

## Garden to Table



Most people agree that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals

into your diet? It may be difficult to believe, but building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietitian Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers... a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way, you can enjoy a complete, farm-fresh salad from your own backyard.

## May Birthdays

### Resident Birthdays

No May Birthdays

### Staff Birthdays

Brittany M. 05/01

Diana Y. 05/21

Eric S. 05/28

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

## Holy Rollers

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive



cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.

# Deerfield Gazette

Deerfield Village | 5770 SE Kellogg Creek Drive | 503-653-4064



## Meet Our Team

### Interim Executive Director

Lisa Waisath

### 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

## Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

**Outings**

May 2<sup>nd</sup> @ 10AM Fred Meyers  
 May 8<sup>th</sup> @ 10AM ilani Casino  
 May 15<sup>th</sup> @ 10:30AM Red Robin  
 May 30<sup>th</sup> @ 3PM West Linn Community Chorus  
 Spring Concert

**\*Important Outing Information**

**Our trip to the Spring Concert is FREE for residents. No purchase necessary.**

**Due to limited space on the bus for wheelchairs/scooters we will be doing 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 **Wednesdays & Thursdays, 12:00–4:00 PM**. See Robin at the front desk to schedule. Please have your date, time, and address ready.

**Same day appointments may not work, please give at least a 24-48hr notice for transportation.**

**Updates & New Activities**

**One on One Visits**

Each month, I offer dedicated one-on-one time for residents. You'll see these days listed on the calendar—just stop by the Activity Room to check availability and sign up with Danielle.

**BINGO**

Saturdays will continue to be our BINGO days! We are currently transitioning to a new reward system, and we hope you enjoy it more! Instead of candy or bucks we will now do raffle tickets, and at the end of the month we will have Goodie baskets that you can enter your tickets in to win! The drawing will be held on the last bingo day of the month. If you have bingo bucks please see Danielle to exchange them for raffle tickets.

**Welcome to Deerfield**



**New Residents & Move-In Anniversaries**

New Residents

Betty G.  
 Millie L.  
 Jim M.  
 Nancy M.

Move-In Anniversary

Ray S. 1 year

**May Events**

**Cinco de Mayo**

Join us on **Tuesday, May 5th at 2:30 PM** as we celebrate Cinco de Mayo with an afternoon of music, flavor, and fun! We're excited to welcome a lively Latin performance by **Mango Twist**, setting the perfect tone for the celebration. Residents and guests can enjoy chips & salsa along with refreshing margaritas, with alcohol-free options available for all to enjoy. Friends and family are warmly invited to join us for this festive event—we hope to see you there!

**Mother's Day Lunch**

Join us on **Saturday, May 9th at 12:00 PM** as we celebrate Mother's Day with a special luncheon in honor of the incredible women in our community. This will be a time to gather, share a delicious meal, and recognize the love, strength, and care that mothers and mother figures bring into our lives. Friends and family are warmly invited to attend and celebrate alongside us—we look forward to making this a meaningful and memorable afternoon together.

**Sound Sense**



Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we

age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week. So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. Hearing experts recommend limiting exposure to very loud sounds, such as a 100-decibel rock concert, and following them with extended periods of quiet to reduce strain on the ears. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.

**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.

**Community Updates**

**Carpet Installation Notice**

We're excited to share that new carpet will be installed throughout the building as part of our continued mini refresh! During this time, residents may notice increased noise and some debris in the hallways while work is in progress. **For your safety, please use caution when walking through these areas.** We truly appreciate your patience and understanding as we make these improvements to our community. If you have any questions, please reach out to our POD, Craig.