

GOOD Life News

at Miramont Pointe

MARCH 2018

www.miramontpointe.com

Executive Director

Do you know your heritage?
Are you Irish?

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the United States can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.

Look for some of these traditional foods to be on our menu this month.



Julie Taylor

Executive Director

Welcome New Residents

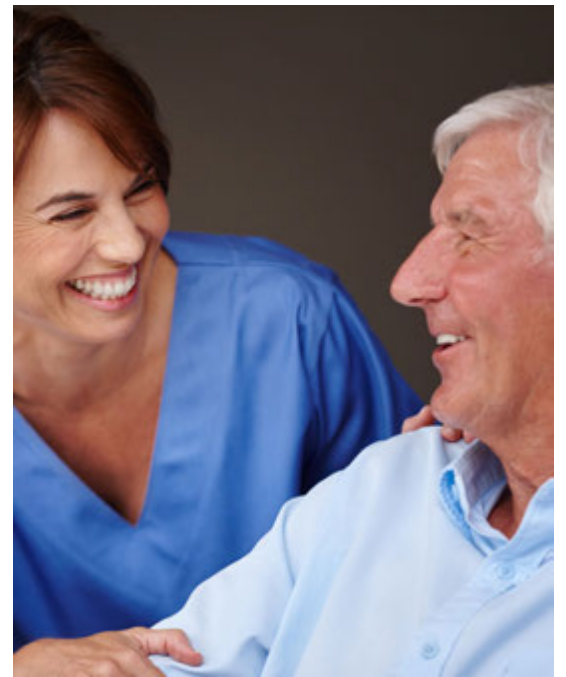
New Residents:

Bill S., 406

Robert J., 609

Lois S., 425

Nolen W., 613



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

**Platinum
Service®
Standard #20**

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."
—Don Galer*

Spotlight: Jim P.



Jim was adopted at birth by a mother who was a daycare provider and a father who traveled to work on hydroelectric power plants. Eighteen months later his sister Jan joined the family, also by adoption. His earliest memory is of the Vanport flood in the spring of 1948. He was awed by the sight of houses floating in the swollen Columbia River.

Jim's early years were spent in Parkrose. Jim loved mechanical things and things with wheels and locomotion. When he was eight, his parents divorced and he, with his mother and sister, moved to Jerome, Idaho. Because of the difference in curriculum between schools, Jim had to repeat the second grade in order to learn cursive writing. The wonderful part of living in Idaho was riding on Caterpillar tractors with his uncle who worked for an irrigation company. His mother remarried and her new husband legally adopted Jim and his sister. His new father was a devout Catholic. When the family returned to Portland and Parkrose, Jim attended St. Rita's Catholic School. He remembers wanting

to please his parents by being an altar boy but he could not remember the Latin words.

Jim's mom became ill when he was 11 and that caused a big change. Jim and his sister went to live in Forest Grove where he attended grades six and seven. They lived with his mother's cousin. There were wonderful things about living in Forest Grove. Milking a Guernsey cow, churning butter and driving a tractor were some of things he especially enjoyed. In seventh grade, Jim had "the best teacher ever" — she helped him believe in himself. Eventually, his mom got better and he and his sister were able to return to Parkrose. He attended Parkrose High School, wrestled, played football and conceived the dream of flying helicopters. He also learned how to box and boxed on TV and at Smokers. He won the Oregon Junior Golden Glove Championship in the Light Heavyweight Division in 1964.

Jim discovered that the Army had a program that trained helicopter pilots and did not require a college degree. While waiting for a slot for helicopter pilot training, Jim took a job in a light metals foundry in northwest Portland. The company made parts out of aluminum and magnesium. It was hot, dirty and dangerous work. After being on the waiting list for one year, Jim joined the Army and was off to basic training in Fort Ord, Calif. This was the beginning of his 40-year career in the military.

The first part of his helicopter pilot training took place in Ft. Wolters near Dallas, Texas. Learning to fly was one thing, but learning to hover, that was difficult! He made his first solo flight six months after joining the Army. Ninety-seven students started the training and 45 graduated. The graduates went on to Ft. Rucker, Ala. for advanced training. At Ft. Rucker, the new pilots transitioned into the Huey helicopter. They learned navigation, maintenance, instrument flying and formation flying. After four months, Jim received his wings, a Warrant Officer bar and orders for Vietnam.

From August 1965 to August 1966, Jim was stationed in Pleiku. His missions included troop transport, transporting supplies to troops and bringing out the wounded. During this tour of duty he was shot down, had holes shot in his aircraft, lost friends and a cousin to the war. He got lots of experience with flight emergencies: losing his hydraulics, losing a tail rotor and other incidents that tested his courage and quick thinking. His time was split between piloting lift aircraft and armed aircraft. At the end of the deployment he had logged 700 hours of flight time and had no physical wounds but suffered with post-traumatic stress.

In 1966, Jim was reassigned to Ft. Wolters to become an instructor pilot. The assignment was boring and without excitement much of the time, but there were times it was more frightening than combat. He volunteered for a second tour in Vietnam. Prior to leaving for this tour, he transitioned into the Army's newest helicopter, the AH-1G attack helicopter. He was stationed at CuChi in the Delta near Saigon. Jim received the Distinguished Flying Cross for skill and bravery in a day-long operation to support ground troops being overrun by the Viet Cong.

Returning to Oregon, Jim joined the Oregon Army National Guard. He began attending Mt. Hood Community College and working as an instructor pilot with the National Guard. He became a commissioned officer and completed his bachelor degree at Marylhurst College. Jim held various command and staff positions from Unit Commander to Battalion Commander. He participated in and coached the Oregon National Guard biathlon team for three years. He rose from a Staff Maintenance Officer to the State Maintenance Officer. He retired as a Full Colonel in 2004.

In 1979, Jim married Lynn and they brought three daughters into the world, Jessica, Amy and Lisa. Lynn worked full time with the National Guard as a computer operator. The family enjoyed camping in Central Oregon and at Ft. Stevens at the beach. The girls were active in basketball, volleyball, track and bicycling. Although his marriage did not work out, Jim is devoted to his three daughters and supports them in all their endeavors. All three are college graduates and have careers. He has two grandchildren.

Jim enjoys deep sea fishing and reading, particularly military history. He has been very active in athletic activities. Some of his accomplishments include running the Hood 2 Coast Relay 10 times, running the Eastern Oregon Half Marathon twice and the Rainier to Pacific Relay once. He spent two or three years being a volunteer Clackamas County Reserve Deputy Sheriff. He was a coach for the girls volleyball team in the Holy Family Parish. He feels he was successful as a coach due to his experience raising his three active girls.

Here at Miramont, he participates in Wii Bowling and exercise groups including yoga. He walks one to two miles almost every day, rain or shine. He has especially enjoyed reading with Valley View Kinders. Jim has also taken many cruises, most recently through the Panama Canal.

Sue B.
Resident

Resident Birthdays

Patricia L., 1st	Ray M., 9th
Howard B., 3rd	Joan L., 12th
Bonnie W., 4th	Susie O., 13th
Elaine S., 5th	Maurine A., 23rd
Bob K., 7th	Thelma A., 23rd
Helen M., 8th	Fred T., 24th

Employee Birthdays

Kandyce H., 2nd	Alexis S., 23rd
Patricia C., 6th	
Elizabeth R., 16th	Haktor F., 26th

Anniversaries

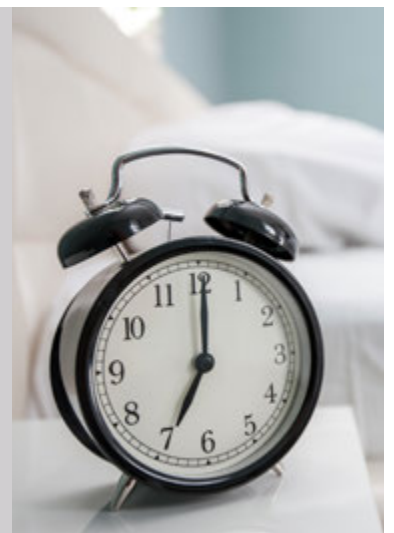
Muriel & Vic H., 3/21/2015
Oroville & Emily B., 3/28/1954

March 9, 2 p.m., Talbert Room: Resident Council Meeting

All residents encouraged to attend: staff information — all residents' input welcome. 'Tis no blarney!

March 11: Daylight Saving Begins

It's time to "spring forward" and enjoy longer days of sunshine!



MP Health Report

Thank you to those of you that did not feel well and chose to voluntarily stay in your room, so that your symptoms would not spread throughout the community. Please continue to stay hydrated and to wash your hands constantly. These are two important areas of prevention. Cheers to good health.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Locations 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			“The measure of a life, after all, is not its duration but its donation.” – Corrie Ten Boom		9:15 Better You (Pilates), T 1 10:00 Yarn Crawl, 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	9:00 Foot Care, 1st 2 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 1:00 Speaker Topic: Japanese Garden, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	9:30 Fred Meyer, Sunnyside, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Musician William Spilette, T 6:30 Movie Night, T
Calendar events subject to change.							
8:00 Christ the King Catholic, O 4 10:00 Valley View Church \ Apostolic, O 10:00 Cooking w/Shelly, 2nd 1:00 Nondenominational Church, T 3:00 Clip Coupon/Valiant Veterans®, C 6:30 Evening Cinema, T	9:00 FIT to Pedal®, T 5 9:30 Flowering Florists, C 11:00 Jewelry Repair, L 11:15 Biscuits near New Fred Meyer, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 BIG WORD Brain Stretcher, C	9:15 Better You (Pilates), T 6 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	8:30 SOS Breakfast, Veterans Only, D 7 9:00 FIT to Pedal®, T 10:00 Cinnamon Rolls & Conversation, 2nd 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th 2:00 Beg./Int. Bridge Instruction, LIB 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	8:00 Herta Fitness Assistance, WR 8 8:30 Spirit Mountain Casino, O 9:00 Casino, O 9:15 Better You (Pilates), T 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	9:00 Foot Care, 1st 9 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 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	9:30 Bi-Mart/Dollar Store, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 5 Student Recital, T 6:30 Movie Night, T	
DAYLIGHT SAVING TIME BEGINS 11 8:00 Christ the King Catholic, O 10:00 Valley View Church \ Apostolic, O 10:00 Cooking w/Shelly, 2nd 1:00 Nondenominational Church, T 2:00 Hot Chocolate Social, C 6:30 Evening Cinema, T	9:00 FIT to Pedal®, T 12 9:30 Flowering Florists, C 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 Group Game (e.g., Pictionary), C 4:00 Dinner at Saylor's Steak House, O	9:15 Better You (Pilates), T 13 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	9:00 FIT to Pedal®, T 14 10:00 Cinnamon Rolls & Conversation, 2nd 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th 2:00 Beg./Int. Bridge Instruction, LIB 2:00 FIT to Balance®, T 3:00 Wii Bowling, The Rookies, 7th 3:00 Kitchen Tour, Must Sign Up, D 4:00 Wine Wednesday, C 6:30 Pianist/Violinist David M., T 7:00 Wii Bowling, Hot Doggers, 7th	9:15 Better You (Pilates), T 15 10:00 RF Wildlife Refuge/ Lunch, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	9:00 Foot Care, 1st 16 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 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	ST. PATRICK'S DAY 17 9:30 Fred Meyer, Sunnyside, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Classical Pianist Christy, T 6:30 Movie Night, T	
8:00 Christ the King Catholic, O 18 10:00 Valley View Church \ Apostolic, O 10:00 Cooking w/Shelly, 2nd 1:00 Nondenominational Church, T 1:30 Sunday Drive, O 6:30 Evening Cinema, T	9:00 FIT to Pedal®, T 19 9:30 Flowering Florists, C 11:00 Jewish Deli, 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	SPRING BEGINS 20 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	9:00 FIT to Pedal®, T 21 10:00 Cinnamon Rolls & Conversation, 2nd 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th 2:00 Beg./Int. Bridge Instruction, LIB 2:30 Singer Mollie Paige, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 6:30 Banjo Milt S., T 7:00 Wii Bowling, Hot Doggers, 7th	9:15 Better You (Pilates), T 22 10:00 Pendleton Woolen Mills/Lunch, O 10:15 Catholic Mass 10:30 Water Aerobics, P 1:00 Therapy Bunnies, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	9:00 Foot Care, 1st 23 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 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	9:30 Trader Joe's, O 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Movie Night, T	
PALM SUNDAY 25 8:00 Christ the King Catholic, O 10:00 Valley View Church \ Apostolic, O 10:00 Cooking w/Shelly, 2nd 1:00 Nondenominational Church, T 2:00 Hot Chocolate Social, C 6:30 Evening Cinema, T	9:00 FIT to Pedal®, T 26 9:30 Flowering Florists, C 9:30 Brunch at Slappy Cakes, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 4:00 MP Book Club, PDR	9:15 Better You (Pilates), T 27 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	9:00 FIT to Pedal®, T 28 10:00 Cinnamon Rolls & Conversation, 2nd 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th 2:00 Beg./Int. Bridge Instruction, LIB 2:00 FIT to Balance®, T 2:30 Monty Eldon, 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 29 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Garments on the Go, T 11:30 March Birthday Luncheon, D	GOOD FRIDAY PASSOVER BEGINS AT SUNSET 30 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 2:00 Maundy Thurs./Good Friday, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	31 10:30 Water Aerobics, P 2:00 Saturday Sundae Social, 7th 6:30 Movie Night, T	

March 22, 11:30 a.m., Pacifica Dining Room: Birthday Luncheon

March honorees and guests to be feted by Chef Haktor and Life Enrichment staff.



April honorees

Textile Lesson

Weaver Janet W. shows other residents and guests how to use a loom. Our art display this month is centered around the medium of textiles.



Guest Speaker Luncheon

Ladies of Miramont Pointe enjoyed a lovely luncheon and a guest speaker from the Japanese Gardens.



March 26, 4 p.m., Rosewood Dining Room: Book Club

We will review "Vincent and Theo: The Van Gogh Brothers."

All book lovers welcome!

Singing Is Good for the Soul

MP Singers have taken off. Over 25 residents and family members join in this singalong. This lively group is led by Laura F.



Poem of LOVE

LOVE

Family

Caring

Closeness

Hugs

Seeing one another

Loving one another

A long time together

By: Helen T., Robin J., Sarajejan O., Eleanor F., Delores H., Judith A., Betty C.



Like Us on Facebook

@MiramontPointe

Visit 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!

Wii Bowling

The bowling tips in the January newsletter helped many bowlers improve their scores. Everyone's scores reflect their progress!

The Alley Cats and The Rollin' Witches are the leaders as we go to press. Muriel L. scores highest for The Alley Cats and Betty R., for The Rollin' Witches. Other bowlers are coming along!

Thelma A. is the most improved player as 2018 started. Others whose scores continue to improve are Ray M. and Jim C.

Welcome Emily L. as a new member on The Keglers Team. We are all having fun and welcoming others to join one of our seven teams competing each week.

Interested to be a team member or a substitute? Contact Betty R., 504.

Betty R.
Resident

Dining Room Update

Our Dining Room Committee holds its meetings the second Wednesday of each month. We have had real consistency in membership, with all five current members now having served for over a year. Chef Haktor and Jonny Day are also regular attendees at meetings. We usually have a few subjects on the agenda for a good discussion and then spend the last 20 minutes or so going over the comment cards received during the previous month. Each comment, whether favorable, unfavorable or suggestion, is taken seriously and aired to the extent necessary. Residents know they are very welcome to suggest topics they would like us to explore, to enter comment cards for us to discuss, or even to attend a meeting to raise a specific subject. The current members of the committee are Jim C. (Chairman), Alyce G., Marie M., Mary N. and Sue T.

Jim C.
Resident

Soaring Spirits

The month of March can seem so significant to us for many reasons. For our Christian residents, they are in the Lenten Season and Easter, where they celebrate the Resurrection of Jesus Christ, right around the corner on April 1. We will also gather in the Talbert Room on Friday, March 30, at 2 p.m. for our annual Maundy Thursday/ Good Friday remembrance service. We will read the Gospel accounts of the suffering and death of Jesus and celebrate Holy Communion together.

We are also anticipating moving our Wednesday worship service to Sunday, at 1 p.m. Our regular preachers have recognized the need for this and have graciously agreed to come on Sundays after their regular services.

On March 1, our Jewish residents will be celebrating the jolly festival of Purim, which is celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). It commemorates the salvation of the Jewish people in ancient Persia from the King Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day," as recorded in the book of Esther.

March is also the month when the days are getting warmer and longer, and new life is beginning to spring up out of the ground. My hope for each of you who read this is that the renewal and new life of the upcoming spring brightens your days and brings much joy to your hearts.

Chaplin Berry Scruggs



MIRAMONT POINTE

Senior Living

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MANAGED BY
 The Goodman Group

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Housekeeping Director

Kathy Hafliger

Maintenance Director

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Business Office Manager

Peter Bui

Spiritual Director

Berry Scruggs

Prez Sez

Hello everyone,

We have been fortunate to have enjoyed spring-like days in the first part of the new year. However, we still look forward to getting out in the warmer air and sun of spring and summer. This is the month we spring forward to Daylight Saving Time on Sunday, March 11; Saturday, March 17, we celebrate St. Patrick Day; Tuesday, March 20, spring begins; Palm Sunday is March 25; Holy Thursday is March 29; Good Friday is March 30; the first day of Passover is March 31; and Easter is April 1. It's a busy month with many holidays to celebrate.

I hope everyone enjoyed Valentine's Day with their loved ones. How about that Valentine Dinner and entertainment? We want to acknowledge and thank the staff and residents that make all these events happen. It goes a long way in making Miramont Pointe the special place it is.

Enjoy all of your special days and holidays.



Fred T.