

# GOOD Life News

at Miramont Pointe

JULY 2018

www.miramontpointe.com



## Executive Director

### Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

**Statue of Liberty** — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

**White House** — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

**Gateway Arch** — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

**Mount Rushmore** — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

**Grand Canyon** — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

**Golden Gate Bridge** — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.

— Julie Taylor, Executive Director



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

**Platinum Service®  
Standard #2**

*"I build lifetime relationships with our residents by creating memorable experiences."*

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.



# Resident Spotlight

**Bill P.** is a native Oregonian. He was in the Air Force and became a pilot of fighter jets and interceptor jets. He owned and ran a dive shop in Milwaukie and loves diving. His favorite place to dive is in Maui. He has also owned and piloted a small plane until very recently.

**Art and Gertrude E.** lived in Los Angeles until 1979, when they moved to Portland. Art was a barber in L.A., but here they both worked at the Federal Reserve Bank in downtown Portland. Art enjoys classic cars and has a 1966 Mustang.

**June D.** was born in Winnipeg, Manitoba. She only spoke Ukrainian the first few years of her life. She learned English at six, when her family moved to Chicago. She grew up just outside Chicago and married and lived in central Chicago, which she loved! She was employed as a telephone operator and raised two sons.

**Lois S.** grew up on a farm near Canby, and she loved being a farm girl. After high school, she took the bus from Canby to Portland to work in an insurance agency. She also lived for a time at the Martha Washington apartments for girls. She has worked as a teacher's aide and in the office at the David Douglas School district. She was married and raised four children. Her favorite activity is reading.

**Martha S.** was born in Akron, Ind. She spent much of her married life in Lexington, Ky., where her husband was a professor at the University of Kentucky. Martha also worked in the Vice President's office at the university. She has belonged to Eastern Star for 70 years and is a long time member of the Women's Club of Central Kentucky. She enjoys flower arranging, playing bridge and the singing group here at Miramont.



*Bill P.*



*Art and Gertie E.*



*June D.*



*Lois S.*



*Martha S.*

## See & Say: Falls

See and Say represents a quality improvement program that was mentioned in a previous article. The emphasis of the See & Say Guide is to ensure that all of us in facility community pay attention to signs and symptoms that could be of concern or could put a resident at risk for hospitalization. To further support this initiative, we will be including education to residents, families and staff, and we will be putting topics of significance in this newsletter. This month, the topic is "Falls." One of the reportable items on the See & Say list is "Falls." Be sure to report all falls, even if there is no apparent injury. Sometimes there are underlying causes for falls that can be determined which may help to prevent future incidents.

What can you do to decrease your risk of falling?

- Report any change to your activity tolerance — weakness or dizziness.
- Exercise to improve balance and strength. (If you are not participating in our FIT Functional Fitness® program, you might consider doing so.)
- Make sure your home is safe, including adequate lighting and reduced clutter.
- Have your vision checked regularly.
- Review all of your medications whenever you are seen by your healthcare provider.

Tell someone if you fall, and encourage every member of the community to report if they have a fall. Let's work together to promote the well-being of the residents of our community.

## Resident Birthdays

Jean M., 1st	Jack C., 17th
Bill K., 1st	Ralph S., 26th
Arthur E., 4th	James C., 26th
Cora Mae G., 10th	Frank W., 26th
Florence B., 11th	Tom L., 27th
Kathie R., 12th	Donna B., 29th
Mildred H., 13th	Gertrude E., 30th
Lorraine W., 13th	

## Employee Birthdays

Gloria K., 3rd	Amy F., 21st
Kim W., 11th	Taewoo Y., 21st
Okboon Y., 14th	Kaylie G., 23rd
Della B., 16th	Dennis N., 30th
Lisa C., 20th	Ashlie C., 30th

## Anniversaries

Ed & Coramae G., 7/14/1956

## Dining Room Report

Congratulations to Marissa W. on her recent promotion to Dining Room Manager. She has brought some good ideas to the role and is off to a good start. Her main assistant will be Sally, who we will be delighted to be spending more time with us. Marissa is planning her hours as 10 a.m. to 7 p.m. on Tuesday through Saturday. Sally will be in charge on Sunday and Monday, Marissa's days off. Marissa and Sally will hopefully have found new shirts to wear by the time this is published to identify their role. Gloria and Megan have been chosen as their main assistants. We wish them all well. Thanks also to Jonny D., Marissa's predecessor, for his good and long service, and best of luck to him in his new position.

— Jim C., Chair

## July 13: Resident Council Meeting at 2 p.m. in the Talbert Room

All residents are encouraged to attend to learn the latest!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00 Christ the King Catholic, O</b> <b>1</b> <b>10:00 Valley View Church \ Apostolic, O</b> 1:00 Nondenominational Church, T <b>1:00 Musical Therapist Gabe, 2nd</b> <b>3:00 Coupon Clipping for Veterans, C</b> 6:30 Evening Cinema, T	<b>9:00 FIT to Pedal®, T</b> <b>2</b> 9:30 Flowering Florists, C 11:00 Jewelry Repair, L <b>11:30 Lunch at the Monarch Hotel, O</b> 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB <b>2:30 Thai Chi Class, T</b> 3:30 Big Word Brain Stretcher, C	<b>9:15 Better You (Pilates), T</b> <b>3</b> 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	<b>INDEPENDENCE DAY</b> <b>4</b> 9:00 FIT to Pedal®, T 10:30 TED Talk Resident Choice, T <b>11:15 Walk in the Park, O</b> 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Patriotic Music w/Pablo G, T</b> 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	<b>9:15 Better You (Pilates), T</b> <b>5</b> 10:15 Catholic Communion, 7th <b>10:15 Mini Golf &amp; Lunch Sah Ha Lee, O</b> 10:30 Water Aerobics, P 11:00 Executive Committee Meeting, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T <b>6:30 Game Night Hosted by Margi, T</b>	<b>9:00 Foot Care, 1st</b> <b>6</b> 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T <b>1:00 Classical Music Appreciation, 7th</b> 1:00 Walk in the Park, O 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	<b>9:30 Fred Meyer, Sunnyside, O</b> <b>7</b> 10:30 Water Aerobics, P 1:00 Bingo, T <b>2:30 Saturday Sundae Social, C</b> <b>4:00 Singer Molli P, T</b> 6:30 Movie Night, T
<b>8:00 Christ the King Catholic, O</b> <b>8</b> <b>10:00 Valley View Church \ Apostolic, O</b> 1:00 Nondenominational Church, T 6:30 Evening Cinema, T	<b>9:00 FIT to Pedal®, T</b> <b>9</b> 9:30 Flowering Florists, C <b>11:15 Lunch at Outback Restaurant, O</b> 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB <b>2:30 Thai Chi Class, T</b>	<b>9:15 Better You (Pilates), T</b> <b>10</b> 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 <b>1:30 Avada Hearing, 7th</b> 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	<b>9:00 FIT to Pedal®, T</b> <b>11</b> 10:30 TED Talk Resident Choice, T <b>11:15 Walk in the Park, O</b> 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Musician Will S, T</b> 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	<b>9:15 Better You (Pilates), T</b> <b>12</b> <b>10:00 Lunch at Timberline Lodge, O</b> 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	<b>9:00 Foot Care, 1st</b> <b>13</b> 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 1:00 Walk in the Park, O 2:00 FIT to Balance®, T <b>2:00 All Resident Council Meeting, T</b> 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	<b>9:30 Bi Mart &amp; Dollar Store, O</b> <b>14</b> 10:30 Water Aerobics, P 1:00 Bingo, 7th 6:30 Movie Night, T
<b>8:00 Christ the King Catholic, O</b> <b>15</b> <b>10:00 Valley View Church \ Apostolic, O</b> 1:00 Nondenominational Church, T <b>1:00 Musical Therapist Gabe, 2nd</b> <b>2:30 Lemonade Social, C</b> 6:30 Evening Cinema, T	<b>9:00 FIT to Pedal®, T</b> <b>16</b> 9:30 Flowering Florists, C <b>10:30 Picnic at Blue Lake Troutdale, O</b> 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB 2:30 Ted's Mobility Clinic, C <b>2:30 Thai Chi Class, T</b> 3:30 Big Word Brain Stretcher, C	<b>9:15 Better You (Pilates), T</b> <b>17</b> 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	<b>9:00 FIT to Pedal®, T</b> <b>18</b> 10:30 TED Talk Resident Choice, T <b>11:15 Walk in the Park, O</b> 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Guitarist Greg E, T</b> 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	<b>9:15 Better You (Pilates), T</b> <b>19</b> 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P <b>11:00 OR Historical Museum/Picnic, O</b> 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T <b>6:30 Game Night Hosted by Margi, T</b>	<b>9:00 Foot Care, 1st</b> <b>20</b> 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 1:00 Walk in the Park, O 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	<b>9:30 Fred Meyer, Sunnyside, O</b> <b>21</b> 10:30 Water Aerobics, P 1:00 Bingo, T <b>2:30 Saturday Sundae Social, C</b> <b>4:00 Pianist Mony Eldon, T</b> 6:30 Movie Night, T
<b>8:00 Christ the King Catholic, O</b> <b>22</b> <b>10:00 Valley View Church \ Apostolic, O</b> 1:00 Nondenominational Church, T 2:00 Sunday Sundae Social, C 6:30 Evening Cinema, T	<b>9:00 FIT to Pedal®, T</b> <b>23</b> 9:30 Flowering Florists, C <b>10:15 Lunch at McMennamins in Kalama, O</b> 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB <b>2:30 Thai Chi Class, T</b> 4:00 MP Book Club, PDR	<b>9:15 Better You (Pilates), T</b> <b>24</b> 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	<b>9:00 FIT to Pedal®, T</b> <b>25</b> 10:30 TED Talk Resident Choice, T <b>11:15 Walk in the Park, O</b> 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Musician Chuck Pardue, T</b> 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C <b>6:30 New Horizons Band, T</b> 7:00 Wii Bowling, Hot Doggers, 7th	<b>9:15 Better You (Pilates), T</b> <b>26</b> 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P <b>11:30 July Birthday Lunch, D</b> 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	<b>9:00 Foot Care, 1st</b> <b>27</b> 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 1:00 Walk in the Park, O 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	<b>9:30 Trader Joe's, O</b> <b>28</b> 10:30 Water Aerobics, P 1:00 Bingo, T 2:30 Lemonade Social, C 6:30 Movie Night, T
<b>8:00 Christ the King Catholic, O</b> <b>29</b> <b>10:00 Valley View Church \ Apostolic, O</b> 1:00 Nondenominational Church, T 6:30 Evening Cinema, T	<b>9:00 FIT to Pedal®, T</b> <b>30</b> <b>9:00 Lunch at Camp 18, O</b> 9:30 Flowering Florists, C 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB <b>2:30 Thai Chi Class, T</b>	<b>9:15 Better You (Pilates), T</b> <b>31</b> 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	<b>Locations</b> Cafe, C Dining Room, D Dining Room Patio, DRP First Floor, 1st Library, LIB Lobby, L Meditation Garden, MG Outings, O Pool, P Private Dining Room, PDR Second Floor, 2nd Seventh Floor/Charlie's Corner, 7th Talbert Room, T Weight Room, WR	<p style="text-align: center;"><b>Miramont Pointe would like to congratulate our 2018 graduates!</b></p> <p style="text-align: center;"><b>Calendar events subject to change.</b></p>		

## Quote

“From every mountain side, let freedom ring.”

— *Samuel F. Smith*



## July 26: Birthday Luncheon at 11:30 a.m. in the Pacifica Dining Room

July honorees and guests will be feted by Life Enrichment Staff and Chef Haktor. There will also be surprises!

## Wii Bowling

Congratulations to Ray Mahan!

He had a perfect bowling score the week of May 7!

Having just celebrated Father's Day in June, for this month's Wii bowling report, we would like to honor the men of Miramont Pointe who participate in our Wii bowling teams!

### Hot Doggers Team

- Ray M.
- John R.
- Jim O.
- David L.
- Renegades Team
- Fred T.
- Roger S.
- Jim P.
- Jim C.



In addition to the two teams listed, we would like to recognize Steve G. Steve plays on the King Pins Team and is the only man not on an all-male team. He frequently scores among the highest scores for his team. Congrats to the King Pins Team!

The Renegades Team is the newest team that has been formed, and they are challenging the other teams with their high scores each week.

The highest accolade goes to Ray M. of the Hot Doggers Team. Ray had the topmost, perfect bowling score of 300 the week of May 7! All the men on his team are excelling at the game. Their team has averaged over 1,500 points each week during the entire month of April and several have scored over 200 points each game during the month of May!

Men beware! The women's teams are not far behind you and are willing to give you a good chase! Bring it on!

Wii bowling teams play one time each week. If you are interested in joining a Wii bowling team or subbing for an occasional game, please contact Betty R. or Emily L. We would love to have you join us!

Good luck to all our teams this month!

— *Betty R. & Emily L., Residents*



## See and Say Program

The Goodman Group has introduced a program that is being launched here at Miramont Pointe.

### Introduction to See & Say Program

Hospital admissions are costly to the individual in terms of physical, emotional, psychological and monetary resources. In order to prevent hospital admissions, The Goodman Group communities are implementing the See & Say Program.

This program will be implemented to identify individuals at risk of having a change in health and providing approaches to help reduce their risk.

There are two components to this program: The Individual Watch and the Neighborhood Watch. The Individual Watch includes the assessment of each resident to determine their risk for a change in condition. Those identified as at-risk will be visited by a nurse to help them decrease their risk. The Neighborhood Watch encourages the entire community (residents, family members and staff of all departments) to become part of a "neighborhood watch" to report changes in health conditions noticed among all residents. Through early reporting, care can be provided to prevent the worsening of any illness. Education programs will be provided during resident council programs, through the newsletter and for all staff at their department meetings.

See & Say will be used as a reminder to all to constantly be watching for changes (See) in the health of the residents and to report (Say) any changes in health early so avoidable hospitalizations can be prevented.

## Quote of the Month

"May the sun in his course visit no land more free, more happy, more lovely, than this, our own country!"

— Daniel Webster



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Facebook**

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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!

## New Residents

- Joanne C.,  
214
- Katherine  
S., 426
- Lorraine  
Z., 615



## Soaring Spirits

Summer is here! Baseball is in full swing. The days are longer, brighter and warmer. Everything is green and growing, and the colors of the blossoms around us are reminders of how much beauty there is in this world. There is so much to enjoy in the good old summertime.

There is much to celebrate in our spiritual lives here at Miramont Pointe, as well. Our church services continue on Sunday at 1 p.m., and our Catholic services on Thursday too. Our Bible Study, which meets at 10 a.m. Tuesdays in the Talbert Room, begins a study of the Randy Alcorn book entitled "Heaven" on July 3, which helps us separate some of the mythologies of the afterlife from what the Scriptures teach us. Our Tuesday Prayer and Share time meets weekly for conversation about concerns and issues for residents they would like to share and pray over. We also have a 1st Floor Reflection Time on Wednesdays at 10 a.m.

Our weekly Prayer group would like to invite you to join a Prayer Chain here at Miramont Pointe. We would establish a phone tree of residents who would like to pray for folks, with their permission, who are facing emergencies, surgeries or other difficult issues in their lives. If you would like to participate in this, please let us know in the Activities department. We also plan to place a locked "Prayer Box" near the Bible in the Library for those of you who would like to have us pray for whatever is happening in your life.

As we continue in community here at Miramont Pointe, may the joys of summer bring warmth and joy to you and those around each of us as well.

— Berry Scruggs, Spiritual Director



# MIRAMONT POINTE

Senior Living

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MANAGED BY  
 The Goodman Group

## Staff

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**Housekeeping Director**

Kathy Hafliger

**Maintenance Director**

Jim Wetzel

**Business Office Manager**

Peter Bui

**Spiritual Director**

Berry Scruggs

## Prez Sez

Hi everyone,

Welcome to the month of July. We always looked forward to this month, because it meant we would fly out to Portland and visit our kids. We always enjoyed being with our kids and the good weather

Oregon had to offer at that time of the year. We also enjoyed getting together with their friends, who always welcomed us like family. One of our big treats was eating dinner on the patio on a beautiful summer evening with the kids and their friends and chatting into the night. It was always so warm and welcoming. It's nice that we are now Oregon residents and get to spend our life among all of you. I always have special thoughts of this as we welcome the month of July and wish that all of our Miramont Pointe friends and family enjoy it as much as we do.



— Fred T.