

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature’s most perfect foods. In 1955, researcher Philip White wrote, “While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom.” That’s high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the “mother of all grains” and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It’s a nutritive powerhouse.



March Birthdays

Resident Birthdays

David C. 03/06  
Terry G. 3/06  
Kevin H. 03/24  
Art M. 03/28  
Marilyn S. 03/31

Staff Birthdays

Danielle Y. 03/01  
Sheridan Anderson 03/21

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They’re emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough

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 are also welcomed. For inquiries, please call Nancy (503) 656-7415

Deerfield Gazette

Deerfield Villate | 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

A March Through Egypt’s Charms

March in Egypt brings more than warm sun and ancient wonders—it offers a celestial showstopper. On March 19, during the spring equinox, the Great Sphinx of Giza steals the spotlight as the sun sets perfectly on its shoulder, creating a moment of alignment that is both awe-inspiring and steeped in ancient precision. This phenomenon occurs only twice a year, in March and September, showcasing the sphinx’s extraordinary positioning.

The equinox itself is a time of balance, when Earth’s hemispheres receive equal sunlight, making day and night the same length. For the sphinx, carved from limestone bedrock and likely modeled after Pharaoh Khafre, it’s an ideal occasion to bask in the sun—a cosmic nod to its enduring role as a guardian of Egypt’s ancient secrets and astronomical knowledge.

March often coincides with Ramadan, a deeply spiritual time for Muslims in Egypt and worldwide. While days are quiet as people fast, evenings are vibrant with shared meals, colorful lanterns, and a communal spirit. The festive atmosphere often spills into the streets, where vendors offer traditional treats like *kunafa*, a sweet, nutty pastry, and *qatayef*, a pancake stuffed with nuts that is fried and dunked in syrup. Hospitality shines, and visitors are warmly welcomed to experience the unique blend of reflection and celebration.

For travelers, Egypt in spring offers more than history and spirituality. Strolling through Cairo’s bustling markets or gliding down the Nile in a traditional felucca boat feels like stepping into an adventure novel. Whether marveling at pyramids or sipping mint tea in the shade, Egypt charms with its timeless appeal. The season’s pleasant weather is perfect for exploring Luxor’s temples or wandering through the Valley of the Kings without the intensity of summer’s heat. The scent of blooming jasmine and the lively sounds of bustling streets remind you that Egypt’s vibrant present is as captivating as its ancient past.



Life Enrichment

Outings

March 8<sup>th</sup> @ 6:30PM Oregon Symphonic Band Performance (Free admission, 8 spots available)  
March 14<sup>th</sup> @ 10AM Fred Meyers  
March 21<sup>st</sup> @ 11AM Sunny's Diner  
March 28<sup>th</sup> @ 10AM Goodwill

**Outing binder has moved!**  
It is now located in the hallway across from the dining room and public bathrooms.

Residents are responsible for admission fees.

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

Entertainment

March 14<sup>th</sup> @ 2:30PM Ken Iverson sharing a story of the Irish.  
March 20<sup>th</sup> @ 2:30PM Shelly Rudolph  
March 26<sup>th</sup> @ 2:30PM John Van Beek

All performances will be held in the Dining Room

Medical Transportation

Medical transportation is available on Wednesday and Thursdays. Appointments should be scheduled between 12:00 PM and 4:00 PM. To arrange a ride, please see Robin at the front desk for assistance in scheduling. Make sure to have Date, Time, and Address.  
**Same day appointments may not work, please give at least a 24-48hr notice for transportation.**

Events

St. Patrick's Day Celebration  
We will be celebrating St. Patrick's day on Friday March 14<sup>th</sup>. Join us for an Irish story from Ken Iverson and a special search for gold coins! The person with the most coins by the end of the party will win a Lucky prize!

Welcome to Deerfield



New Residents & Move-In Anniversaries

Move-In Anniversary  
Kris F. 8 years  
Terry G. 1 year  
Richard G. 1 year  
Vicki G. 1 year  
John M. 1 year  
Russ M. 1 year

Welcome Home  
Steve S.  
Marilyn S.

We are so grateful you are here!

Updates

Join us on Friday, March 7<sup>th</sup> @ 2:30PM in the dining room for our Resident Meeting!

Your Activity Planning Meeting will take place on Thursday, March 13<sup>th</sup> @ 2:00PM in the dining room.

The Food Committee Meeting is scheduled for the first Monday of each month at 1:30 PM in the dining room.

We encourage everyone to attend these meetings—your input and feedback are important to us, and we want to ensure we're meeting your needs and expectations!

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the "samurai class" joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan's unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo's Ueno Park, where there are more than 1,000 flowering cherry trees. Japan's best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America's most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.'s Tidal Basin to enjoy the cherry blossoms ever since.

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.

Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie's cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film's vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie's status as both a toy and a cultural icon.