

Row Your Boat



Some of the best natural places in the world are accessible only by boat, and few boats are better suited for adventuring than canoes. Perhaps this is why canoes get a holiday all to themselves. June 26 is Canoe Day.

Although there is some evidence that canoes originated north of Japan in Siberia (where the Amur River empties into the sea), they are generally considered native to North America. The word *canoe* comes from the word *kenu*, which means “dugout.” The Indigenous peoples of the Caribbean islands fashioned canoes by hollowing out massive tree trunks. In this way, people could travel from island to island.

Indigenous North Americans are responsible for the most popular and recognized version of the canoe. These first canoes were built out of wooden ribs covered with the bark of birch trees. Birch bark was light, smooth, waterproof when sealed with pine resin, very resilient, and abundant. The design has changed little since those early days. Canoes are still the best way to explore the many lakes, rivers, and waterways of North America. Early French-Canadian fur traders found canoes so invaluable to daily life that they founded the first canoe factory in Quebec in the year 1750, even employing local tribespeople in construction. Some canoes were up to 40 feet long, capable of carrying 12 people and 6,000 pounds. These were the perfect vehicles for venturing into the vast new world of North America.

Today a canoe is most likely used for a placid trip down a stream or along a lakeshore. If you want to hearken back to how the pioneers traveled in the days of yore, a canoe might be the best way to do it. However, since we can outfit modern canoes with backrests, cushioned seats, and other amenities, our trips may be a bit more comfortable than those of the pioneers.

June Birthdays

Resident Birthdays

Livona J. 06/25

Staff Birthdays

Alexandria M. 06/04  
Milissa W. 06/18  
Brenda W. 06/28

In astrology, those born between June 1–21 are Gemini’s Twins. Geminis love conversation, and they’re good at it too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party. If you were born between June 22–30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Celebrities born in June include:

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

Taylor Hilker

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

Guardians of the Garden

Gnomes have been a part of gardening culture for centuries, bringing charm and whimsy to yards around the world. These small, bearded figures are said to be protectors of gardens, watching over plants and warding off pests. Their popularity is celebrated every June 10 on International Garden Gnome Day, a fun occasion for garden enthusiasts to showcase their favorite gnome statues. Some even extend the festivities into Gnome Week, taking the time to rearrange their gnome displays or add new ones.

The tradition of garden gnomes dates back to 19th-century Germany, where they were originally made from terra-cotta. By the late 1800s, they had spread across Europe, becoming especially popular in England. The first mass-produced gnomes were created by a German company called Philipp Griebel, whose descendants still produce them today using the original patterns and molds. They were made in the style of miners who had worked in the area, complete with red hats and wheelbarrows. At the height of production, Griebel’s factory made approximately 300 different gnomes.

Gnomes have even made their way into pop culture. From fantasy novels to animated films, they are often depicted as mischievous yet wise creatures. Some travelers even participate in “gnome-napping” pranks, where a garden gnome is taken on an adventure and returned with photos from its journey.

Beyond their playful reputation, gnomes bring a sense of personality to gardens. Whether tucked among flowers or standing guard by a vegetable patch, they add a touch of fun to outdoor spaces. Many gardeners believe gnomes bring good luck, helping plants thrive and flourish. Paired with colorful flowers, stone pathways, or miniature fairy gardens, gnomes can make any yard feel more magical.

As June arrives and gardens come into full bloom, it’s the perfect time to celebrate these tiny guardians. If you don’t already have a garden gnome, this might be the year to welcome one into your yard!

## Life Enrichment

### Outings

June 6<sup>th</sup> @ 10AM Fred Meyers  
 June 13<sup>th</sup> @ 1:30PM Cinemark Theater (How to Train Your Dragon)  
 June 20<sup>th</sup> @ 11:00AM Picnic at Barton Park  
 June 27<sup>th</sup> @ 11:00 Taco Bell

### Important Outing Information

On June 13<sup>th</sup> we will be going to see a movie. Residents have **free** admission but will be responsible for snacks/drinks.

Last month our picnic got rained out! 😞 We are giving it another chance and hoping the sun will shine brightly for us on June 20<sup>th</sup>! We will be providing sacked lunches for everyone.

**Residents are responsible for any purchases they make.**

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

### Entertainment

We will have Hayley Lynn joining us to celebrate our June Birthdays this month! She plays her guitar and has the voice of an angel.

Chuck-Par-Du will perform outdoors for us during our Father's Day BBQ.

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.**

## Welcome to Deerfield



### New Residents & Move-In Anniversaries

Move-In Anniversary  
 Lynn C. 2 years!

**We are so grateful you are here!**

### Events

We are celebrating our wonderful Father's on Saturday June 14<sup>th</sup> @ noon with a fun BBQ. We will have the famous Chuck-Par-Du singing some of our favorite classics. We look forward to sharing this special day with you!

### Updates

Join us on Friday, June 6<sup>th</sup> @ 2:30PM in the dining room for our Resident Meeting!

Your Activity Planning Meeting will take place on Friday June 13<sup>th</sup> @ 11:00AM in the Activity room.

The Food Committee Meeting is now being held on the first Thursday of every month. June's meeting is on Thursday the 5<sup>th</sup> @ 1:30PM 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!

## Kitchen Fails and Fixes



It may be time, on June 13, to face the fact that not everyone is a five-star or even four-star chef. Kitchen Klutzes Day is an opportunity to admit that mistakes do happen: starting the blender without the top on, forgetting that casserole in the oven until it's burned to a crisp, crying over an entire gallon of spilled milk. You could remedy these mishaps with a kitchen fan, a towel, and a fire extinguisher, or you could take some advice about how to avoid common kitchen mistakes.

The first, and perhaps best, piece of advice is to not just follow a recipe but to read it in its entirety before starting to cook. Check the recipe also to make sure you have all the ingredients on hand and prepped. This way you won't be left in the lurch when the recipe says "simmer for two hours" and your guests are at the door.

Second, don't overcook! If you're afraid that your meat is too rare or your scrambled eggs are too runny, the solution is not to cook them for an extra 10 minutes. Instead, a meat thermometer is the best tool for deciding whether meat is done to your liking. Also, many foods, such as scrambled eggs, continue to cook after they're taken out of the oven or the pan. It's often a good idea to let the food sit for a few minutes once it's done. Meat redistributes its juices. Rice needs to steam. Even brownies need to set. Resting time is as important as cooking time.

You've probably heard that too much salt is bad for our diets, and this is true. But salt is also one of the most important ingredients in any dish. It brings out all flavors—sweet, savory, or sour. Don't overdo the salt, but don't be afraid of it. Looking for another flavor boost? Use fresh herbs in addition to salt to perk up soups, eggs, meats, and breads.

## 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.

## Rustic Roots



Ready to rough it? The last Sunday in June is Log Cabin Day. Time to unplug, decompress, turn off the electricity, and forgo running water. The beauty

of a log cabin is that you actually get to live inside of nature. Logs are cut and stacked on top of one another. Notches are cut at the corners to allow logs to overlap, and the structures are made weathertight with moss, dirt, or other soft forest material stuffed into the gaps and joints. No nails needed. Germans, Scandinavians, Russians, and Ukrainians all have a long history building with logs. Often the logs were used beyond just building houses—for barns, saunas, and bathhouses. Best of all, these structures are so soundly built that many still stand and can be visited today.