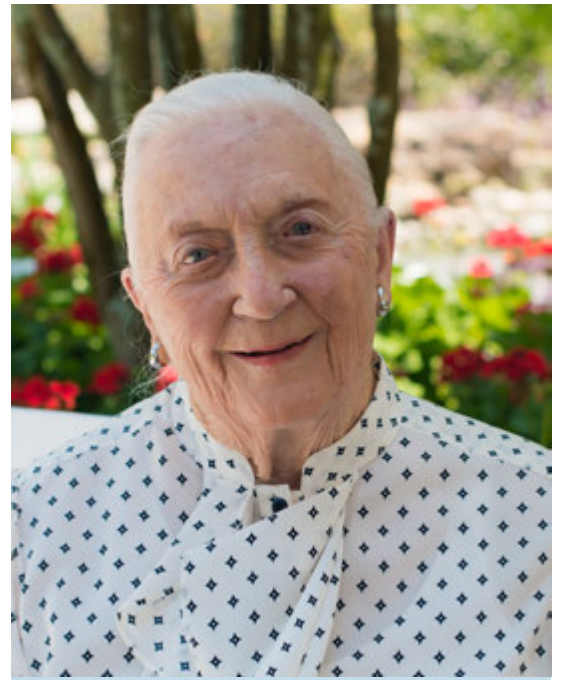


GOOD Life News

at Miramont Pointe

SEPTEMBER 2017

www.miramontpointe.com



Executive Director

Advocating for
America's Heroes

Since being
founded on
Sept. 17, 1914, the
VFW Auxiliary
has taken pride
in its mission
of providing
"unwavering
support for
uncommon
heroes."

Originally known
as the Ladies
Auxiliary VFW,
the nonprofit
group is the
renowned support
organization of the
Veterans of Foreign



Wars of the United States. Since 2015, membership in the
auxiliary is open to both men and women related to those who
have served in overseas combat. Today, there are nearly 470,000
members in over 4,000 chapters.

From its inception, the auxiliary's primary goal has been a
simple one: to help veterans and active-duty service members
and their families. This includes assisting the VFW in
advocating for veterans' rights, providing community service
and fundraising, and promoting patriotism.

Through their decades of service, members have volunteered
millions of hours to their communities, especially at veterans
hospitals, nursing homes and veterans homes. The auxiliary has
also raised millions of dollars for veterans and their families,
national disaster relief, cancer research and treatment, veterans
memorials, care packages for troops, and youth programs
and scholarships.

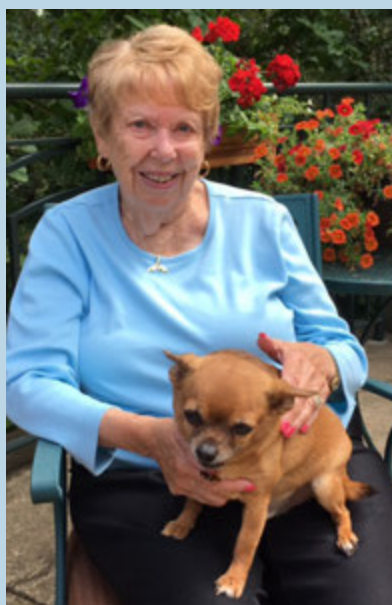
— Julie Taylor
Executive Director

**Our Talk.
Our Walk.
Every Day!**

**Healthy
Aging Month**

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Spotlight on Joan P.



Not much grass grows under the feet of Joan P. and her little dog, Pluto! Trips to her beach house with her son, volunteer activities and friends augment her life here at Miramont. She has participated in the theater group, attends aqua aerobics and generally stays busy every day.

Joan was born in Lincoln Park, Mich., a

little town just out of Detroit. When she was three months old, her parents moved from Michigan to John Day, Ore. Her dad worked in a Ford garage in John Day. When she was five, her parents divorced, and she and her mother moved to Redmond, Ore. Her mother remarried while they lived in Redmond. By the time Joan turned 10, her mother was divorced again, and Joan had attended five different schools in two states. She lived with her grandmother in Long Beach, Calif. for awhile and she also lived in Waldport. Joan believes that all of these changes made her a very flexible person. In Waldport, she had a stepbrother who was close to her in age. They loved having adventures together. One day they decided to take a row boat into Alsea Bay. They got caught in an outgoing tide. A Good Samaritan noticed them drifting out to sea, called her mother and then took a boat out to get them. She enjoyed having a stepbrother and says that being an only child was boring. She was a tomboy and collected snakes and dug for clams.

Joan graduated from Commerce High School in Portland, where every class had something to do with business. She also took classes at night at Multnomah College. After high school, she worked for the Lin Bowman Co. (an oil company) for two years; her specific job was bookkeeping. She also worked for Barnard Motor, Cadillac agency, for five years.

In 1952, Joan married John, and they proceeded to have four children, June, Jean, Jan and Jeff. They were the six Js. Joan and John bought the Portland Instrument Company in 1968. This is a company that sells and repairs survey equipment. By 1978, Joan and John divorced, and Joan bought out John's share of the business. At the time of the divorce, the youngest child was seven and the oldest was 15. She went on to create a very active and successful

company that had only limped along in the 10 years she and John had owned it jointly. She says John liked drinking rather than working. By the time Joan retired at age 73, she had grown the company from two employees to 51 with two locations, one in Seattle and one in Portland. Daughter Jean and son Jeff are buying the business from Joan and have changed the name to the PPI Group.

Raising four children and running a business kept Joan pretty busy. She had a hard and fast rule, however, that the family would go on vacation every year. They went camping with a tent trailer locally but vacation meant choosing where to take a longer trip together. The children chose to go to Disneyland seven years in a row. Joan says they drove different routes back from every trip to Disneyland just to cut down on the monotony. One time they ventured as far east as Utah!

As a businesswoman, Joan joined the Soroptimist Club, an international organization for women who owned their own business. She also belonged to the ABWA (American Business Women Association) for over 30 years. In 1979, she was voted one of the top 10 business women in the United States by ABWA. She was the only woman in the U.S. who owned a survey supply business. She also was part of the Kiwanis. Currently, she is helping get school supplies packaged for distribution to students in the fall.

One of Joan's hobbies is collecting and building miniatures, all of them done by hand. They are 1/12 scale room boxes and stores. They are not simple or easy to construct, taking a great deal of time and patience. She has also created some lovely oil paintings.

Another of Joan's hobbies is travel. She has traveled to 51 countries. She particularly enjoyed New Zealand, Austria and Switzerland. She traveled on two of Eisenhower's People to People Delegations, one to China and one to Egypt. She owns a house in Manzanita and frequently spends the weekend there.

Giving back to the community and making sure there is fun and creativity in her life keeps Joan going. Pluto accompanies Joan almost everywhere she goes. He is a faithful and patient companion. When they are out of their apartment, he is often perched on Joan's walker as she attends to whatever is on her schedule. Joan already has travel plans for next year — two cruises, one to the Caribbean and another in the Mediterranean!

— Sue B.
Resident

Wii Bowl September Update

Somebody said, "It ain't over 'til its over!" And we say, "it was over at approximately 8:15 p.m. on Aug. 30, 2017." The Hotdoggers were the last team to finish our year of league bowling. Each of us have four weeks to improve our scores and win a prize at our Sept. 18 luncheon. July was a high scoring month for our league players. Here are some scores: Muriel L., 189, 266; Coramae G., 214; Anne H., 203; Clara M., 226; Ray M., 185, 255; Al R., 190; Jan T., 183; and Eddie C., 192, 181. Betty R., as most of us bowlers know, is the best bowler among us. Twice in the same evening Betty, with her last roll of the ball, could have had two perfect games of 300. Can you imagine bowling 11 consecutive strikes, twice in the same evening, followed by a spare with each 12th ball? Another way of describing this event is that Betty bowled 11 consecutive strikes, then bowled a single spare followed immediately by scoring 11 consecutive strikes and finished the last game with a single spare.

As we begin our transition from the 2016-2017 year league bowling to the 2017-2018 year league bowling, let us commit ourselves to improving our bowling skills, continuing to support and encourage our team members and being outstanding representatives of Miramont Pointe.

Somebody also said, "It ain't over 'til the fat-lady sings!" And we say, "It ain't over 'til we say it is," and we say Aug. 30, 2017.

— Larry A., #708
Chair

Sept. 8: Resident Council Meeting at 2 p.m. in the Tablert Room

All residents are welcome; your participation contributes to our success!

Sept. 11: Patriot Day

Patriot Day is a day the US remembers the terrorist attacks on Sept. 11, 2001. This day is commonly referred to as 9-11 (Nine-Eleven). It is believed that 2,977 people died in the attacks. President George W. Bush proclaimed Sept. 11 Patriot Day in 2002.



New Residents

- 215: A.J. M.
- 406: Barbara H.
- 425: Mike & Kathy R.
- 426: Sandra B.
- 601: Carol W.
- 623: Dr. Bud & Emily B.
- 815: Robert S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Cafe, C Dining Room, D Dining Room Patio, DRP First Floor, 1st Library, LIB Lobby, L	Meditation Garden, MG Outings, O Pool, P Private Dining Room, PDR Second Floor, 2nd	Seventh Floor/Charlie's Corner, 7th Talbert Room, T Weight Room, WR	“Freedom is not the right to do what we want but the power to do what we ought.” —Corrie Ten Boom	Calendar events subject to change.	9:00 Foot Care, 1st 1 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance®, T 2:30 FIT to Stretch®, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	2 9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 “Just for the Fun of It” Movie, T
8:00 Christ the King Catholic 3 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 3:00 Clip Coupon/Valiant Veterans®, C 7:00 Evening Cinema, T	LABOR DAY 4 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:00 Dahlia Farm/Lunch at Bugattis, O 11:00 Jewelry Repair, L 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T	9:00 Prayer Time w/ Pastor Berry 5 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Happy Hour, 7th	9:00 FIT to Pedal®, T 6 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance®, 2nd 2:30 Singer Carol Lee/Romeo, T 4:00 Wine Wednesday, C 6:00 Beginners Bunco, C	9:00 Cannon Beach/Lunch at Mo's, O 7 9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Executive Council Meeting, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	9:00 Foot Care, 1st 8 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 All Resident Meeting, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	9 9:30 Trader Joe's, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 “Just for the Fun of It” Movie, T
8:00 Christ the King Catholic 10 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 3:00 Sunday Sundaes Social, C 7:00 Evening Cinema, T	PATRIOT DAY 11 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:00 Oregon Gardens/Lunch, O 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T 3:00 Game Show “What's My Line,” T	9:00 Prayer Time w/Pastor Berry 12 9:15 Better You (Pilates), T 9:30 Resident Car Wash by Staff, L 10:30 Water Aerobics, P 10:30 Knotty Knitters, LIB 10:30 Bible Study, T 1:30 Avada Hearing, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Happy Hour, 7th	9:00 FIT to Pedal®, T 13 10:30 TED Talk Video & Discussion, T 11:00 Paris Accessories, L 1:00 Walkers & Wheelchair Wash, L 1:00 Nondenominational Church, T 1:30 FIT to Balance®, 2nd 2:30 Singer Mollie Paige, T 5:00 Family Forever Food/Festivities, D 7:00 New Horizons Big Band, T	8:00 Herta Fitness Assistance, WR 14 8:30 Spirit Mountain Casino, O 9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 1:00 Bunny Therapy, L 2:00 Caregiver Education, PDR FIT to Stretch®, T 2:30 Thirsty Thursday Twin Toast, C 3:00 FIT to Be Strong®, T	9:00 Foot Care, 1st 15 9:00 Donuts & Trivia, C 10:00 BeanBag Baseball Res Vs. Staff, T 11:15 MP Singalong, T 2:00 Gentlemen's Club Guest Magician, 7th 2:00 FIT to Balance®, T 2:30 FIT to Stretch®, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	16 9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 “Just for the Fun of It” Movie, T
8:00 Christ the King Catholic 17 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Sundaes Social, C 7:00 Evening Cinema, T	18 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Paris Accessories, L 11:30 Bowling Luncheon, T 2:30 Ted's Mobility Clinic, C 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T	9:00 Prayer Time w/ Pastor Berry 19 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Happy Hour, 7th	ROSH HASHANAH BEGINS AT SUNDOWN 20 9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance®, 2nd 2:30 Jazzist David Cooley, T 4:00 Wine Wednesday, C 6:00 Beginners Bunco, C	9:15 Better You (Pilates), T 21 9:30 OMSI Pompeii Exhibit, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	FALL BEGINS 22 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance®, T 2:30 FIT to Stretch®, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	23 10:00 Dollar Store, O 10:30 Water Aerobics, P 1:00 Bingo, T 6:00 Jazz Two Plus One Group, T
8:00 Christ the King Catholic 24 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 3:00 Sunday Sundaes Social, C 7:00 Evening Cinema, T	25 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:00 Fruit Loop/Lunch Hood River, O 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T 4:00 MP Book Club, PDR	9:00 Prayer Time w/ Pastor Berry 26 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Happy Hour, 7th	27 9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance®, 2nd 2:30 Pianist Monte Watters, T 4:00 Wine Wednesday, C 6:00 Beginners Bunco, C	9:15 Better You (Pilates), T 28 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 11:30 September Birthday Luncheon, D 1:00 Bunny Therapy, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	YOM KIPPUR BEGINS AT SUNDOWN 29 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance®, T 2:30 FIT to Stretch®, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	30 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 “Just for the Fun of It” Movie, T

What is Mindfulness?

The word “mindfulness” is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a fairly simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion and build relationships. Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills. As a therapeutic technique, mindfulness has been used to promote healing for hospital patients and veterans with post-traumatic stress disorder as well as a helpful tool in schools.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding “mindfulness moments” to your daily routine, you may soon feel a deeper connection to both yourself and the world.

MP has several classes that cater to mindfulness they are highlighted below with an *.

- Monday
 - 9 a.m. FIT to Pedal™ T
 - 2:30 p.m. FIT to Stretch™ 2nd
 - 2:30 p.m. Cardio Strength T *
- Tuesday
 - 9:15 a.m. Pilates T *
 - 10:30 a.m. Water Aerobics P
 - 2:30 p.m. FIT to Stretch™ T
 - 3 p.m. FIT to Be Strong™ T
- Wednesday
 - 9 a.m. FIT to Pedal™ T
 - 1:30 p.m. FIT to Balance™ 2nd
- Thursday
 - 9:15 a.m. Pilates T *
 - 10:30 a.m. Water Aerobics P
 - 2:30 p.m. FIT to Stretch™ T
 - 3 p.m. FIT to Be Strong™ T
- Friday
 - 2 p.m. FIT to Balance™ T
 - 2:30 p.m. FIT to Stretch™
 - 3:30 p.m. Yoga Flex T *
- Saturday
 - 10:30 a.m. Water Aerobics P

All classes are beneficial to your physical health. Reach out to the Life Enrichment department for details.



Residents are participating in one of the many exercise classes offered at MP.

Dining Room Report

I write this the morning after thoroughly enjoying our first annual Resident Appreciation Evening. The meal was superb, the service excellent and the setting and mood very welcoming. Chef Haktor outdid even himself in providing an outstanding steak and lobster dinner. I will take some credit for the evening in that I have been kidding Chef over the past year, asking about when we would be having lobster on the menu (of course never really suspecting I would have any success). Both the lobster and steak were prepared to perfection, so many, many thanks and congratulations to Chef and his team. Also, special mention should be made of Julie Taylor, both to thank her for sponsoring the event and for the glamorous costume she wore for the evening.

I would also like to say that I agree with everything nice that “Prez Sez” in his article in this issue about the Filipino luncheon recently served by the staff — it was both enjoyed and appreciated.

— Jim C.
Chair

Sept. 10: Grandparents Day

“Grandparents are the heart of, the most important part of, memories too special to forget.”

Family Is Forever

Sept. 11-15 is National Assisted Living Week. The theme at MP will be Family Is Forever. Below are listed a few of the highlights. Please note a few activities will be canceled so we can put our efforts to the events being scheduled during this special week.

Monday, Sept. 11: Game Show: "What's Your Line?" Wear your red, white and blue in honor of Patriot Day.

Tuesday, Sept. 12: Let the staff give your car a bath. We will be washing residents' cars. A sign-up sheet and time will be in the Activity Binder.

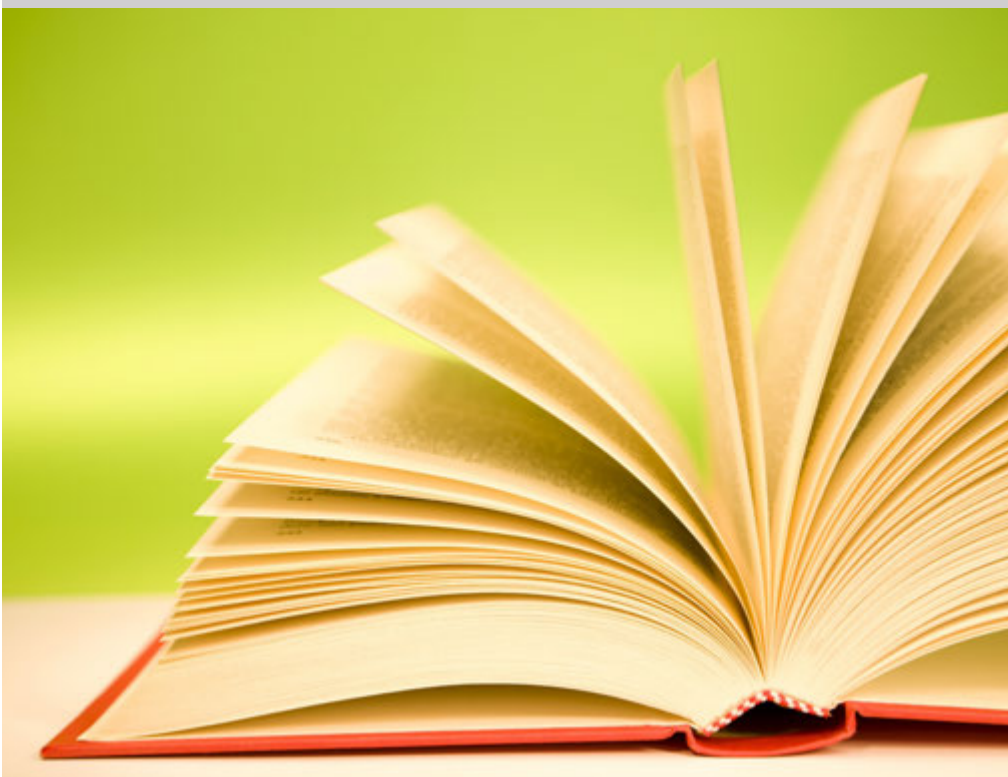
Wednesday, Sept. 13: Family Is Forever Feast and Festivities. Residents and their loved ones are invited to enjoy a burger and bratwurst barbecue from 5 to 7 p.m., family photos (sign up in the Activity Binder) and at 7 p.m., New Horizons Big Band will be coming to entertain in the Talbert Room. Weather permitting, some of these events will be hosted in the turn around.

Thursday, Sept. 14: Dress as a twin with another resident or staff member. It can be as simple as the same color or a costume. Prizes will be offered.

Friday, Sept. 15: MP Bean Bag Baseball will be challenging our staff. Come and cheer the teams on! Wear your favorite jersey that day.

Sept. 28: Book Club at 4 p.m. in the Rosewood Dining Room

A cozy room to gather and review "The Scribe of Siena."



Sept. 28: September Birthday Party at 11:30 a.m. in the Pacifica Room

Do you have a September Birthday?
Chef Haktor and Life Enrichment
Department will honor you!

Resident Birthdays

Rex H., 1st
Eleanor F., 5th
Paul F., 7th
John C., 13th
Bob N., 14th
Charlene C., 15th
Laura C., 15th
Middy L., 19th
Betty R., 21st
Kathy R., 23rd
Bob D., 24th
Bud B., 27th
Roger S., 28th

Employee Birthdays

Jasmin Z, 3rd
Cathy H, 4th
Jesus O, 4th
Steven G, 6th
Kristina J, 9th
Hailey G, 15th
Thuy T, 15th
Makyah B, 19th
Sarah W, 25th
April M, 26th
Malinda S., 26th

Anniversaries

Jack & Peggy W., 9/25/1975



MIRAMONT POINTE

Senior Living

11520 SE Sunnyside Road
Clackamas, OR 97015
503-698-1600



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director
Julie Taylor

Director of Nursing
Dana Block

Sales and Marketing Director
Amber Phoenix

Life Enrichment Director
Julie Dunn

Food and Beverage Director
Haktor Fleming

Director of Community Relations
Debbie Hart Hartman

Business Office Director
Wendy Stoneking

Housekeeping Director
Kathy Hafliger

Maintenance Director
Jim Wetzel

Business Office Manager
Peter Bui

Spiritual Director
Berry Scruggs

Prez Sez

On behalf of the Miramont Point Resident Council, I want to thank all of the residents who volunteer for the various positions and committees here at Miramont Pointe. I would also like to thank the entire staff for serving us so well.

Let's not forget the following kitchen staff people who prepared a sumptuous Filipino feast on July 22. They are Mary Bernardino, Rudy Jarata, Meditas Puchero, Reynaldo Puchero, Norma Deocampo, Imelda Ticzon and Jocelyn Castaneda. We were treated to a whole array of delightful dishes because of the preparation of these dishes by the above folks and the great service by the rest of the dining room staff that added to make this very successful event possible.

Thank you all. Let's do more of these events.

Fred T.



Like Us on Facebook

Go to facebook.com/MiramontPointe to see pictures and catch up on all the fun here at Miramont Pointe. This is a great way for family members and friends to stay connected!