

# GOOD Life News

at Miramont Pointe

OCTOBER 2018

www.miramontpointe.com

## Executive Director

### Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

**Chocolate bars:** The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special four-ounce ration bars, which had a high melting point but were hard, dense and bitter.

**M&M's:** After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

**Tootsie Rolls:** These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

**Life Savers:** Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

**Chewing gum:** Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Beech-Nut, Dentyne and Chiclets.

As we look forward to honoring our Valiant Veterans® next month, this article is a gentle reminder of the small luxuries these men and women looked forward to while serving our country.

*Julie Taylor, Executive Director*



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

## Health Literacy Month

This annual observance month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

## Spotlight: Frank W.

Frank was born in Prince Rupert, Canada, the youngest of four children. At the age of two years, the family moved to Kelso, Wash., where Frank was educated, attending a community college until he entered the U.S. Army in 1942.



His tour of duty began with boot training in Fort Ord, Calif., and Camp Pickett, Va. He was assigned as Combat Medic, Tech. 3, 3rd Infantry Division as they embarked to North Africa (French Morocco), Algeria, Tunisia, Sicily, Cassino Italy, Anzio, Rome, South and Eastern France, Salzburg, Austria. Frank was discharged September 1945.

The GI Bill's availability permitted Frank to enroll in Washington State University, majoring in veterinary medicine, graduating in 1949 as a Doctor of Veterinary Medicine (DVM) working in the Portland and Grants Pass area.

He married in 1952 and was blessed with five children including twin girls!

From 1953 until retirement in 1980, he worked in the Multnomah Public Health Department.

His personal life changed in 1977 with the loss of his wife, remarrying in 1978 and experiencing loss again in 2004.

Frank is blessed with eight grandchildren, seven boys and one girl! His spirituality includes serving with the Gideons and the strength in "the Bible is the greatest source of wisdom".

Frank joined our Miramont family in 2014 and currently serves as Representative to his new Fifth Floor neighbors.

## Resident Birthdays

Nolen W., 2nd  
Don T., 2nd  
Molly O., 4th  
Helen T., 5th  
Judith A., 5th  
Sonya H., 5th  
Sue B., 5th  
Elaine B., 8th  
Betty C., 10th  
David H., 11th  
Shirley C., 12th  
Delores H., 12th  
Mary M., 19th  
Jean M., 28th

## Employee Birthdays

Emily F., 5th  
Lizeth A., 6th  
Joeine D., 6th  
Princess B., 8th  
Pearl B., 8th  
Angelo N., 15th  
Kristine T., 23rd  
Eliseo D., 24th  
Berry S., 24th  
Kristin R., 25th  
Maria C., 25th  
Kaitlyn E., 28th  
Brandon L., 29th

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## New Residents

New Residents:  
204, Sharon and Roy C.  
214, Beulah R.  
307, Janice A.  
516, Dorothy K.

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# Family Barbecue

On Aug. 30, MP hosted their Second Annual Family Night. We heard from a lot of family members and residents how much they enjoyed the time spent with family. Thank you to everyone who helped to make this a success. Enjoy the pictures included in the insert also.



## A Holiday Tradition

For many years, a project of our Resident Council (you, our residents,) has sponsored an EMPLOYEE HOLIDAY FUND.

It is our way to recognize what each staff member does 365 days a year for us: housekeeping, maintenance, wait staff, med-aids, transportation.

It is a policy we are not permitted to gift our staff; likewise, they are prohibited to receive. Therefore, our gifts through this program say "many thanks."

All staff is recipient on an equal basis.

This program begins Oct. 1 and concludes Dec. 1.

Your anonymous contributions are received in a special container at the Reception Desk.

**Your gift should be processed as follows:**

**Payable to:** Miramont Resident Council

**Note:** Holiday Fund

May the spirit of the holiday prevail!



## Like Us on Facebook

@MiramontPointe

Visit [facebook.com/MiramontPointe](https://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!

## October 25, Birthday Luncheon, 11:30 a.m., Pacifica Dining Room

October 25, Birthday Luncheon, 11:30 a.m., Pacifica Dining Room

October Birthday? Chef Haktor and staff of Life Enrichment Department has plans for your special day.

## October 29, Book Club, Rosewood Dining Room, 4 p.m.

All book lovers welcome!

## Trip to the Albany Carousel



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Calendar events subject to change.</b></p>	<p><b>1</b></p> <p>9:00 FIT to Pedal®, T</p> <p>9:30 Flowering Florists, C</p> <p><b>10:40 Prime Time in Cornelius, O</b></p> <p>11:00 Jewelry Repair, L</p> <p>2:00 Wii Bowling: Alley Cats, 7th</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p> <p>3:30 Big Word Brain Stretcher, C</p>	<p><b>2</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:00 Prayer Time w/Pastor Berry</p> <p>10:30 Bible Study, T</p> <p>10:30 Knotty Knitters, LIB</p> <p>10:30 Water Aerobics, P</p> <p>1:00 Wii Bowling: Wow, 7th</p> <p><b>1:00 Tai Chi Class, T</b></p> <p>3:00 Wii Bowling: King Pins, 7th</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>3</b></p> <p>9:00 FIT to Pedal®, T</p> <p>10:30 TED Talk, Resident Choice, T</p> <p><b>11:15 Walk in the Park, O</b></p> <p>1:00 Wii Bowling: Keglers, 7th</p> <p>2:00 FIT to Balance®, T</p> <p><b>2:30 Pianist Matthew Casey, T</b></p> <p>3:00 Wii Bowling: The Rookies, 7th</p> <p>4:00 Wine Wednesday, C</p> <p>7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>4</b></p> <p><b>8:30 Tillamook Cheese Factory, O</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:15 Catholic Communion, 7th</p> <p>10:30 Water Aerobics, P</p> <p>11:00 Executive Committee Meeting, PDR</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p>	<p><b>5</b></p> <p>9:00 Foot Care, 1st</p> <p>9:00 Donuts &amp; Trivia, C</p> <p>10:00 Beanbag Baseball, T</p> <p>10:00 Wii Bowling: Renegades, 7th</p> <p>11:15 MP Singalong, T</p> <p><b>1:00 Classical Music Appreciation, 7th</b></p> <p>1:00 Walk in the Park, O</p> <p>2:00 FIT to Balance®, T</p> <p>3:30 Yoga Flex, T</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Dice &amp; Dimes (LRC), C</p>	<p><b>6</b></p> <p>10:30 Water Aerobics, P</p> <p>1:00 Bingo, T</p> <p>6:30 Movie Night, T</p>	
	<p><b>7</b></p> <p><b>8:00 Christ the King Catholic, O</b></p> <p><b>10:00 Valley View Church\ Apostolic, O</b></p> <p>1:00 Nondenominational Church, T</p> <p><b>1:00 Musical Therapist Gabe, 2nd Fl</b></p> <p><b>3:00 Coupon Clipping for Veterans, C</b></p> <p>6:30 Evening Cinema, T</p>	<p><b>8</b></p> <p><b>COLUMBUS DAY</b></p> <p>9:00 FIT to Pedal®, T</p> <p>9:30 Flowering Florists, C</p> <p><b>11:00 Chart House Restaurant, O</b></p> <p>2:00 Wii Bowling: Alley Cats, 7th</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p>	<p><b>9</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:00 Prayer Time w/Pastor Berry</p> <p>10:30 Bible Study, T</p> <p>10:30 Knotty Knitters, LIB</p> <p>10:30 Water Aerobics, P</p> <p>1:00 Wii Bowling: Wow, 7th</p> <p><b>1:00 Watercolor w/Melissa, C</b></p> <p><b>1:00 Tai Chi Class, T</b></p> <p>3:00 Wii Bowling: King Pins, 7th</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>10</b></p> <p>9:00 FIT to Pedal®, T</p> <p>10:30 TED Talk, Resident Choice, T</p> <p><b>11:15 Walk in the Park, O</b></p> <p>1:00 Wii Bowling: Keglers, 7th</p> <p>2:00 FIT to Balance®, T</p> <p><b>2:30 Musician David Cooley, T</b></p> <p>3:00 Wii Bowling: The Rookies, 7th</p> <p>4:00 Wine Wednesday, C</p> <p>7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>11</b></p> <p><b>8:30 Spirit Mountain Casino, O</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:15 Catholic Communion, 7th</p> <p>10:30 Water Aerobics, P</p> <p><b>1:00 Bunny Therapy, L</b></p> <p>2:00 Caregiver Education, PDR</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p>	<p><b>12</b></p> <p>9:00 Foot Care, 1st</p> <p>9:00 Donuts &amp; Trivia, C</p> <p>10:00 Beanbag Baseball, T</p> <p>10:00 Wii Bowling: Renegades, 7th</p> <p>11:15 MP Singalong, T</p> <p>1:00 Walk in the Park, O</p> <p>2:00 FIT to Balance®, T</p> <p><b>2:00 All Resident Council Meeting, T</b></p> <p>3:30 Yoga Flex, T</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Dice &amp; Dimes (LRC), C</p>	<p><b>13</b></p> <p><b>9:30 Bi Mart &amp; Dollar Store, O</b></p> <p>10:30 Water Aerobics, P</p> <p>1:00 Bingo, T</p> <p><b>4:00 Singer Molli Paige, T</b></p> <p>6:30 Movie Night, T</p>
	<p><b>14</b></p> <p><b>8:00 Christ the King Catholic, O</b></p> <p><b>10:00 Valley View Church\ Apostolic, O</b></p> <p>1:00 Nondenominational Church, T</p> <p>6:30 Evening Cinema, T</p>	<p><b>15</b></p> <p>9:00 FIT to Pedal®, T</p> <p>9:30 Flowering Florists, C</p> <p><b>10:15 Slappy Jacks Restaurant, O</b></p> <p>2:00 Wii Bowling: Alley Cats, 7th</p> <p>2:30 Ted's Mobility Clinic, C</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p> <p>3:30 Big Word Brain Stretcher, C</p> <p><b>3:30 Beginners Origami, C</b></p>	<p><b>16</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:00 Prayer Time w/Pastor Berry</p> <p>10:30 Bible Study, T</p> <p>10:30 Knotty Knitters, LIB</p> <p>10:30 Water Aerobics, P</p> <p>1:00 Wii Bowling: Wow, 7th</p> <p><b>1:00 Tai Chi Class, T</b></p> <p>3:00 Wii Bowling: King Pins, 7th</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>17</b></p> <p>9:00 FIT to Pedal®, T</p> <p>10:30 TED Talk, Resident Choice, T</p> <p><b>11:15 Walk in the Park, O</b></p> <p>1:00 Wii Bowling: Keglers, 7th</p> <p>2:00 FIT to Balance®, T</p> <p><b>2:30 Pianist Stan Lasley, T</b></p> <p>3:00 Wii Bowling: The Rookies, 7th</p> <p>4:00 Wine Wednesday, C</p> <p>7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>18</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:15 Catholic Communion, 7th</p> <p>10:30 Water Aerobics, P</p> <p><b>10:30 Silver Falls Drive/ Cafe, O</b></p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p>	<p><b>19</b></p> <p>9:00 Foot Care, 1st</p> <p>9:00 Donuts &amp; Trivia, C</p> <p>10:00 Beanbag Baseball, T</p> <p>10:00 Wii Bowling: Renegades, 7th</p> <p>11:15 MP Singalong, T</p> <p>1:00 Walk in the Park, O</p> <p>2:00 FIT to Balance®, T</p> <p>3:30 Yoga Flex, T</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Dice &amp; Dimes (LRC), C</p>	<p><b>20</b></p> <p><b>9:30 Fred Meyer, Sunnyside, O</b></p> <p>10:30 Water Aerobics, P</p> <p>1:00 Bingo, T</p> <p>2:30 Saturday Sundae Social, C</p> <p>6:30 Movie Night, T</p>
	<p><b>21</b></p> <p><b>8:00 Christ the King Catholic, O</b></p> <p><b>10:00 Valley View Church\ Apostolic, O</b></p> <p>1:00 Nondenominational Church, T</p> <p><b>1:00 Musical Therapist Gabe, 2nd Fl</b></p> <p>6:30 Evening Cinema, T</p>	<p><b>22</b></p> <p>9:00 FIT to Pedal®, T</p> <p>9:30 Flowering Florists, C</p> <p><b>10:30 Skamania Lodge, O</b></p> <p>2:00 Wii Bowling: Alley Cats, 7th</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p>	<p><b>23</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:00 Prayer Time w/Pastor Berry</p> <p>10:30 Bible Study, T</p> <p>10:30 Knotty Knitters, LIB</p> <p>10:30 Water Aerobics, P</p> <p>1:00 Wii Bowling: Wow, 7th</p> <p><b>1:00 Watercolor w/Melissa, C</b></p> <p><b>1:00 Tai Chi Class, T</b></p> <p>3:00 Wii Bowling: King Pins, 7th</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>24</b></p> <p>9:00 FIT to Pedal®, T</p> <p>10:30 TED Talk, Resident Choice, T</p> <p><b>11:15 Walk in the Park, O</b></p> <p>1:00 Wii Bowling: Keglers, 7th</p> <p>2:00 FIT to Balance®, T</p> <p><b>2:30 Gospel Singer Nehemiah B., T</b></p> <p>3:00 Wii Bowling: The Rookies, 7th</p> <p>4:00 Wine Wednesday, C</p> <p>7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>25</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:15 Catholic Mass, 7th</p> <p>10:30 Water Aerobics, P</p> <p><b>11:30 October Birthday Luncheon, D</b></p> <p><b>1:00 Avada Hearing Health, 7th</b></p> <p><b>1:00 Bunny Therapy, L</b></p> <p><b>1:30 Bunny Therapy, 2nd Floor, L</b></p> <p>2:00 Caregiver Education, PDR</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p>	<p><b>26</b></p> <p>9:00 Foot Care, 1st</p> <p>9:00 Donuts &amp; Trivia, C</p> <p>10:00 Beanbag Baseball, T</p> <p>10:00 Wii Bowling: Renegades, 7th</p> <p>11:15 MP Singalong, T</p> <p>1:00 Walk in the Park, O</p> <p>2:00 FIT to Balance®, T</p> <p>3:30 Yoga Flex, T</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Dice &amp; Dimes (LRC), C</p>	<p><b>27</b></p> <p><b>9:30 Trader Joe's, O</b></p> <p>10:30 Water Aerobics, P</p> <p>1:00 Bingo, T</p> <p>6:30 Movie Night, T</p>
	<p><b>28</b></p> <p><b>8:00 Christ the King Catholic, O</b></p> <p><b>10:00 Valley View Church\ Apostolic, O</b></p> <p>1:00 Nondenominational Church, T</p> <p><b>2:30 Lemonade Social, C</b></p> <p>6:30 Evening Cinema, T</p>	<p><b>29</b></p> <p>9:00 FIT to Pedal®, T</p> <p>9:30 Flowering Florists, C</p> <p><b>10:45 Fogo de Chao, Portland, O</b></p> <p>2:00 Wii Bowling: Alley Cats, 7th</p> <p>2:30 FIT to Stretch®, T</p> <p>3:00 FIT to Be Strong®, T</p> <p>4:00 MP Book Club, PDR</p>	<p><b>30</b></p> <p>9:15 Better You (Pilates), T</p> <p>10:00 Prayer Time w/Pastor Berry</p> <p>10:30 Bible Study, T</p> <p>10:30 Knotty Knitters, LIB</p> <p>10:30 Water Aerobics, P</p> <p>1:00 Wii Bowling: Wow, 7th</p> <p><b>1:00 Tai Chi Class, T</b></p> <p>3:00 Wii Bowling: King Pins, 7th</p> <p>4:00 Happy Hour, 7th</p> <p>6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>31 HALLOWEEN</b></p> <p>9:00 FIT to Pedal®, T</p> <p>10:30 TED Talk, Resident Choice, T</p> <p><b>11:15 Walk in the Park, O</b></p> <p>1:00 Wii Bowling: Keglers, 7th</p> <p>2:00 FIT to Balance®, T</p> <p><b>2:30 Musician William S., T</b></p> <p>3:00 Wii Bowling: The Rookies, 7th</p> <p><b>3:30 Halloween Harvest Celebration, L</b></p> <p>7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>Locations</b></p> <p>Cafe, C</p> <p>Dining Room, D</p> <p>Dining Room Patio, DRP</p> <p>First Floor, 1st</p> <p>Library, LIB</p> <p>Lobby, L</p> <p>Meditation Garden, MG</p> <p>Outings, O</p> <p>Pool, P</p> <p>Private Dining Room, PDR</p> <p>Seventh Floor/Charlie's Corner, 7th</p> <p>Talbert Room, T</p> <p>Weight Room, WR</p>	<p><b>Christopher Columbus — “He was a man ahead of his time, who brought two worlds together and began the process that led to the founding of this country.”</b></p>	

# Wii Bowling Participation Luncheon

Wii Bowling Annual Awards

What a tremendously successful year we had for the Wii Bowling year for 2017-18!

The Annual Awards Luncheon was held on Sept. 11 and many were recognized for both highest team awards and individual player awards.

**The luncheon began with recognition for the founders of the Wii Bowling Program:**

Ruth W., Ruth H. and Al R.

Larry A. was fondly remembered for his dedication in coordinating teams and recording the scores for the first half of this year. Betty R. later took up his efforts in coordinating the teams and keeping the program going so well.

Wii Bowling originally began with only one team, but this year we had seven teams playing! The team names are the Alley Cats, Wow, King Pins, Rollin' Witches, Keglers, Hot Doggers and the Renegades. A total of 45 weeks of games were played this year with two games played each week, making a total of 90 games played by each team. We also gained 11 new players this year: Jim O., Jim C., Fred T., Mazie L., Roger S., Jim P., Joan P., Barbara D., Emily L., Nancy W. and David L.

The most exciting news was that last year the highest recognition was given for players with scores of over 200 points for one game. This year, 32 out of the 35 team players all scored at least one game with over 200 points! Due to this level of success, this year the bar was raised and recognition was given to players who scored over 250 points in one game. Even so, we had nine players who attained this goal — including two very significant scores:

- Ray M., 300 points! A perfect score!
- Betty R., 299 points — only one pin from a perfect score!
- Muriel H., 279
- Jim O., 278
- Marie M., 266
- Peggy W., 265
- Fred T., 265
- Roger S., 262
- Helen M., 257

**Below is a summary of the recognition and awards that were announced at the luncheon:**

**The highest scoring team for most weeks:** The Rollin' Witches (27 weeks out of 45 weeks)

**The team with the highest weekly team score:** Rollin' Witches (1689 points) and Hot Doggers (1663 points)

**The three highest team averages:**

- **First Place:** Rollin' Witches (1496.58)
- **Second Place:** Alley Cats (1401.80)
- **Third Place:** Hot Doggers (1396.02)

**The Most Improved Teams:** First Place = Keglers; Second Place = Renegades; Third Place = Hot Doggers

**Most Improved Players:** Ray M., Fred T. and Jim O.

**Most Improved, Honorable Mention:** Muriel H., Helen M., Marie M., Betty R., Thelma A., Mazie L., Roger S., Jim P., Janice T., Barbara D., Joan P.

**Most Number of Games Played:** First Place = Helen M.; Second Place = Clara M.; Third Place = Nell P.

**Highest Individual Year to Date Average Score:**

- Betty R., 234.25 average points
- Ray M., 209.95 average points
- Muriel H., 202.32 average points

Congratulations to each team and every player for their individual success and team recognition!

What a stellar year!

Wii Bowling games will begin this month. If you are interested in joining the fun, please contact Betty R. (Room 504) or Emily L. (Room 421). Games are played once each week for each team.

We would love to have you join us!

*Betty R. and Emily L., Chairs*

# The Flu Season

Flu season is approaching again. While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October.

## What Is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

## Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

*\*It's important to note that not everyone with flu will have a fever.*

## How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

## People at High Risk from Flu

Anyone can get the flu (even healthy people) and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes or heart disease), pregnant women and young children.

## Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

<https://www.cdc.gov/flu/keyfacts.htm>

# Dining Room Update

We have had good discussions on our menu over the last several months in Dining Room Committee meetings, with input from residents not on the Committee as well. Many suggestions and ideas have been explored. While there have been some modifications and efforts to meet certain needs, the ultimate conclusion by all involved is that what is provided does very well in meeting the basic needs of our community. It is an impossible task to satisfy everybody all the time. But it is felt that the variety of what is available through a changing menu, plus the offering of specials at both lunch and dinner, plus the continuous availability of a number of items on the a la carte menu, gives great choice to everyone. We give great thanks to Chef Haktor for his desire to please, his openness to suggestion and the great professionalism he brings to the job.

*Jim C., Chairman*

## A Day in the Sunshine



## October 12, Resident Council Meeting, 2 p.m., Talbert Room

October 12, Resident Council Meeting, 2 p.m., Talbert Room

Here we learn important events planned for our enjoyment. All residents encouraged to attend.



# MIRAMONT POINTE

Senior Living

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MANAGED BY  
 The Goodman Group

## Staff

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Julie Taylor

**Director of Nursing**  
Noreen Albulario

**Sales and Marketing Director**  
Amber Phoenix

**Life Enrichment Director**  
Julie Dunn

**Food and Beverage Director**  
Haktor Fleming

**Business Office Director**  
Wendy Stoneking

**Housekeeping Director**  
Kathy Hafliger

**Maintenance Director**  
Jim Wetzel

**Business Office Manager**  
Peter Bui

**Spiritual Director**  
Berry Scruggs

## PREZ SEZ

Welcome, October. By the end of the month, we will have had Halloween and it will be dark by 6 p.m. We want to welcome all the new residents and staff who have recently joined our family. We wish you all the very best.

Last month, my article acknowledged some of our volunteers who work to enrich our lives in various ways. The last paragraph said that I know there

many other folks who volunteer their time also and would welcome any input so they can be recognized. That sentence never made it in the article. So, in fairness to those folks, please let me know the missed people.

I would like to congratulate the dietary staff for working as a team. Team spirit has become very noticeable more recently with the addition of Marissa and Sally as dining room managers and Gloria, Megan and Hudson as leads and mentors. Also, other staff who are mentoring the newer staff. All are working together as a team. This greatly improves our service. Our residents have noticed the change and have commented to that effect. This is something we have needed for the residents and staff. It improves morale and efficiency. Residents appreciate and react positively to it.

The Family Day cookout was very successful. Everyone enjoyed and was well taken care of and sated. Thanks to the many staff who made it successful.



*Fred T.*