

The Legacy of the Birkebeiner



Covered in snow, north Wisconsin heats up in February, thanks to “Birkie Fever.” On February 21, around 10,000 skiers from more than 25 countries will participate in the American

Birkebeiner, a cross-country skiing marathon. At 53 kilometers, Wisconsin’s “Birkie” is the largest cross-country skiing race in North America. Of the numerous cross-country ski marathons worldwide, the American Birkie is considered one of the toughest. With temperatures hovering around zero degrees Celsius and an undulating course of hills and valleys, it’s no wonder the race has been dubbed the “Greatest Show on Snow,” where world-class athletes are tested to the limits of their endurance.

The origins of the Birkebeiner races date back to the early 1200s, commemorating an event that inspires much pride among those with Norwegian ancestry. All Birkebeiner races recall a heroic moment in Norway’s history. Historian Sigvart Sorensen told of how, on January 1, 1204, King Haakon III of Norway died suddenly, possibly by poisoning. After the king’s death, a civil war erupted, pitting the wealthy Bagler faction against the Birkebeiners.

A year later, it was decided that the king’s hitherto-unknown heir, an 18-month-old prince, would have to flee. This could be done only with the help of long-distance skiers. Two skiers from the Birkebeiner faction, Torstein Skjevla and Skjervald Skrukka, struck out on a 60-mile journey in the midst of a storm over treacherous mountains to deliver the babe to his mother, Queen Inga, in Trondheim.

The prince, whom we now know as King Haakon IV, would eventually unite Norway, all thanks to two brave Birkebeiners.

February Birthdays

Resident Birthdays

Jerry C. 02/09
Barbara M. 2/09
Vicki G. 02/22

Staff Birthdays

Sean M. 02/29

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.



The Long Sleep

Karolina Olsson of Sweden became known as the “Sleeping Beauty of Oknö” when, on February 22, 1876, at age 14, she fell into a deep sleep and did not awake for 32 years. How did she survive?

Legend has it that family members diligently spoon-fed her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched. When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself. And yet, she seemed to have aged only to her mid-20s, when she should have been 46. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. Olsson had amazingly, inexplicably “hibernated” though today’s doctors suggest

Deerfield Gazette

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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

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d’Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions— from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy’s cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you’re drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.

Life Enrichment

IMPORTANT UPDATE

I wanted to take a moment to share that I will be away from the community for a few weeks to focus on my health and recovery. During this time, some activities and schedules in the Activity Department may look a little different than usual, but please know that our team is committed to continuing to bring opportunities for fun, connection, and engagement each day.

I will truly miss seeing everyone every day — our conversations, laughter, creativity, and time spent together mean so much to me. Being part of your daily lives is something I don't take lightly, and I'll be thinking of you all often while I'm away. I'm very much looking forward to returning soon, feeling better, and jumping right back into the activities and moments we share. Thank you for your understanding and kindness — I can't wait to see you all again!

With Love, Danielle

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

New Residents

No new residents this month — just the wonderful faces that make our community feel like home.

Move-In Anniversary

Linda B. 1 year

February Events

Super Bowl

Sunday February 8th @ 3:30PM
Join us for our Super Bowl party! Who do you think will win?? We will have delicious snacks and drinks.

Valentine's Day

Saturday February 14th @ 2:30PM
We will be celebrating our Valentine's Day with delicious homemade cookies and music by Barbara Cecil.

February Birthday Celebration

February 26th @ 2:30PM
Come celebrate our February birthdays! A crowd favorite Annie Sea will perform while we enjoy our yummy cupcakes,

February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

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.

Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.