

Inbox Insights



This might be good news or bad news depending on your relationship with your email inbox, but the second week of June is Email Week. No doubt about it, email has

forever transformed the way we communicate. The question is, has it transformed our communication for better or for worse?

Email truly is a communication miracle. It has shrunk space and time, making communication global and instantaneous. In both our personal and business lives, we can now keep in touch more easily, saving time and money in the process. (Just ask your postal carrier.)

Through email, we can correspond using more than just words. We share documents, pictures, videos, and music. Email allows us to work from home rather than commute to the office each day. It also enables us to reach hundreds of people at the click of a button. And thanks to smartphones and other mobile devices, we can access our email on the go—anytime, anywhere.

Yet studies show that most people can handle a maximum of only 50 work emails per day. Any more than that and they feel overwhelmed. In fact, many people feel “inbox anxiety,” a deep pressure to respond to every email they receive. When you consider that over 361 billion emails are sent around the world each day, that’s a lot of inboxes to clear!

This brings us to spam. No, we’re not referring to the canned meat product that has become a pop culture phenomenon; we’re talking about those junk emails flooding your inbox: advertisements, forwards, and even fraudulent scams. As much as 85 percent of all email falls into this category. Perhaps the best way to celebrate Email Week is to not read email at all. After all, some believe that email is passé, and that the communication of the future is texting and social media sites like Facebook, Instagram, and X.

June Birthdays

Resident Birthdays

Livona J. 6/25

Staff Birthdays

Sarah Fraher 6/15
 Millisa Wright 6/18
 Mason Laws 6/20
 Brenda Wallis 6/28

If you were born between June 1–21, 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. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

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

High and Mighty

Tallness takes various forms in our world, from the graceful necks of giraffes to the towering structures of modern cities. Giraffes, the world’s tallest land animals, can reach up to 18 feet in height. Their long necks aren’t just for show; they help these gentle giants browse leaves high in the trees. Surprisingly, despite their towering stature, giraffes have the same number of neck vertebrae as humans.

On the urban front, structures like the Burj Khalifa in Dubai stand as engineering marvels. Soaring 2,717 feet in the air, it’s the tallest building globally, boasting an observation deck that provides panoramic views. Nearly as tall, the Shanghai Tower in China spirals up 2,073 feet, with the twist serving a dual purpose of reducing wind loads and providing a distinctive aesthetic.

Human height, a subject of fascination, varies across the globe. The Netherlands claims the title for the tallest nation, with an average height of around six feet for Dutch men and five feet, six inches for women. In contrast, the shortest height is found in Southeast Asian countries like Indonesia, where five foot, two inches is the national average.

Giraffes may be the tallest animals, but they aren’t the only giants found in nature. Coastal redwoods hold the title for the tallest trees. Hyperion, the record-breaking redwood at 380 feet tall, is no longer accessible to the public, to protect it and the forest that surrounds it. These ancient sentinels, standing for thousands of years, have bark that can be up to a foot thick and protects them from wildfires.

Impressive height, whether in living organisms or structures, fascinates us, each exemplifying unique adaptations or human endeavors that push the limits of what seems possible. These tall things remind us of the diversity and achievements that span the natural and human-made worlds.

Life Enrichment

Outings

June 3rd @ 10AM Scenic Drive
June 7th @ 10AM Fred Meyers
June 10th @ 10AM Scenic Drive
June 14th @ 11AM Mike's Drive-In
June 17th @ 10AM Scenic Drive
June 21st @ 10AM Winco
June 24th @ 10AM Scenic Drive
June 28th @ 11AM Happy Valley Food Carts

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.

Events

We will be celebrating Father's Day on Saturday June 15th @ 12:00pm with an outdoor BBQ (weather permitting) with ribs, chicken, and all the fixings. Please join us in this celebration! RSVP with Danielle if you would like to attend.

Updates

Our Activity Planning Meeting will be held on June 14th @ 2:30PM.

Resident Meeting is on June 13th @ 1:00pm.
Food Committee Meeting is on June 28th @ 1:30PM

All meetings will be held in the dining room. Everyone is encouraged to attend these meetings. We value your input and want to provide the best we can for you!

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

Welcome to Deerfield



No new Residents this month

Move-In Anniversaries for the Month of June:

Lynn C. 1 year

We are so happy you are here!

Mother's Day



Thank you to all of those that celebrated Mother's Day with us! Here are a few photos of our Mother's Day Lunch.



Welcome to The World

The long awaited news has finally arrived! On May 24th Stephanie gave birth to not one but TWO beautiful and healthy baby girls. She has shared these photos with us and says the girls are doing great and fitting in perfect with their family.



Ziva was born on May 24th @ 9:30am weighing 6lbs 6oz and she was 20inches long! (above picture)



Vaeda was born on May 24th @ 9:28am weighing 5lbs 7oz and she was 18 ¼ inches long.

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 our last event in our educational series. Join us as we 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.