

Adventure Awaits



The United Nations established September 27 as World Tourism Day, a day to recognize the importance of visiting other cultures and sharing social, cultural, political, and economic points of view. How, though, are

visitors to know all the rules of etiquette of a foreign country? For example, it is considered rude to order cappuccino in Italy after 11:00 in the morning. In Venezuela, don't show up on time for dinner; everyone is expected to arrive 10 to 15 minutes late. In Norway, table manners are extremely important, and one should always use a knife and fork at meals, even with sandwiches. When in Japan, never point, play with, or stab food with your chopsticks. And never take food from a shared plate with the eating end of your chopsticks; use the opposite end instead.

So how does one avoid making embarrassing or offensive mistakes in foreign countries? These few tips will make you the best kind of tourist—one who is welcomed back. First, learn a little about the country before you arrive. Whether you search the internet, buy a guidebook, or visit the library, learning a little bit about the culture, history, and landmarks of a foreign country will prepare you for your trip. You can learn about the city layout, currency exchange rates, local languages, popular food dishes, unusual customs, and even places to avoid.

After your feet are on the ground, don't rush. We tend to overschedule because we want to visit all the important tourist landmarks. Just because you're in Paris doesn't mean you have to visit the Eiffel Tower. Ditch the checklist. This allows you to enjoy the next two tips: meet local people and visit local places. You don't have to know the local language to be polite and gracious with others. Also, try to shy away from global chain restaurants and hotels. You're on vacation! Allow yourself to feel like you've been transported away from home.

September Birthdays

Resident Birthdays

Alyson J. 9/7
Shirley W. 9/17
Kris F. 9/23
Rita D. 9/25
Donna M. 9/26

Staff Birthdays

Debby B. 9/23
Colin N. 9/24

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

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 Nancy @ (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

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

School Days Flashback

As September approaches, the sight of children heading back to school brings a wave of nostalgia, reminding us of how schools used to be.

Back in the day, many schools were one-room schoolhouses, especially in rural areas. Imagine one teacher managing students of all ages and grades in a single room. Discipline was strict—getting the occasional rap on the knuckles with a ruler was not unheard of!

Technology in the classroom was a far cry from today's smartboards and tablets. The trusty chalkboard was the centerpiece of the room, and students wrote on slates with chalk. Desks were often bolted in neat rows, and flexible seating was just a dream. Instead of Googling answers, students flipped through well-worn textbooks and took meticulous handwritten notes.

School supplies were prized possessions. Pencils and paper were often shared among siblings, and ink wells and nib pens were part of the daily routine. Lunches, wrapped in cloth or paper, were brought from home—no cafeteria pizzas or chocolate milk here!

Extracurricular activities, though fewer, were cherished. Recess games like hopscotch and kickball, along with school plays and community events, were major highlights. Physical education was simple and often included activities like dodgeball or relay races.

Getting to school was an adventure in itself. School buses were a rarity, so many children walked long distances, rain or shine. This daily trek often built a strong sense of community, as families and neighbors connected through their local school.

Reflecting on these memories, it's clear that while much has changed, the joy of learning, making friends, and community spirit remains timeless. Here's to celebrating the wonderful memories of school days past!

Life Enrichment

Outings

September 6th @ 10AM Fred Meyers
 September 13th @ 11AM Dairy Queen
 September 20th @ 11AM Elmers Restaurant
 September 27th @ 10:30AM ilani Casino

Please see the Outings binder in the front lobby to sign up.

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

Entertainment

September 12th @ 2:30PM Accordion player Elizabeth Wiser
 September 18th @ 2PM Guitar and Vocals by Blake Johnston
 September 23rd @2PM On piano, Kyle Lewis
 September 30th @ 2:00PM Singer John Van Beek

All performances will be held in the Dining Room

Activity Mentions

Men's Discussion Group

Meet in the dining room on Wednesday September 4th @ 2:00PM and enjoy some cookies and coffee while we chat!

Movie Matinee

Join us every Sunday @ 1:30PM in the Fireplace Room for popcorn and soda while we watch favorite movies!

OsteoStrong PDX

Elise Holcomb, RN,BSN from OsteoStrong PDX will be joining us on Wednesday September 25th @ 2:00PM in the dining room. All are welcome to attend! Let's learn together how we can boost balance and brainpower and have fun while doing it!

Updates

Activity Planning Meeting

Join us on Friday September 13th at 3:00PM in the dining room! Come be part of October's planning process.

Welcome to Deerfield



Please welcome your new neighbors!

Janet G.
 Barbara E.

Move-In Anniversaries for the Month of August:

Rita D. 3 years
 Sharon D. 1 year

We are so happy you are here!

Resident Meeting

Your Resident meeting will be held on Thursday September 12th @ 1:30PM in the dining room.

Food Committee Meeting

New day and time for our monthly meeting. Food Committee Meeting will now be held on the first *Monday of each month at 1:30PM* in the dining room.

We encourage everyone to join us at these meetings. Your voice and opinions matter the most and we want to make sure we are providing the best for you!

Medical Transportation

Wednesday's & Thursdays are our medical transportation days. Appointments must be between the hours of **12:00PM-4:00PM**. If you need a ride to an appointment during these times, please see Robin at the front desk to get it scheduled.

****IMPORTANT****

Daily activity schedules, calendars, and newsletters can be found in the front lobby.

Steeped in Tradition



During the 19th century, tea was a scarce and valuable commodity in England. The ports of China were closed to British trading ships, so many had to resort to smuggling tea into England. When tea did arrive, it was very expensive and consumed only by the rich. But if tea was so expensive and consumed by so few, then just how did England become known for its tea culture and its practice of serving "high tea" in the afternoons?

Many credit the practice of afternoon tea to Anna Russell, the Duchess of Bedford. Plenty of Britons were certainly enjoying a cup of tea before Anna, but it was she who popularized taking tea each afternoon. In the 1800s, dinnertime was often quite late. Anna complained of "having that sinking feeling" in the late afternoon when hunger pangs were beginning to strike but dinner was still far off. Her solution? A light snack and a pot of tea. She soon began to invite her friends over to take tea with her and stroll in the gardens. It was an honor just to be invited to one of Anna's afternoon tea parties. Furthermore, Anna was a friend of Queen Victoria. When the queen herself began taking afternoon tea with Anna, all the ladies of high society copied Anna's example and began to serve tea as well.

Soon the food served with afternoon tea evolved to include finger sandwiches, scones and cream, sweets, and pastries. The tea itself was served in fancy teapots on low decorative tables, thereby creating the phrase "low tea." "High tea," on the other hand, was served at a later hour on high dining tables and was a larger meal meant to act almost as a substitute supper.

Perhaps the most important aspect of tea was the social gossip. This was an opportunity for the women of high society to dish the dirt on each other—in a proper setting, of course. September 3 is Anna Russell's birthday and would be the perfect day to call your friends to tea.

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.

Enthusiasm Unleashed



Sometimes keeping a positive attitude is easier said than done. How do we stay positive? Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm.

During International Enthusiasm Week, September 1–7, welcome a little bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.