

GOOD Life News

at Miramont Pointe

MAY 2017

www.miramontpointe.com

Honoring Our Mothers

As we think of our mothers this month, we may have cause to reminisce. We may long for a favorite recipe, a gentle hug or an encouraging word. It is also a time to celebrate how blessed we are to have friends and family close by, helping us to honor mothers at Miramont Pointe. I hope this holiday you are surrounded by those who are dearest to you.



Have you ever heard of American Mothers? Well, for more than 80 years, the American Mothers organization has worked “to champion women by honoring, educating and serving mothers at home, at work and in the world”.

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strove to honor the role that mothers hold in strengthening families and the nation. The nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. If you have someone you would like to nominate they accept nominations through November.

Again, a special wish for all the wonderful mothers here at Miramont Pointe. Happy Mother’s Day.

Julie Taylor

Executive Director

Dining Room

It is a cold and rainy day in March as I prepare to write this month’s comments. But since the comments won’t appear until May, I am dreaming of a warm, sunny spring day, and picture myself and fellow residents enjoying a good lunch out on the patio. That was a very pleasurable treat last spring and summer, and I am sure many of us are eagerly looking forward to it again. Chef Haktor — get that grill warmed up and ready to go! We’re ready!

Jim C.
Chair



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

**Step into
Spring**

There’s nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one’s happiness, according to the National Institutes of Health. Don’t let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Spotlight: Colette

Colette has led a very active, cosmopolitan life. She was born in the southwest of France, the youngest of three children. Her father had a shop specializing in custom-made shoes. His employees were experts in designing perfectly fitted shoes for their customers. As a child, she remembers enjoying playing dolls with her friends and her mother making Mardi Gras costumes for her and her siblings. The family moved to Paris when she was a teenager.

Colette was living in Paris when Germany invaded France in May 1940. Having enough food for a family was easier outside of the city, so the family moved to the outskirts, where they had a country home. As the German army advanced into the countryside, the family moved again to be with family in a less occupied area. After a time they returned to their country home outside of Paris where 40 soldiers had decided to billet for a few nights. They discovered that much of the furniture had been moved out into the garden in order to spread straw on the floor for the enlisted men to sleep. Colette's brother-in-law was active in the resistance and her sister-in-law took in a Russian who had escaped a bombing, keeping him hidden until the end of the war. These activities were dangerous for the whole family but they all were bravely committed to the resistance.

In 1945, Colette and a girlfriend went to Cannes on a combination work and vacation trip. Colette demonstrated perfume, helping women choose their best fragrance. There she met Nunzio, an American lieutenant on leave. She was immediately attracted to the handsome dark-haired, blue-eyed man with the charming smile. She was reluctant to go out with him unless her friend could be included so she asked him to find an escort for her friend. After their first date they were inseparable. Colette spoke no English but Nunzio did speak some French. He was the son of Italian immigrants who had settled on Staten Island, N.Y. Nunzio had obtained a degree in plant pathology from Cornell University before being drafted for the war effort. His first step into France was onto Omaha Beach: "He was part of the heroic American young men who liberated France."



Nunzio was able to arrange to move to Paris to attend the Sorbonne, to study plant diseases. The couple was married in a chapel adjoining Reims Cathedral, the cathedral where monarchs were crowned and married.

Nunzio brought his bride back to New York where they took up residence on Staten Island. Three children were born to them, Marc, Michele, and George. Nunzio worked for the USDA — his specialty was working with flower bulbs imported from Holland. He was offered a position in Holland in order to help the bulb industry create a method for exporting clean and healthy bulbs. The family moved to Holland in 1951. Nunzio implemented a plant quarantine and sanitation bulb inspection

program in Holland which was very important for their business. They traveled extensively for his work or for vacation. They went to South Africa still under apartheid, Kenya, Thailand, India, Peru, Sri Lanka, Morocco, Spain, Portugal, Italy and Peru.

Daughter Michele describes their time in Holland. "My brothers and I attended Dutch schools starting in 1951 until we were able to

enroll in American junior high and afterwards at the American International High School. We then all went on to attend college in the United States while my parents stayed on in Holland. During our time in Holland, we took many very exciting vacations to various countries in Europe, including Belgium (where we actually lived for two years while my dad had an assignment there), France, Germany, Denmark, Luxembourg, Italy, Switzerland and Greece. We spent many school holidays in France, in a small village in southwest France where my maternal grandparents lived in a fourteenth century chateau that was owned by a cousin on my mother's side. Spending time with my grandparents in this setting was a very magical and exciting time for us, as she had animals such as goats, chickens, rabbits and a horse named Coco. We never tired of exploring the chateau from top to bottom, discovering new things all the time. We also spent every summer as a family in the south of France where we enjoyed great food and long days

on the beach. During the years we lived in Holland, we came back to the States every two years on “home leave” for several months at a time (traveling back and forth on the S.S. United States luxury liner which was always a great adventure!) and were thereby able to get to know our paternal grandparents in Staten Island, N.Y. as well as our many cousins.”

Colette has been a lifelong learner. After she and Nunzio returned from Holland, she worked for the Belgian Mission to the United Nations as a bilingual receptionist. A passion for art drew Colette to classes at the University of Maryland where she graduated with a BS at the age of 74.

Nunzio and Colette moved to Gresham in 2001 to be near their children. All three of their children lived on the West Coast at that time. Nunzio enjoyed gardening and they both enjoyed exercise classes at the local gym. They spent time every Sunday at the Franco-American Group at La Petite Provence Restaurant in southeast Portland. They also traveled to France during that time.

In 2010, Colette and Nunzio moved to Miramont Pointe. Nunzio passed away in 2011. Colette still enjoys going to the Franco American Group meetings every week. She attends the Miramont Pointe Book Club and enjoys reading, exercise group and the watercolor class. Colette is fluent in French and English. She speaks Dutch, Italian, Spanish and German at a conversational level. Colette, closing in on 100, remains active, engaged and very much a part of the community life at Miramont Pointe.

— Sue
Resident

Honoring Our Nurses

Every year, special recognition is given to nurses during National Nurses Week. The observance begins on May 6, National Nurses Day, and ends on May 12, the birthday of Florence Nightingale, who revolutionized the nursing profession.

Born in 1820 to British parents who were traveling in Florence, Italy, Nightingale was named for the city of her birth. As a child, she excelled academically, and in her teen years, aspired to become a nurse.

At that time, nursing was not the skilled occupation it is now, and hospitals were disorganized and usually unsuccessful in treating the sick. Determined to change this, Nightingale received nursing training in Germany and France, then worked at a women’s hospital in London.

In 1854, during the Crimean War, Nightingale was asked to organize a team of nurses and travel to Turkey to care for soldiers at a British camp hospital. Here, she became known as the “Lady With the Lamp,” due to her nighttime checks on the sick and wounded. Her methods of improving hygiene and providing a personal touch to patients helped reduce the camp’s death rate by two-thirds.

Following the war, Nightingale used her knowledge and experience to improve health care. She wrote over 200 books and pamphlets on health-related issues, including 1859’s “Notes on Nursing,” a practical guide that is still published today.

May 12: Resident Council Meeting, 2 p.m., Talbert Room

All residents encouraged to attend; here we learn the latest and welcome your input.

May 14: Mother’s Day

“There are not enough angels to take care of everyone in the world, so God created mothers. Happy Mother’s Day, all!”

May 20: Armed Forces Day

“Each and every member of the armed services has contributed to our nation’s freedom and liberty. With pride and gratitude we salute the brave men and women who risked their lives to protect us.”

— Anonymous

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p align="center">Calendar events subject to change.</p>	MAY DAY 1 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Jewelry Repair, L 11:00 Bugatti's Italian Rest., OC, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T	9:00 Prayer Time w/ Pastor Berry 2 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Clear Captions for Telephone, T 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	9:00 Prayer Time w/ Pastor Berry 3 9:00 FIT to Pedal®, T 10:30 TED Talks: Giver or Taker? 1:00 Wii Bowling, Keglers, 7th 1:30 FIT to Balance®, T 1:30 2nd Floor Scenic Drive, O 2:30 Pianist Jim Schroeder, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	9:15 Better You (Pilates), T 10:00 Hulda Klager Lilac Farm, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Executive Council Meeting, PDR 1:00 MP Readers Theater, T 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 6:30 Ponytail Canasta, 7th	9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Oregon History: World War II, 7th 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	10:30 Water Aerobics, P 11:00 Gardening w/Kim, PDR 1:00 Bingo, T 4:00 Hot Chocolate Social, C 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T	
	7 8:00 Church Transportation 10:30 Nondenominational Church, T 3:00 Clip Coupon/Valiant Veterans®, C 7:00 Evening Cinema, T	8 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Mike's Drive-In, Oregon City, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T 3:00 Culinary Corner, D	9 9:00 Prayer Time w/ Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, WOW, 7th 1:00 Watercolor Class, 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	10 9:00 FIT to Pedal®, T 10:30 TED Talks: Autism Spectrum 1:00 Wii Bowling, Keglers, 7th 1:30 FIT to Balance®, T 1:30 2nd Floor Scenic Drive, O 2:30 Musician Monty Eldon, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	11 8:00 Herta Fitness Assistance, WR 9:15 Better You (Pilates), T 10:00 Iliani Casino in La Center, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 1:00 Bunny Therapy, L 1:00 MP Readers Theater, T 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 6:30 Ponytail Canasta, 7th	12 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Oregon History: Wartime Indus., 7th 2:00 All Resident Meeting, T 2:30 FIT to Stretch®, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	13 9:30 Fred Meyer, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Musician William Spillette, T 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T
	MOTHER'S DAY 14 8:00 Church Transportation 10:30 Nondenominational Church, T 12:00 Mother's Day Lunch, D 2:00 Scenic Drive, O 7:00 Evening Cinema, T	15 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Paris Accessories, L 11:00 Cracker Barrel, Tualatin, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T 2:30 Ted's Mobility Clinic, C 3:00 Resident Artist Reception, D	16 9:00 Prayer Time w/ Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Low Vision Options, T 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	17 9:00 FIT to Pedal®, T 10:30 TED Talks: Bees Disappearing?, T 1:00 Wii Bowling, Keglers, 7th 1:30 Valiant Veterans® w/Bill, PDR 1:30 2nd Floor Scenic Drive, O 1:30 FIT to Balance®, T 2:30 Singer Mollie Paige, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	18 9:15 Better You (Pilates), T 10:00 Portland Zoo, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 1:00 MP Readers Theater, T 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 6:30 Ponytail Canasta, 7th	19 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Oregon History: Peacetime Ec., 7th 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	20 10:30 Water Aerobics, P 11:00 Gardening w/Kim, PDR 1:00 Jeremy's Student Recital, T 4:00 Hot Chocolate Social, C 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T
	21 8:00 Church Transportation 10:30 Nondenominational Church, T 3:00 Computer Ed.: iPad, iPhone, T 7:00 Evening Cinema, T	22 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:30 Camp 18, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T	23 9:00 Prayer Time w/ Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, WOW, 7th 1:00 Watercolor Class, 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	24 9:00 FIT to Pedal®, T 10:30 TED Talks: Danger; Single Story, T 1:00 Wii Bowling, Keglers, 7th 1:30 FIT to Balance®, T 1:30 2nd Floor Scenic Drive, O 2:30 Musician Chuck Pardue, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	25 9:15 Better You (Pilates), T 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 11:30 May Birthday Luncheon, D 1:00 Bunny Therapy, L 2:00 MP Theater: "Misconceptions," T 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 6:30 Ponytail Canasta, 7th 7:00 MP Theater: "Misconceptions," T	26 RAMADAN BEGINS AT SUNDOWN 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Oregon History: Maverick Gov., 7th 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	27 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Steel Guitarist Dom Franco, T 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T
	28 8:00 Church Transportation 10:30 Nondenominational Church, T 2:00 Scenic Drive, O 3:00 Computer Ed.: iPad, iPhone, T 7:00 Evening Cinema, T	MEMORIAL DAY 29 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 1:00 Pablo's Patriotic Music, T 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T	30 9:00 Prayer Time w/ Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Short Story Reading w/Harley, T 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	31 9:00 FIT to Pedal®, T 10:00 Field Day in the Park, O 10:30 TED Talks: Nasa, T 1:00 Wii Bowling, Keglers, 7th 1:30 2nd Floor Scenic Drive, O 1:30 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	Locations Cafe, C Pool, P Dining Room, D Private Dining Room, PDR First Floor, 1st Second Floor, 2nd Library, LIB Seventh Floor Lounge, 7th Lobby, L Talbert Room, T Outings, O Weight Room, WR	<p align="center">"We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all."</p> <p align="center">— Dorothy Day American Writer</p>	

Soaring Spirits

First of all, let me thank all of you, residents and staff, for the wonderful welcome you have given me during my first month here on staff at Miramont Pointe. It has been such a blessing the way so many of you have invited me into so many touching moments together, and I look forward to visiting with more of you in the months to come.

I now have an office in Room 407, and can be reached there by phone or, if you prefer, feel free to stop by. However, much of my time is spent with residents either in their rooms or wherever coffee is available, so please call first to see if I am there. Regularly scheduled days are Monday through Wednesday from around 9 a.m. to 3 p.m. You can also request a visit by simply telling any of the staff here at Miramont that you would like your Spiritual Director to stop by, or by calling the front desk.

It is our hope as Spiritual Directors to help residents and their families to assess and respond to their spiritual needs as best we can. We all understand that there are problems we cannot change or heal; so much of what we do is simply listen and be with you during your journey in life. We will also work with you to provide whatever spiritual resources you need to give you support and comfort as you deem appropriate.

The golden years can be a most enjoyable time without the demands of careers and raising a family. Yet as we age, unexpected issues also arise, like prior unresolved issues or problems that we now have time to address, bad news about friends or family or the world in which we live, or simply searching for a continued sense of meaning in our lives. Huge transitions also occur, like having to downsize and let go of items that are precious in our lives, moving into a Senior Living Center like Miramont and leaving behind so much that was familiar to us, and not being able to physically do those activities we enjoyed so much. We also have to deal with the tragedies of life that can happen to us at any age.

One resource that we use in helping you find your spiritual foundation which helps you deal with all of this is a questionnaire. This includes items you may not have thought of, and has been very helpful in identifying needed resources. There are no right or wrong answers here, just a series of questions we discuss to help you assess your spiritual well-being. This takes around an hour. If you would like to do this, please let me hear from you. We are here to help.

— *Berry Scruggs*, Spiritual Director

Wii Bowling May Update

All Wii bowlers have different techniques and each person's style becomes his/her own. But there are still a few things we should know ... you say, "Where and how do I find these 'few things?'" You can learn from friends who are better bowlers than you. You can have a really good bowler coach you. Or you can go online by "Googling" a few relevant words ... such as "How to improve Wii Bowling techniques", then scan through the topics that come up on your computer.

Here is one help that I found under "Wii Bowling troubleshooting": "If there always seem to be pins left, try for a faster bowl with a short, flick of the Wii Remote instead of a long, realistic bowling motion."

This month's top bowlers were Muriel L., Maryanne D., Coramae G., Marie M., and Betty R. Of course, Betty R. always has scores like 268, 257, 261, 269 ... this last week, Betty scored 258 and 299! Can you believe this lady ... one pin from another 300 game.

All bowlers are having a lot of fun on our six teams. Most of our substitutes are coming from other teams. Seems to show the fun some have bowling with a variety of people. The Rookies have recruited Peggy W. as a regular substitute. Peggy W. is looking forward to joining a team, while she enthusiastically enjoys serving as a substitute. If you wish to bowl now, become a substitute and we will look forward to getting enough bowlers to form a seventh team.

Larry A., #708

It Has Been a Real Treat to Serve You

Miramont Pointe will be celebrating 15 years of service. Please join us on Thursday, June 22, 4-7 p.m. Refreshments and live music.



**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!

Culinary Corner

In April, J.R., one of our dietary team members, dazzled us with his food art skills. He turned a simple watermelon into a piece of art. It was beautiful and the residents enjoyed getting to see his skills. In May, Chef Haktor will be teaching us how to make a "Bananas Foster". Join us Monday, May 8 at 3 p.m. in the Café.



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

Hosted by Chef Haktor and Life Enrichment Department. May birthday honorees and their guests will experience many surprises.

May 29: Book Club, 4 p.m., Library

Book lovers welcome!

May 29: Memorial Day

"Our nation owes a debt to its fallen heroes that we can never fully repay, but we can honor their sacrifice."

New Residents

#523: Rex and Melita H.

#401: Bob D.

#429: Roger S.

Resident Birthdays

LaRene P., 4th

Suzanne F., 5th

Charlotte B., 6th

Debbie L., 9th

Maryanne D., 11th

Alyce G., 16th

Alice D., 16th

Marvin T., 22nd

Josie T., 23rd

Lillian M., 27th

John H., 27th

Employee Birthdays

Monique L. B., 1st

Eddie D., 2nd

Megan B., 10th

Dmitriy S., 11th

Brittany R., 12th

Grace C., 12th

Herbert E., 13th

Marissa W., 16th

Meditas P., 16th

Sally A., 19th

Mary Bernadine C. B., 20th

Luis D., 23rd

Gurjinder G., 25th

Peter B., 25th

Parker B., 26th

Leanna C., 28th

Marshay R., 31st

Debra Y., 31st

Anniversaries

Jack & Elizabeth C., 5/7/1973

Joe & Elizabeth S., 5/13/1976

Miramont Pointe

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Berry Scruggs

Prez Sez

Hi everyone,
Meeting the challenges of using our iPad and iPhone devices, Miramont has scheduled helpful sessions on May 21, May 28, June 4 and June 11 from 3 to 4 p.m. in the Talbert Room. I have attended previous sessions that have made easier the operation of these instruments.

It has been a depressing winter and a wet spring so far. I hope you were able to enjoy some of the spring breaks and that the rest of the spring and summer will be good for us.

Happy Mother's Day to all our mothers and everyone have a nice May.



— Fred T.