

Illuminating the New Year



The Chinese Lantern Festival, also known as Yuan Xiao Jie, will be celebrated on February 12, 2025, marking the end of the Lunar New Year festivities. With a history that spans over

2,000 years, this festival has its origins in the Han Dynasty (206 BC–AD 220), when emperor Han Mingdi promoted the lighting of lanterns to honor Buddha. Over time, the tradition evolved into a broader celebration of family, community, and hope for the future.

At the heart of the festival are the colorful lantern displays, which light up streets, parks, and homes. In ancient times, these lanterns were simple paper creations illuminated by candles, but today's festivals feature intricate designs, often shaped like animals or iconic symbols. Lanterns are believed to symbolize letting go of the past and embracing good fortune for the coming year. A unique aspect of the festival is the tradition of solving riddles attached to the lanterns. Dating back to the Song Dynasty (960–1279), these riddles provide a fun, intellectual challenge for festival-goers, with puzzles that range from playful to deeply philosophical.

Tangyuan, sweet glutinous rice dumplings, are a key part of the festival's culinary traditions. Their round shape represents family unity and harmony, and they're often filled with sweet sesame paste, peanuts, or red beans. The festivities also include lively performances, such as lion and dragon dances, along with dazzling fireworks displays that heighten the joyful atmosphere. Historically, the festival was one of the few occasions when young women could venture out in public, adding a romantic element for couples strolling beneath the lantern-lit sky.

The Lantern Festival remains a cherished cultural event in China, blending ancient traditions with modern celebrations and offering a moment to reflect on the past while welcoming the future with hope and light.

February Birthdays

Resident Birthdays

Fern J. 02/04
Nancy M. 02/07
Barbara M. 02/09
Vicki G. 02/22

Staff Birthdays

Julie A. 02/10
Sean M. 02/26

If you were born between February 1–18, you are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests. Those born between February 19–28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.

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

February 2025

Deerfield Gazette

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



Meet Our Team

Executive Director

Milissa Wright

Community Relations

Director

Marci Thurman

Resident Service

Director

Stephanie Paxton

Wellness Director

Cherlyn Davis

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

Goody Goody Gumdrops!

February is a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Bubble Gum Day falls on the first Friday of February, while Gumdrops Day is February 15. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fleece Corporation. Diemer accidentally created a formula for gum that wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named *Gumdrop* in the 1960s.

Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care.

These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February is full of reasons to celebrate these nostalgic treats.

Life Enrichment

Outings

February 7th @ 10am Fred Meyers
February 14th @ 11am Mod Pizza
February 21st @ 11am Red Robin
February 28th @ 10am Dollar Tree

Outing binder has moved!

It is now located in the hallway across from the dining room and public bathrooms.

Residents are responsible for admission fees.

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

Entertainment

February 5th @ 2:30PM Karen Silverman on flute
February 13th @ 2:30PM (NEW) Hayley Lynn
February 21st @ 2:30PM Art Goodman

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.

Events

Super Bowl Party!

Sunday February 9th. Kick off is at 3:30PM. Come pick your team! The Philadelphia Eagles vs. Kansas City Chiefs. Who do you think will win?

Valentine's Day

We will be having a special brunch to celebrate all our special friendships we have made here at Deerfield! Also, come by the dining room at 2:30PM to get crafty making puzzle wreaths with our friends.

Welcome to Deerfield



New Residents & Move-In Anniversaries

New Residents

Tony C.
Linda B.

We are so grateful you are here!

Updates

Join us on Friday, February 7th @ 2:30PM in the dining room for our Resident Meeting!

Your Activity Planning Meeting will take place on Friday, February 14th @ 2:00PM in the dining room.

The Food Committee Meeting is scheduled for the first Monday of each month at 1:30 PM 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!



Curtains Up on Opera

With an explosion of media outlets available on the internet, some think the days of opera as an art form are numbered. Operas have been entertaining audiences for 400 years, so why not give one a chance on Opera Day, February 8?



In its heyday, opera was the most exciting and dramatic form of entertainment imaginable. The greatest composers, musicians, and singers performed in elaborate music halls. No expense was spared on the grand sets and fine costumes. The perfect marriage of music and

theater, opera was a thrill, even in America. During the 1920s, throngs of young fans would stop traffic in New York City just to catch a glimpse of their favorite soprano. The kids screamed, threw flowers and ribbons, waved American flags, and acted in a manner typically associated with fans of the Beatles. Yes, 100 years ago, opera was like rock 'n' roll.

So which opera should one see, or hear, to feel this exuberance of yesteryear? Many believe that the greatest opera is Mozart's *Don Giovanni*, a masterpiece that is serious, frightening, and funny all at the same time. Mozart's *The Marriage of Figaro* and Rossini's *The Barber of Seville* are two parts of the same story. Rossini's opera, a prequel to Mozart's, gives more detail to the life of the wily comedic hero Figaro. Verdi's *La Traviata*, one of the most performed operas in the world today, has come a long way from when it was first condemned as scandalous in 1853. Then there is always Bugs Bunny's *What's Opera, Doc?* Elmer Fudd is hunting wabbits again, but this time he is in full Viking gear in a parody of Wagner's *The Ring of the Nibelungen*.

If the human voice is indeed "God's most beautiful instrument," then there may be no better way to enjoy it than listening to the opera.

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.

Crossing the Clouds



Perhaps one of the greatest sightseeing adventures in the world is a four-hour train ride on the Bernina Express from Switzerland to Italy through the Alps.

There may be no better time to travel the route than in February, when the land is glistening white with snow.

What makes the journey so special? The railway, which opened in 1904, crosses 196 bridges, passes through 55 tunnels, and climbs more than 7,000 feet (2,100 meters). This marvel of engineering was designed to open isolated mountain villages to the rest of the world. For these reasons, the rail line has been granted status as a UNESCO World Heritage Site.