

The Cholesterol Connection

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol’s impact on your health.



Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fatlike substance is essential to the good health of our body’s cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies. These carrier proteins are called *lipoproteins*.

Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL “bad” cholesterol. This type of cholesterol is considered bad because it creates a plaque—a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to heart attack and heart disease. High-density lipoprotein, or HDL cholesterol, helps carry excess cholesterol back to the liver, where LDL is broken down and removed from the body. Both LDL and HDL levels can be measured with a simple blood test, helping doctors assess overall cardiovascular health and risk.

Foods high in trans fats and many sources of saturated fat can raise LDL cholesterol and increase the risk of heart disease. Foods rich in unsaturated fats—such as olive oil, salmon, avocados, nuts, and seeds—can help improve cholesterol levels when they replace less healthy fats in the diet. Whole grains, fruits, and vegetables also support heart health.

Eating well is not the only way to improve cholesterol. Regular physical activity, maintaining a healthy weight, and quitting smoking can all help lower cardiovascular risk and promote healthier cholesterol levels. Now that you know more about cholesterol, have a heart and pass your newfound knowledge along.

September Birthdays

Resident Birthdays

- Mamie V. 09/05
- Alyson J. 09/07
- Millie L. 09/11
- Kris F. 09/23
- Jim M. 09/30

Staff Birthdays

- Ashton R. 09/06
- Colin N. 09/24

New Staff & Anniversary Recognition

- Caregiver Heather E. 3 years
- Dining Services Director Sean M. 7 years

Please welcome:

- Dietary Aide Sylis M.
- Caregiver Micaela M.
- Med Tech Phi N.
- Housekeeper Dawn W.
- Executive Director Deanna Enlow

We are grateful for your dedication, hard work, and commitment to our residents and community. Thank you for all you do to make Deerfield Village a wonderful place to call home. We appreciate you and look forward to many more years together!

YOUR LETTERHEAD

Name of your community | Address | Phone number | Other information



Meet Our Team

Executive Director

Deanna Enlow

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

Back to the '70s

September often marks a return to routines, and during the 1970s, it also signaled the start of a new television season. Long before streaming and on-demand viewing, fall TV premieres were major events. Families gathered around the television to watch the first episodes of returning favorites and discover new shows that would soon become part of everyday conversation.

The 1970s are often remembered as a golden age of television sitcoms. Programs such as *All in the Family*, *The Mary Tyler Moore Show*, and *Happy Days* reflected changing social attitudes while providing plenty of humor. Their characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances. Artists experimented with new sounds, helping shape modern popular music.

Fashion followed suit with bold styles and colorful self-expression. Bell-bottom jeans became one of the decade’s most recognizable trends, often paired with platform shoes, wide collars, and eye-catching patterns. Whether on city streets, school campuses, or television screens, 1970s fashion embraced individuality and flair.

One song in particular has become closely associated with September itself. In September 1978, Earth, Wind & Fire released the hit song “September.” Its upbeat rhythm and memorable chorus helped it become one of the most enduring songs of the era. Decades later, it remains a staple at celebrations, sporting events, and community gatherings.

From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the 1970s left a lasting mark on American culture. Every September, as television networks unveil new seasons and the familiar strains of “September” begin to play once again, echoes of that remarkable decade are never far away.

Life Enrichment

Outings

September 4th 10AM Fred Meyers
 September 11th 10AM Hobby Lobby
 September 12th 11:00AM Sole Support Parkinson's Walk
 September 18th 10AM Goodwill
 September 19th 2PM Butterflies of Remembrance: A Celebration of Life
 September 25th 11AM Chipotle

*Important Outing Information

Residents are responsible for the cost of any purchases made during outings unless otherwise specified. Family and friends may attend outings with their loved ones. Let Danielle know if you invite a guest.

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. Residents are responsible for activity expenses unless otherwise indicated.

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.

Resident Meetings for August

Food Committee – Thurs, Sept 3rd at 1:30 PM
Resident Meeting – Thurs, Sept 10th at 3:30 PM
Activity Planning – Thurs, Sept 17th at 1:30 PM

All residents are welcome and encouraged to attend these meetings. This is your opportunity to share ideas, provide feedback, discuss concerns, and help shape the activities, dining experiences, and community life at Deerfield Village.

Welcome to Deerfield



New Residents & Move-In Anniversaries

New Residents
 Mamie V.
 Helga H.

Move-In Anniversary
 Don B. 1 year

We are honored that you have chosen Deerfield as your home and are blessed to have you in our community.

Notable Activities

Sunday Matinee

Starting in September, our “Movie Matinee” will be shown on Monday's. See calendar and movie flyer for the movies of the month.

Picture Day w/ Stephanie

Join Stephanie in the Dining Room on Wed. Sept. 9th @ 11AM. We want to take this time to update your photos. Be on the look out for more information

Friends & Family Bingo Night

Come for the BINGO, stay for the fun! Friends & family are encouraged to join us! Thursday September 24th @ 6:00PM.

**Meet and Greet with Executive Director Deanna Enlow

We want to give residents and family a chance to get to know our new Executive Director. Stay tuned for a flyer announcing a time and date for a meet and greet.

The Write Stuff

It's happened to many of us: You want to buy a greeting card, and the next thing you know, you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.

Despite the rise of digital greetings, text messages, and social media, the greeting card industry continues to thrive. Americans still purchase billions of greeting cards each year, generating roughly seven billion dollars in annual sales. While many people now send birthday wishes online, physical cards remain popular for milestones, holidays, expressions of sympathy, and heartfelt occasions. Perhaps that is because, deep down, we still value tangible messages of love and appreciation. After all, many of us have old greeting cards tucked away in drawers or keepsake boxes. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers who want to break into the greeting card business. While artwork and design may capture a shopper's attention, the message inside often determines whether a card is purchased. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. Writers must be sure to match their submissions to the needs of a publisher. Payment varies by publisher and card type, but writers can earn anywhere from \$25 to well over \$100 per card.

In recent years, companies have introduced everything from intricate pop-up designs to highly personalized cards created online and delivered through the mail. Some services even offer handwritten messages produced on the sender's behalf. As greeting cards continue to evolve alongside technology, one thing remains unchanged: People still appreciate receiving thoughtful words delivered in a personal and memorable way.

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

Gnocchi Night



delightful little dumpling. So this September 29, why not try some gnocchi yourself?

Gnocchi are a form of potato pasta originating in Italy. When Italian immigrants came to Argentina in the 19th century, they brought with them their favorite Italian recipes. In Argentina, payday was on the first of the month, so by the 29th, most families were left with little in their larders, perhaps just some potatoes and flour, the key ingredients for gnocchi. Families could whip up a quick, inexpensive, and filling meal. Even today, travelers to Argentina will find gnocchi on the menu every 29th day of the month.