05/31

Staff Birthdays

Tek Stringfellow 05/07
Mindy Guerrero 05/09
Eric Smith 05/28

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

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

Playful May

As the vibrant blooms of May usher in warmer days, it's the perfect time to embrace the great outdoors, starting right in your backyard. Here's a roundup of backyard games and activities that will turn your outdoor space into a hub of entertainment and relaxation.

First up, consider organizing a lawn bowling extravaganza. Gather your friends and family for some friendly competition. The satisfying clatter of pins and the strategic precision employed make it enjoyable for all ages. Set up a makeshift alley, and let the good times roll!

Next, why not create your own picnic paradise? May is the ideal month for a delightful backyard picnic. Spread out a cozy blanket, pack a basket with your favorite treats, and bask in the sunshine. Invite friends over for an afternoon of al fresco dining, complete with refreshing beverages and delicious snacks.

For those who enjoy a challenge, organize a giant Jenga jamboree. The towering wooden blocks add an exciting twist to the classic game, requiring steady hands and careful thinking. Challenge your friends to a game, and watch the tension rise with each precarious pull.

If you're in the mood for some physical activity, plan a badminton bonanza. The game is a fantastic way to get active. Whether you're a seasoned pro or a novice, the backyard is the perfect setting for a spirited match.

Finally, as the sun sets, make the yard into a cozy haven for a campfire and stargazing. Set up a fire pit, roast marshmallows, and share stories under the stars. If you have a telescope, see what constellations you can identify... or just marvel at the beauty of the night sky.

May in the backyard is all about play, laughter, and making memories. Dust off those outdoor games, invite your favorite people, and let the backyard festivities begin!

Life Enrichment

Outings

- May 3rd @ 10AM Fred Meyers
- May 10th @ 10AM Target
- May 17th @ 11AM Cheesecake Factory
- May 20th @ 10AM Scenic Drive
- May 24th @ 10AM Safeway
- May 27th @ 10AM Scenic Drive
- May 31st @ 10AM Macy's

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

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

Updates

On May 8th we will have Curtis Smith join us to take glamour portraits of our beautiful residents. We will be celebrating our mothers on May 11th at 12:00PM with a lunch and music. Please RSVP with Danielle if you would like to attend. For Memorial Day we will be enjoying an outside BBQ (weather permitting) with a patriotic performance from Heidi Davis. This celebration will take place on Friday May 24th.

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

May Kudos



We want to give a special thanks to Julie A. Julie came in with limited experience and has taken charge! She is attentive to residents needs, always smiling and works hard to ensure all tasks are completed. Julie we are thankful you are here and appreciate your input and cheerful attitude!

Welcome to Deerfield



New residents at Deerfield

- John M.
- Linda S.
- Gary R.

Move-in anniversaries for the month of May:

- Kevin H. 1 year
- Carol G. 1 year
- Albina S. 2 years
- Gail C. 2 years
- Beverly G. 6 years

We are so happy you are here!

Meet the STAFF

We have a new staff member:

Ted Hicky- Community Driver

Ted will be joining us this month as our new community driver. He has tons of experience and enjoys taking residents out to explore the world. We are so happy to have him join our Deerfield family!

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.

Maintenance Update

A few words on the building side of Deerfield village We have an expected start date of May 13th to start our sprinkler pipe clean-out and inspection. We will need to ring the alarm several times throughout the week. You might hear noise above your apartment. This would be the fire sprinkler contractors.

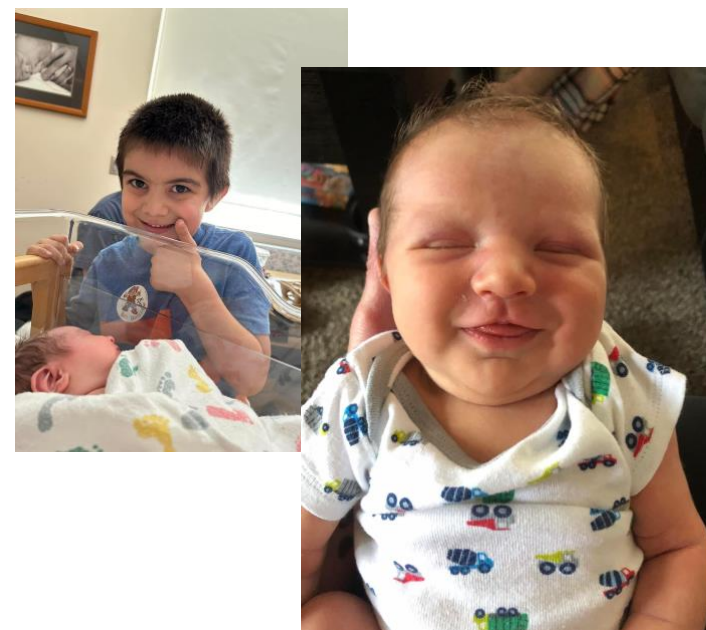
Spring is in the air. We are completing talks and contracts with the contractors. The outside of the building will be washed repaired and painted. Other than that, I am working on painting halls and cleaning the carpets in the main halls, common spaces, and front entry.

Thanks for living here. I strive to live our mission statement here at Deerfield Village.

Craig Fouche
Property Operations Director

Welcome Randall Lee Tobiassen

As most of you know, Michelle has had her baby boy! His name is Randall Lee Tobiassen, and he came into the world on Tuesday April 9th at 1:19AM. He weighed 7lbs and 14oz and was 19inches long. Momma and baby are doing great, and he is loving his big brother, Linkin.



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.

Spring Educational Series

Join us for one or all of our upcoming events to learn more about various senior living topics-including selling your home, downsizing, and choosing the perfect community for your future.

SPRING EDUCATIONAL SERIES FOR SENIORS

Selling Your Home:
Tips, Market Trends and Advice
Wednesday, April 24 | 2 – 4 p.m.

Downsizing and Decluttering:
Getting Your Home Ready to Sell
Wednesday, May 29 | 2 – 4 p.m.

Senior Living Options:
Learn About Available Options and
What to Look for in a Community
Wednesday, June 26 | 2 – 4 p.m.