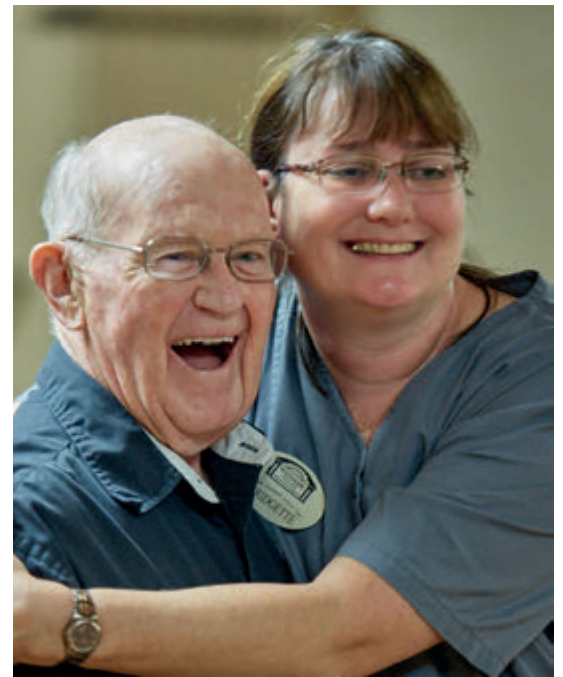


GOOD Life News

at Miramont Pointe

JANUARY 2018

www.miramontpointe.com



Executive Director

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.



— Julie Taylor
Executive Director

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

**Platinum
Service®
Standard #18**

"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Spotlight: Jean McC

Jean came into this world in Warwick, N.D., a town contained within the Sioux Indian Reservation. She was born in the middle of the Great Depression. Her father worked hard at whatever jobs he could find. Her mother baked and sold angel food cakes, took in washing and ironed 24 shirts a week for the local bachelors. Jean says she didn't really know she was poor because everyone else was too. As the sixth born child, Jean had three older brothers and two older sisters. A younger sister was born when Jean was five. Food was dear in North Dakota, so many of her memories revolve around food that was a treat. She was sent to the neighbor's house when her younger sister was born, and she remembers having tomato soup! Another childhood treat she remembers is being given orange Jello with whipping cream and being able to have all she could eat. Her brothers went hunting and provided the meat for some special dinners, providing relief from the



somewhat watery Mulligan Stew that was often on the menu. She wished for store-bought bread. One day, a man came to the door and gave her mother an old gray plaid wool coat. Her mom took the coat apart and made a coat for Jean. She really disliked the coat but wore it because it kept her warm!

Jean attended grade school in Warwick where there was an unusual tradition to honor teachers. The chosen teacher would be given a "peanut shower." This involved the teacher being called out of the room for one reason or another. When the teacher returned, the children would pelt her with peanuts. This was the highest form of compliment. After the shower of peanuts, the children would pick them up, and they would all eat peanuts and have a party. Jean enjoyed school and often pretended she was attending college studying to be a teacher.

During WWII, jobs continued to be very hard to find in and around Warwick. Jean's father came to seek work in Portland in 1942. All three of her brothers served in the military during the war, and thankfully, all three returned safely. Jean, her sisters and mother followed her dad to Portland in 1943. They moved to Portland by train. Jean has a large trunk in her apartment that held many of their belongings on that journey. Initially they settled in a housing project in Guild's Lake in NW Portland. Jean was 12 and shared a bedroom with a sister and a girlfriend. She didn't have her own bed, so one night she would share a bed with her sister and the next night with the sister's girlfriend. She graduated from Chapman grade school and attended Lincoln High School her freshman year.

The family moved to the Lents area of SE Portland. Jean attended Franklin High School. At Franklin, a counselor took an interest in Jean whose dream of attending college and becoming a teacher had not changed. Jean knew she would have to work her way through college, so the counselor suggested she take business/secretarial classes. She worked all three years at Franklin in the Student Body Store. She also worked at the Central Library in downtown Portland. She was active in her church and also made some trips to Mt. Hood to learn to ski.

Jean's brother, LeRoy, was attending Oregon State, and he wanted Jean to come to school there. Her plan was to work a year then go to college a year and get through school that way. She worked as a secretary for a year and attended Oregon State for two years.

Jean met her husband, Elwin, at Oregon State. When Elwin graduated, they were married and moved to the family farm near Estacada. They had six children in 10 years, James, Mary, Mollie, Paul, Tom and Bill. Elwin was a teacher at Three Lynx, a PGE company town. Jean also taught kindergarten there. She continued to pursue a college degree at Portland State. Twenty years after graduating from high school, Jean graduated from Portland State College. At that time her children ranged in age from three to 13.

Secrets of “Superagers”

You might call them superheroes of the over 60 set. A superager is a person between the ages of 60-80 who has the memory of someone 20 to 30 years younger. Even more remarkable is that superagers are not as rare as you might think. In a recent Harvard Medical School study, nearly half of older adults tested as well as or better than 18-32 year-olds. The key is to keep brain tissue in parts of the cortex from thinning. After all, the brain is a muscle too.

The question, then, is to how to find the right mental workout. The answer: it is not easy. In fact, the authors of the Harvard study said forcing yourself to push through unpleasant situations is exactly what it takes to pump up your brain. Learning a new language or playing challenging games to a game of bridge can work. The key is to leaving your brain exhausted. A sudoku or a crossword won't cut it. "You must expend enough effort that you feel some yuck," writes Lisa Feldman Barrett, one of the study's authors. "Do it until it hurts, then a bit more."

Extreme focus on physical tasks can turn back the clock as well. A superager French amateur cyclist Robert Marchand set a world record in the 100 and over division. At 105, Marchand appears to be getting fitter as he ages, according to the study in the Journal of Applied Physiology.

From rd.com



Holiday Cheer

MP was filled with special performances throughout the month. These performers from Building Block Preschool were perhaps our smallest guests but may have had the biggest voices. A special thank you to all the residents who so graciously supported all our performers.



Jan. 12: Resident Council Meeting at 2 p.m. in the Talbert Room

Here we receive the latest from our Staff. All residents are urged to attend.

Jan. 25: Birthday Luncheon at 11:30 a.m. in the Pacifica Dining Room

Chef Haktor and our Life Enrichment Staff look forward to hosting the January birthday honorees. Happy Birthday!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
<p>“When you arise in the morning, think of what a privilege it is to be alive to breathe. To Think. To Enjoy. To Love.” — Marcus Aurelius</p>	<p>NEW YEAR'S DAY 1</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Siri Thai Food, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 Hello 2018 Social 3:00 BIG WORD Brain Stretcher, C</p>	<p>2</p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/ Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>3</p> <p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Jazzist David Cooley, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>4</p> <p>9:15 Better You (Pilates), T 9:30 Salem State Hosp Museum/Lunch, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Executive Committee Meeting, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>5</p> <p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 11:15 MP Singalong Lobby, L 11:30 Baseball Luncheon, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>6</p> <p>9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Pianist Graham James, T 7:00 Movie Night, T</p>															
<p>8:00 Christ the King Catholic, O 7 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</p>	<p>8</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:45 Stardust Diner/ Vancouver, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T</p>	<p>9</p> <p>8:30 Book Club Breakfast, PDR 9:15 Better You (Pilates), T 9:30 Prayer Time w/Pastor Berry 10:30 Bible Study, T 10:30 Water Aerobics, P 1:00 Watercolor w/Melissa, C 1:00 Wii Bowling, Wow, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>10</p> <p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 6:30 Musician David Mixer, T 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>11</p> <p>8:00 Herta Fitness Assistance, WR 9:15 Better You (Pilates), T 9:30 Casino in Ridgefield, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>12</p> <p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 11:15 MP Singalong, T 2:00 All Resident Council Meeting, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>13</p> <p>9:30 Trader Joe's, O 10:30 Water Aerobics, P 1:00 Bingo, T 2:00 Hot Chocolate Social, C 7:00 Movie Night, T</p>															
<p>8:00 Christ the King Catholic, O 14 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 10:30 Voice of the Voiceless, T 7:00 Evening Cinema, T</p>	<p>MARTIN LUTHER KING JR. DAY 15</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Pastini in Bridgeport, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Ted's Mobility Clinic, C 2:30 Cardio Strength, T 3:00 BIG WORD Brain Stretcher, C</p>	<p>16</p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/ Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>17</p> <p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Singer Molli Paige, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>18</p> <p>9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Iron Horse in Sellwood, O 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>19</p> <p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 11:15 MP Singalong, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>20</p> <p>9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Movie Night, T</p>															
<p>8:00 Christ the King Catholic, O 21 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Cider Social, C 7:00 Evening Cinema, T</p>	<p>22</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:15 McGraths Seafood, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 Game Show "Password," T</p>	<p>23</p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/ Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 1:00 Watercolor w/Melissa, C 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>24</p> <p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Musician Pablo G, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>25</p> <p>9:15 Better You (Pilates), T 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 11:30 January Birthday Lunch, D 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>26</p> <p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 11:15 MP Singalong, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>27</p> <p>10:00 Dollar Store, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Movie Night, T</p>															
<p>8:00 Christ the King Catholic, O 28 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 7:00 Evening Cinema, T</p>	<p>29</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Spaghetti Factory Portland, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 Big Word Brain Stretcher, C</p>	<p>30</p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/ Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>31</p> <p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Pianist Monte Watters, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>Locations</p> <table border="0"> <tr> <td>Cafe, C</td> <td>Lobby, L</td> <td>Second Floor, 2nd</td> </tr> <tr> <td>Dining Room, D</td> <td>Meditation Garden, MG</td> <td>Seventh Floor/Charlie's Corner, 7th</td> </tr> <tr> <td>Dining Room Patio, DRP</td> <td>Outings, O</td> <td>Talbert Room, T</td> </tr> <tr> <td>First Floor, 1st</td> <td>Pool, P</td> <td>Weight Room, WR</td> </tr> <tr> <td>Library, LIB</td> <td>Private Dining Room, PDR</td> <td></td> </tr> </table>			Cafe, C	Lobby, L	Second Floor, 2nd	Dining Room, D	Meditation Garden, MG	Seventh Floor/Charlie's Corner, 7th	Dining Room Patio, DRP	Outings, O	Talbert Room, T	First Floor, 1st	Pool, P	Weight Room, WR	Library, LIB	Private Dining Room, PDR	
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<p>Calendar events subject to change.</p>																					

Do I Have the Flu or a Cold?

Influenza is a highly contagious viral infection of the respiratory passages.

The virus is spread by droplet transmission from person to person. Sneezing and coughing is most common. When we sneeze, we sneeze at 60 mph. Someone coughing or sneezing six feet away can get you sick. You are contagious one day before you get sick and five to seven days after you are sick.

As we know, one of the most vulnerable demographics is the adult over 65 years old.

Good facts to know:

Flu

- Onset abrupt
- Fever 3-4 days
- Aches usual
- Chills common
- Fatigue usual
- Sneezing
- Stuffy nose
- Sore throat
- Cough common
- Headache common

Cold

- Onset gradual
- Fever rare
- Aches often slight
- Chills uncommon
- Fatigue sometimes common
- Sneezing sometimes common
- Stuffy nose sometimes common
- Sore throat sometimes common
- Cough mild to moderate
- Headache rare

Prevention: Stay away from sick people, get your flu vaccine and get good sleep and nutrition. The flu vaccine takes two weeks to be established. Remember, the human body can only absorb 500mg of Vitamin C per day. The rest actually goes down the toilet along with your money.

Stay safe and have a Happy Holiday!

Dana Block, RN

Santa Splash

Miramont Pointe hosted their Annual Santa Breakfast and Bazaar. This event has become more than just a breakfast with Santa. This year, and in years past, included traveling carolers, crafters, a family photo booth and merrily dressed therapy bunnies. There was a construction zone where staff, residents and their guests made 22 gingerbread houses and decorated cookies. This year we added a Holiday BINGO game. As though all the festivities were not enough, the kitchen staff prepared waffles, eggs benedict, sausage, bacon, cinnamon rolls and mimosas. It is estimated that we hosted around 450 residents, staff and guests. What a joy to see families enjoying this time together. This tradition of celebration and cheer was a wonderful way to kick off the Holiday Season.

Trim the Tree

Residents gathered to sing Christmas Carols and decorate the beautiful tree in the Talbert Room. As the sound of carols drifted through the lobby, residents and their families wandered in and took part in the festivities. Thank you to Laura F., our Choir Director, and Barbara A. for playing the piano. We also want to extend a heartfelt thank you to MP Singers for doing their part to make this a magical time of music and memories.



Rojo the Llama was in the House



New Residents

David & Emily L., 421

Martha S., 506

Wii Bowling 2018 Update

Reading about how to improve your Wii Bowling is something we should all do. The following may be helpful to you, "While there is no certain way of getting strikes, speed is essential. Short flicks of the Wii-mote are great for speed. If you need to pick up a spare, try a long motion, a controlled motion that more resembles real bowling. Other than that, the more centered your ball is when it connects with the lead pin, the more likely it is that you will get a strike. Find what works for you and stick with it."

It appears all bowlers are trying to improve their scores, and Betty R. is available to help. Betty has been an excellent problem-solver for several team members. She has been able to keep all teams fully functioning and assist some members who had become discouraged.

We are ready to participate in another tournament, but we have not found one yet. Perhaps we should ask someone to organize a tournament within our own league. Some team needs to challenge the Rollin Witches.

— Larry A., #708



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!

Our Thanks!

The effort to raise funds for the Employee Christmas Fund was a success again in 2017. As reported earlier, we raised an amount similar to that of last year and distributed it to the employees a week before Christmas. The Resident Council Executive Committee thanks all of the residents and friends who contributed to the fund so generously. We are pleased to say there was again a wide distribution of people giving in the spirit of the season. It is heartening to be able to recognize the many employees who have given us such special and loving service during the year. That is why the employees are so appreciative of the effort we do make and the gift they receive. Thanks again to everyone for your participation.

The Miramont Pointe Resident Council Executive Committee

Resident Birthdays

Muriel L., 3rd	Elaine M., 17th
Emily B., 10th	Clarence W., 27th
David B., 11th	Beatrice W., 28th
Carol W., 14th	Jim O., 28th
Rita S., 14th	Emily L., 29th

Employee Birthdays

Madison V., 3rd	Yesenia H, 21st
Jonathan D., 8th	Wendy S., 24th
Nellie H., 9th	Michelle K, 24th
Priscilla V., 12th	Jeremy B, 25th
Tracy F., 18th	Eleanor S, 28th
Sandy A., 20th	

Anniversaries

Susie & David B., 1/29/1966



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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

Happy and healthy New Year 2018.

2017 is history now. Let's all work together toward a new and better 2018.

The first thing I would like to do is recognize all of our many volunteers. You make our various projects and events successful. There are many. Thank you all very much.

We also appreciate our staff for their various services. They take good care of us and see to our needs.

I want to stress treating each other with the same dignity and respect with which you expect to be treated. It will go a long way for relationships. I feel that's what sets us apart from other communities.

Lastly, please wake up each morning with a positive attitude and keep it going. It makes a great difference to all the people you interact with and it comes back to you many times.



Best wishes,
Fred