

Art of Appreciation

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.



To some, letter writing might seem like a lost art. To others, it feels like an outdated ritual, made obsolete by email, texting, and social media. But research in

evolutionary psychology offers a different perspective. Studies suggest that expressions of gratitude and appreciation are deeply ingrained cooperative behaviors that help strengthen social ties. Even primates, for example, demonstrate a sense of reciprocity, engaging in a kind of “you scratch my back, I’ll scratch yours” exchange that highlights the enduring value of saying thank-you.

Leave it to the experts at Hallmark to offer tips on writing the perfect thank-you note. A thank-you note begins long before you sit down with a piece of stationery. First comes a careful tally of names: those in attendance at your party, those who sent you a gift, and those who were particularly helpful, caring, or kind.

A good thank-you note doesn’t have to be written on expensive paper with gold-embossed filigree. Emotion shines through in the voice of your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding a hand-addressed envelope in a stack of junk mail.

Next, think about what you’d like to say. Be sure to spell the person’s name correctly and choose a greeting that fits. Begin by expressing your thanks. Then, share a few details about what the person did and how it made a difference to you. Let them know how it made you feel. To close, repeat your thanks. *Sincerely* is always a thoughtful way to end, but you can also choose something more personal, like *With love*, *Warmly*, *Many thanks*, or *Yours truly*. Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all.

December Birthdays

Resident Birthdays

John J. 12/4  
Russ M. 12/21  
Grayce S. 12/30

Staff Birthdays

Robin R. 12/3  
Hannah W. 12/17  
Holli F. 12/20  
Karen H. 12/28

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

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

Karen Harrison

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

Christmas the Mexican Way

In Mexico, Christmas is more than just a day—it’s a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year. Instead of focusing on only December 25, the holiday season is marked by a series of festive events, each with its own customs and flavors.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph’s search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic!

Decorations also play an important role in the season. Alongside Christmas trees, you’ll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a warm, festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king’s ring cake).

Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings’ Day), when children wake to find gifts left by the Magi. It’s a joyful reminder that in Mexico, Christmas is more than just one day—it’s a whole season of togetherness, laughter, and celebration.



Outings

December 5<sup>th</sup> @ 10AM Fred Meyer  
December 12<sup>th</sup> @ 10AM Hobby Lobby  
December 19<sup>th</sup> @ 6:30PM Winter Wonderland at PIR  
December 26<sup>th</sup> @ 11:00AM Olive Garden

Important Outing Information

Due to limited space on the bus for wheelchairs/ scooters we will be starting a lottery style selection if there are more than 2 wheelchair/scooter spots needed.

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

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

Wreath Making Event  
Join us for a crafty Saturday on December 13<sup>th</sup> @ 2:30PM we will listen to holiday music while our creative juices flow.

Holiday Dinner  
On Tuesday December 23<sup>rd</sup> @ 5:00PM we will be gathering for a nice holiday dinner. Please RSVP if you would like to join us.

Baking Club  
Let's bake some sugar cookies! Friday December 12 at 2:30PM we will spread some holiday cheer by making sugar cookies for our staff.

Welcome to Deerfield



New Residents & Move-In Anniversaries

New Residents  
Dave S.  
Craig P.  
Laurie H.  
Beth O.

Welcome home to our new residents.

Move-In Anniversary  
Bill P. 1 year  
Doris P. 1 year

New Activities and Updates

Self-paced Walk & Roll

This is a new activity for Sunday and Mondays. It is completely independent. If you would like to participate, please be at the front lobby at 4:00PM. If the weather is nice an outdoor walk/roll .would be perfect! If it is drizzly outside, walking/rolling down the hallways is always a great way to move your body!

Christmas Carolers

Tuesday Decemner 16<sup>th</sup> we will have a group of carolers visit the dining room at 5:45PM. Please enjoy your dinner and stick around for some holiday cheer.

One on One Visits

This is special time I set aside each week to do one on one activities. If this is something you would be interested in, please see Danielle.

Resolutions with a Twist



The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the end of the month, many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).

This year, quirky resolutions are having a moment. One example: the “buy nothing” challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular TikToker shared how she gamified her goals using a bingo card—mixing easy “base goals” and tougher “stretch goals,” and rewarding herself for each completed square. The gamelike format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting “no lists” instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.

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 on 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.

Cable Cars That Could

On December 22, 1957, the story of San Francisco's famous cable cars really began when Andrew Smith



Hallidie witnessed a horse struggling to carry a horse-drawn tram up a slippery, steep cobblestone street in 1869. Hallidie conceived a system using thick steel cables powered by massive steam engines.

The trams would grip cables embedded in the roadway. As the engines moved the cables, the tram would be pulled up and down San Francisco's steep city streets. It's a system that has changed little from its first incarnation in the 1800s. Today, cable cars endure as a symbol of hilly San Francisco and a romantic slice of California history.