

GOOD Life News

at Miramont Pointe

NOVEMBER 2017

www.miramontpointe.com

Spotlight: Miramont Veterans

This month, we honor the many veterans who live at Miramont Pointe. Each of the veterans who live here tell uniquely interesting stories about their time spent in the military. I wish there was room to tell more of those stories. I feel honored to have heard so many of them.

The Army:

Dave H.: served with the Black Panthers 66th Infantry Division. Trained for combat, his troop ship was on the way to Germany when the war in Europe was declared over. The ship was diverted to France where he was assigned to be a guard in a prisoner of war camp.

Eddie M.: Chief Warrant Officer, started his military career in the Marine Reserves, moved to the Air Force and then the Army serving as a multi-system technician all over the world. He spent time on the DMZ in Korea and was awarded a Purple Heart in connection with his service in Vietnam. He spent 20 years as a civil technician and 20 years with the Army. He did not retire until June 2002.

Larry A.: was a Staff Sergeant and served in Alaska. He was in communications, using code, voice and scrambling techniques. He was in the Army, 1954-1962. In the Reserves, he joined a helicopter unit and really loved flying. His unit was activated and he spent a year at Fort Benning, Ga.

Clarence W.: served as a glider-man. Stationed in the Philippines during WWII he delivered supplies of all kinds to the troops. He was also assigned to a post in Tokyo, Japan during the postwar occupation.

Buzz B.: attained the rank of Sergeant. After his own boot camp training, he spent the rest of his enlistment training new troops.

Jim P.: Chief Warrant Officer, enlisted for helicopter training. He served two tours in Vietnam flying missions to supply troops, evacuating the wounded and doing reconnaissance. He also flew a Cobra armed assault helicopter.

Bill T.: chose to leave his work in the shipyards and join the Navy in 1942. At the induction center he was assigned to the Army and was trained in the Armored Division. He drove a water taxi in New Caledonia and was later sent to the Philippines where he experienced being shot at, bombed and being under artillery fire.

Bob S.: was selected by the Army to be in the Army Air Corps. He served two years in the South Pacific in an Advanced Echelon of the Far East Air Force. He was part of a six-man crew that set up Air Force Bases on islands as they were reclaimed from the Japanese. He traveled from island to island from Southern New Guinea to Tokyo. He served from 1943-1946.

(Continued inside)



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

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Spotlight: Miramont Veterans (Continued)

Paul F.: joined the Army Air Corps. He was assigned to the 8th Air Force and served four years, two tours of combat flying on bombers. As a Tech Sergeant he filled the roles of radioman/navigation and gunner.

Jim O.: served in the Air Force, 1951-1955. He worked on airplanes of all kinds. He was stationed near Waco, Texas and at Lowry Field in Colorado.

Bob N.: was commissioned out of the University of California ROTC. He became a radar officer for Aircraft Artillery, supervising radar operations for the area where he was stationed. He was stationed in the Pacific and spent most of his time in Hawaii, reaching the rank of captain. He comments that he has never been discharged from the Reserves.

The Navy:

Al R.: joined the Navy in 1943. He contracted rheumatic fever in boot camp and the recovery took a long time. After being released from medical care he became a signalman, learning Morse code, semaphore and light signals. As a Petty Officer 3rd Class he was stationed on the California Coast.

Darryl B.: joined the Navy in 1963. He trained as a Hospital Corpsman and then became a Combat Corpsman attached to the Marines. He served 13 months in Vietnam and the rest of his enlistment on a submarine tender stationed out of New London, Conn.

Don T.: learned to fly in the Navy, serving 1948-1953. He did two tours overseas flying seaplanes, patrolling the coast of Korea and China, the South China Sea and the Philippines. He flew along the coasts at 200 feet taking air pressures and radioing weather information back to headquarters.

Tom S.: graduated from the Naval Academy. As an engineer he then took a commission in the Air Force. He worked in the base engineer's office converting Oxnard Air Force Base into a jet-age fighter base. He served seven years of active duty.

Carl K.: served in the Navy, 1945-1958. He went to boot camp right out of high school. His duties were concentrated in the ship engine room. He was assigned to a personnel carrier that picked up troops. His ship was on the way to Pearl Harbor when the war ended. They were then diverted through the Panama Canal to Norfolk. Carl decommissioned ships in Norfolk for the rest of his enlistment.

Dr. Orville B.: served as a Navy dentist with the 1st Marines. He was on active duty 1955-1957 at Camp Pendleton. He stayed in the Reserves for 27 years and attained the rank of Captain.

Bob D.: Quartermaster, served on the Navy's Amphibious Force for two years. Stationed in the Mediterranean, the 360-foot ships ferried troops, supplies and tanks through four invasions.

Elaine B.: joined the Navy to see if she could have some adventure. At boot camp in New York City, she practiced marching near Columbia University. She was first sent to Oklahoma and finally to Farragut, Idaho where she was part of the secretarial staff at a boot camp.

The United States Marines:

Joseph S.: had hoped to join the Navy but was one of three at the induction station who was picked for the Marines. He spent the two years of his active duty in Oahu as a Sergeant working in an office.

James C.: enlisted in the Marines after graduating from Yale. He was stationed in California throughout his enlistment. After boot camp he was assigned to Camp Pendleton and 29 Palms where various clerical duties helped him focus on what he wanted to do with his post-military life.

The Air Force:

Boyd Y.: was an Air Force ROTC student at Oregon State. He was first assigned to Adair AFB and then sent to Vietnam. His assignment was a Long Range Radar, site-controlling B-52 bombers. He was then assigned to Minot, N.D., Crew Commander of Minuteman III missiles. He served in the National Guard and the Reserves, attaining the rank of Lieutenant Colonel and retiring after 24 years.

Ray M.: Major in the Air Force, piloted the B-25 (he was 18 years old when he learned to fly the B-25). He performed search-and-rescue and many other jobs in his long military career.

Vic H.: served in the Horse Cavalry for a year and then moved on to a Motorcycle Patrol along the Washington Coast during WWII. He moved from the Army to the Air Corps, becoming a Staff Sergeant and serving a tour in Korea.

Curtis R.: was in the Air Force, 1974-1978. He was a power plant operator providing backup for radar systems. He was stationed in Minnesota on the North Shore of Lake Superior, then Panama City, Fla. and in Iceland at a radar station in Keflavik.

John R.: served in the United States Air Corps/Air Force, 1943-1972. Retiring as a Lieutenant Colonel, he flew four types of cargo planes during peacetime, Korea and Vietnam. In WWII, he flew a B-17 bomber but reports that he never had to fly a bombing mission. One of his later missions was flying into and out of hurricanes in order to gather information about hurricane behavior.

Steve G.: enlisted in 1953. He trained to be a jet mechanic in Amarillo, Texas. He spent a year at a small base in Mass. He then served three years at a base in Germany. He enjoyed being able to travel all over Europe.

Rod B.: served in the Air Weather Service of the Air Force. He was in charge of enlisted technicians that maintained all types of equipment from windsocks to radar. He traveled the Southeastern United States, Puerto Rico and the Canal Zone. He attained the rank of Captain, serving 1967-1971.

Finally, we remember Charlie P.: who had a long career in the Air Force. Charlie did a lot of networking among veterans and actively supported programs here at Miramont to honor veteran residents. Thank you to all of these individuals for their service both in peacetime and in war.

— Sue B.
Resident

Executive Director

This space will be dedicated to the Veterans we are honoring this month. Thank you for your service and sacrifice for this great country.

— Julie Taylor
Executive Director



Beanbag Baseball Tournament MP vs Staff

Last year, MP's Beanbag Baseball team smoked the staff. The staff was so humiliated, we had to redeem ourselves. So this year, we started out slow but finished strong. MP residents beat the staff, 16-15. We had such a fantastic time. Thank you to everyone who participated. MP Baseball teams will take a break the months of November and December. See you next year.



Julie T. jumped with joy at her home run.



Romona G. was all smiles after her base hit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Cafe, C Dining Room, D Dining Room Patio, DRP First Floor, 1st Library, LIB Lobby, L Meditation Garden, MG</p>	<p>Outings, O Pool, P Private Dining Room, PDR Second Floor, 2nd Seventh Floor/Charlie's Corner, 7th Talbert Room, T Weight Room, WR</p>	<p align="center">Calendar events subject to change.</p>	<p>9:00 FIT to Pedal®, T 9:45 Tour of Chocolate Factory, O 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Pianist Graham James, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Executive Council Meeting, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Harvest Moon Bazaar, O 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 1:00 Bunco, C 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Country Singer Barbara C., T 7:00 Comedy Movie Night, T</p>
<p>DAYLIGHT SAVING TIME ENDS 5</p> <p>8:00 Christ the King Catholic, O 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 3:00 Clip Coupon/Voliant Veterans®, C 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:00 Drive to Mt. Angel/ Lunch, O 11:00 Jewelry Repair, L 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 BIG WORD Brain Stretcher, C</p>	<p>ELECTION DAY 7</p> <p>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 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 10:30 Albertina Kerr Lunch/ Shopping, O 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 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</p>	<p>8:00 Herta Fitness Assistance, WR 8:30 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</p>	<p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:30 Veterans' Luncheon, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>VETERANS DAY 11</p> <p>9:30 Trader Joe's, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Comedy Movie Night, T</p>
<p>8:00 Christ the King Catholic, O 12 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 1:30 "Annie" At CHS, O 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Culinary Institute, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T 3:00 BIG Word Brain Stretcher, C</p>	<p>9:00 Prayer Time w/Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 1:00 Watercolor w/Melissa, C 1:30 Avada Hearing, 7th 2:00 Colette's 100th Birthday Cake, C 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Musician Pablo, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>16</p> <p>9:15 Better You (Pilates), T 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 11:00 "Rojo" The Llama, L 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:00 Bedazzled Jewelry, L 11:15 MP Singalong, T 11:30 Larch Mountain Country Show, O 1:00 Bunco, C 2:00 Resident Council Meeting, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Musician William Spillette, T 7:00 Comedy Movie Night, T</p>
<p>8:00 Christ the King Catholic, O 19 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Sundaes Social, C 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Paris Accessories, L 11:30 Bomber Restaurant, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Ted's Mobility Clinic, C 2:30 Cardio Strength, T 3:00 Game Show "Password," T</p>	<p>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 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Pianist Monte Waters, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>THANKSGIVING DAY 23</p> <p>10:00 Specialty Coffee/ Donuts, C 1:00 Thanksgiving Meal, 1st Seating, D 2:30 Thanksgiving Meal, 2nd Seating, D 4:30 "It's a Wonderful Life" Movie, T 7:00 "The Christmas Story" Movie, T</p>	<p>9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Free Bowling at Milwaukie Bowl, O 10:00 Wii Bowling, Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T 1:00 Bunco, C 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>10:00 Dollar Store, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Comedy Movie Night, T</p>
<p>8:00 Christ the King Catholic, O 26 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Senic Drive, O 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:30 Cinematic Tribute 2 Veterans, T 12:00 Lunch at McDonald's, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T</p>	<p>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 w/Melissa, C 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>9:00 FIT to Pedal®, T 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Quartet of Flutes, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Resident "Yard Sale," T 11:30 November Birthday Lunch, D 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p align="center">"May the grateful harvest of bountiful blessings be with us this year and throughout all the future. Happy Thanksgiving Day wishes!"</p>	

New Residents

New Residents:
Arthur Mc., 307
Helen M., 518
Barbara D., 608
Ralph S., 725

Resident Council Meeting Scheduled for Friday, Nov. 17 at 2 p.m.

All are invited to attend.

Family Night a Huge Hit

MP celebrated the Assisted Living Week with costume contests, Staff Appreciation Luncheon and breakfast served by the MP Resident Council. Staff also washed and vacuumed out 21 residents' vehicles. MP hosted a family BBQ, where over 300 people were served specialty burgers and homemade pizza. Children, grandchildren and great-grandchildren played in the pool, had their faces painted, BJ the Clown created hats for many and the evening closed with a 30-piece Big Band performance. They performed to a packed house. Thank you to the tremendous waitstaff and Life Enrichment Team who were overwhelmed by the success of the evening.



Betty Crocker even made an appearance.



Miramont Honors

"The sacrifices many have made for our country in the name of freedom and democracy — the very foundation of Veterans Day."

Wii Bowling League Successfully Launched

"But friendship is precious, not only in the shade, but in the sunshine of life, and thanks to a benevolent arrangement of things, the greater part of life is sunshine." — Thomas Jefferson's letter to a friend in 1786.

During our preparations for this next year of Wii Bowling we had many problems. There were program, scheduling and logistical problems. The most interesting problems were relational. I believe our culture of friendship stimulated "a benevolent arrangement of things" that help us deal with many strained relationships. It appears we are all enjoying "the greater part of life" in the sunshine while having fun in the Wii Bowl League.

We successfully launched the bowling activity Oct. 9. Some of us noted that many of our friendships had become more enriched. Hopefully we will see friendships flourish and become even more precious as our bowling becomes more competitive. Enjoy the sunshine!

Larry A., #708

Colette's Hundredth Birthday

Join family and friends to honor Colette's S. hundredth birthday on Tuesday, Nov. 14 at 2 p.m. in the Café. Cake and coffee will be served.



Please note the inserts for November "Out and About", Soaring Spirit and an article about the Gorge Trip on the Sternwheeler.



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!

Resident Birthdays

Florence K., 1st
Ruth W., 8th
Ruth H., 9th
Virginia T., 9th
Darryl B., 13th
Janet W., 13th
Colette S., 14th
Maria L., 15th
Marvin L., 16th
Elizabeth S., 19th
Edmund M., 20th
Joe S., 20th
Joe D., 22nd
Ed G., 24th

Employee Birthdays

Christina B., 2nd
Reginaldo C., 3rd
Marissa Y., 3rd
Terrell B., 6th
Pamela N., 10th
Brenda R., 13th
Zack T., 15th
Lorna S., 16th
Jim W., 17th
Roger R., 25th
Sarahann C., 25th
Gabrielle P., 26th
Jasmina S., 27th

Anniversaries

Bill & Jackie K., 11/3/1956
Frances & Edmund
M., 11/5/1957
Ray and Marie M., 11/10/1948
Joe & Anne H., 11/25/2000



MIRAMONT POINTE

Senior Living

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Julie Taylor

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Dana Block

Sales and Marketing Director
Amber Phoenix

Life Enrichment Director
Julie Dunn

Food and Beverage Director
Haktor Fleming

Director of Community Relations
Debbie Hart Hartman

Business Office Director
Wendy Stoneking

Housekeeping Director
Kathy Hafliger

Maintenance Director
Jim Wetzel

Business Office Manager
Peter Bui

Spiritual Director
Berry Scruggs

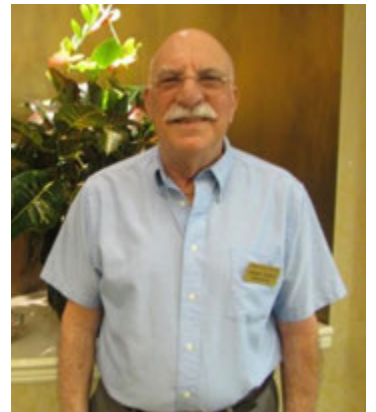
Prez Sez

I found an article similar to this and altered it with my thoughts. I wanted to share with all of you since I am very much involved in caregiver education.

You can be the change!

We all live in an environment where we are in the twilight of our years. Some of us live with loved ones with problems that are beyond ours. We become caregivers to those we have lived with many of those years. Please do not turn inward with your fears, become more jaded and deny human connection. Challenge yourself to be positive every day.

It is true that one person cannot solve the world's problems but if we just try to challenge ourselves to create positive change every day of our lives, we can collectively do our part toward achieving that goal. Guide those in our lives by showing what acceptance and compassion look like, especially to those with differing opinions. We are all humans with the same basic needs and desires. We all experience joy and grief and challenges that shape us. We cannot all agree ever, but we can all love. The strongest actions of those of us who are fortunate enough to be leaders are based on love. Step out of your comfort zone. Find the connection with those around you, both loved ones and strangers, that is often ignored. Now is the time and we are the ones we have been waiting for.



— Fred T.