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We encourage residents, guests, caregivers and families to download the app and get connected!



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MIRAMONT
POINTE

Senior Living

11520 SE Sunnyside Road, Clackamas, OR 97015
503-698-1600 | miramontpointe.com



Good Life NEWS

at Miramont Pointe

MAY 2024

LIFE ENRICHMENT HIGHLIGHTS

May 1 - Live Music by John Van Beek

May 2 - Lilac Gardens

May 5 - Cinco de Mayo Party and Live Music by Chihuahua Desert

May 7 - Lunch Outing: The Cove

May 8 - Live Music by Music We Remember

May 11 - Performance by Robert Hulscher

May 12 - Mother's Day Brunch

May 14 - Lunch Outing: Claim Jumper

May 15 - Live Music by John Van Beek

May 15 - Broadway Show Outing: Annie

May 21 - Lunch Outing: Mike's Drive In

May 22 - Music by Larry Wilder

May 23 - Outing to Hidden Falls Nature Park

May 25 - Charles & The Angels

May 27 - Memorial Day Celebration

May 28 - Lunch Outing: Imperial Gardens

May 29 - Music by Stan Laskey

May 30 - Outing to Mountain Peaks Therapy
Llamas & Alpacas



NATURE OUTSIDE OUR DOOR



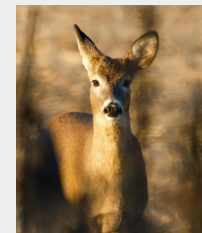
What Jim saw on Mar. 26 in
the Mount Talbert Nature Park:



Barred Owl

The "Wise Old Owl" fits well as a neighbor of Miramont Pointe residents. It observes us from the Magonolia trees near the flags and can keep his

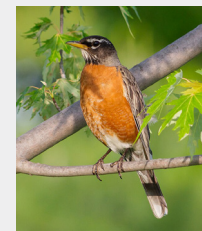
eyes on us because his head swivels. You might hear his call in the night, "Whooo cooks for you? Whooo cooks for you all?"



Doe (female deer)

Does usually birth their fawns from mid-May into June so that they can hide them in tall grasses or other thick vegetation. Thus, they can

protect their fawns while foraging to produce more milk. Soon, the fawns will add easily digested shoots to their diet of milk, so their habitat is both protective and nutritional.



Robin

Robins, also known as Robin Redbreasts, are well known birds for their songs. Their preferred foods are earth worms, so they do not show

up at bird feeders.

Let us know what wildlife you observe in the outdoors around Miramont Pointe. There is a lot more going on than you realize.

Jim O. and Helen G.

TEAM MEMBERS

Executive Director

Trevor Taylor

Director of Nursing

Christine Ng

Director of Sales & Marketing

Amber Phoenix

Life Enrichment Director

Kim Koppert

Community Relations Director

Toni Mode

Business Office Director

Alahanna Kelly

Culinary Director

Christi Ross

Spiritual Care Director

Elizabeth Durant

Maintenance Director

Ron Thornley



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Harry B.



NEW RESIDENTS

We would like to welcome our newest residents!

- Jan S.
- Joanne "Jo" M.



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Jean P. - 5/2
- Elaine C. - 5/4
- Debbie L. - 5/9
- Joyce C. - 5/9
- Joan K. - 5/14
- Alyce G. - 5/16
- Pat S. - 5/16
- Josie T. - 5/23
- Darrell W. - 5/25
- Glen H. - 5/25
- Ardith B. - 5/26
- Carol K. - 5/28



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FROM THE EXECUTIVE DIRECTOR

Honoring Mother’s Day beyond loss

Mother’s Day is a day dedicated to honoring and celebrating the influence and importance of mothers in our lives. While this day is traditionally associated with showing appreciation to mothers who are still with us, its significance can extend far beyond the physical presence of a mother. This is especially important to me, after experiencing the loss of my own mother in 2020. Even after a mother has passed away, there are profound benefits and reasons to continue observing and cherishing Mother’s Day.

Tribute to Memory and Legacy

Honoring Mother’s Day after your mom has passed away provides a meaningful opportunity to pay tribute to her memory and the enduring legacy she left behind. Reflecting on her life, her values and the impact she had on your life can bring a sense of comfort and connection, keeping her spirit alive in your heart.

Emotional Healing and Connection

Engaging in activities to honor your mom on Mother’s Day can be a powerful part of the healing process after loss. It allows you to express your emotions, reminisce about cherished moments, and feel connected to her in a special way. Writing a letter, visiting her favorite place or sharing stories with loved ones can be profoundly therapeutic.

Continuing Traditions

Many families have unique traditions associated with Mother’s Day, such as special meals, outings or gatherings. Continuing these traditions, even in the absence of your mom, can provide a sense of continuity and comfort. It keeps alive the rituals that held significance for her and strengthens the bonds within the family.

Gratitude and Appreciation

Expressing gratitude for everything your mother did for you, even after she’s gone, is a beautiful way to honor her memory. Reflect on lessons she taught you, the sacrifices she made and the love she shared. Acknowledging her impact on your life can foster a deeper sense of appreciation.

Fostering Generational Bonds

Observing Mother’s Day after your mom’s passing can also be a way to strengthen bonds with other family members. It’s a time to come together, share stories and celebrate the role of mothers across generations. This intergenerational connection can be profoundly meaningful and supportive.

Personal Growth and Reflection

Mother’s Day can prompt deep personal reflection about the passage of time, the nature of loss, and the importance of cherishing our loved ones. It can inspire personal growth and a renewed commitment to living in accordance with the values your mother instilled in you.

Although Mother’s Day may bring a mix of emotions, it remains a day rich with significance and benefits. It provides an opportunity for healing, remembrance and celebration of a relationship that transcends physical presence. By honoring Mother’s Day, we keep alive the enduring legacy of love and gratitude that our mothers imparted to us, enriching our lives and those around us in meaningful ways.

Trevor Taylor
Executive Director

SOARING®: SUPPORTING THE SPIRIT

“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment, I know this is the only moment.” - Thich Nhat Hanh



One of the gifts of being at Miramont Pointe is the opportunity to witness the seasons changing in the woods all around us. When I pay attention, I am rewarded with something new. It’s so easy to ruminate, be distracted, worry about the future or dwell in the past. Being in the present moment is a spiritual practice, as we stop and notice what the journey has to offer along the way. The “now” is filled with many gifts, if we have the eyes to see them.

Here are a few invitations to notice what is new around you each day:

Mindful eating

Begin by noticing each part of your meal; the texture of the napkin, the weight of a fork in your hand. Then pay more attention to what you’re eating — the sensory experiences of color, aroma, texture and taste.

Mindful observing

As you move about your apartment or in the building this week, look around. Stop and enjoy the art displayed in the hallways. Did you notice something you haven’t seen before? Look out the windows. What trees have new leaves? What colors are in the sky? Go outside if you can. Take advantage of the natural beauty in your outdoor space.

Mindful connecting

Look closely when you’re talking with someone. Look into their eyes and notice their face. Listen deeply. Ask questions. Learn something new about them. Lavish compassion and kindness, hope and second chances on anyone who crosses your path.

The present moment is a place where we can live in awareness with all of our senses. Even when we are in struggle, grief or pain, noticing and savoring moments of ease, beauty or connection are essential.

I’m honored to journey with you in the ups and downs of this moment. You can reach me at 503-698-1613 or drop by Room 308 on Tuesday through Thursday. May you notice something new to encourage your spirit this month!

Elizabeth Durant
Spiritual Care Director

MAINTENANCE REQUESTS

If you have any maintenance requests (i.e. light out, light switch not working, television issues, hanging up a picture, etc.), please contact the Front Desk. The receptionist will enter your request into the TELS system, which will be directed to the maintenance team.

MONTESSORI MOMENTS

Happy spring! Our friends at Pearl Garden have been excited for the sunshine and warmer weather! We had a blast at our Saint Patrick’s Day party and celebrated Shirley’s birthday as well! There was cake, family, friends and fun! We also enjoyed an exciting Easter celebration, which included baking cookies, hunting for Easter eggs and even a visit from the Easter Bunny! In addition we had a visit from Newman, a very gentle golden retriever. We look forward to many more birthday celebrations coming up this month and plenty of time out in the sun!



TEAM MEMBER SPOTLIGHT

Get to know Diego

Diego exemplifies Platinum Service® daily when interacting with residents, families and team members. He has shown these qualities from his first day. He is always willing to go the extra mile for requests or staying as long as needed to see a task to completion. His work ethic is difficult to match and this quality has not gone unnoticed in our building. Beyond the positive impact Diego has made on the residents, he makes working at Miramont Pointe a better place for his coworkers as well.



FROM THE RESIDENT COUNCIL PRESIDENT

On growing “old”

I was in the hospital for a few days this past week. Immediately after being admitted, I went from a “vertical person” to a “horizontal person.”

To someone whose hearing is quite good, thank you — to someone everyone shouted to. If they had thought about it, they probably would have also doubted my eyesight. All this was demeaning. I wish I had realized it at the time, but I’m sure it was related solely to my age — not any deficiency they could prove about me. And so, I succumbed to lying in bed when I would have preferred some upright position and constantly reminding team members, including doctors, that they did not have to raise their voices. It’s not easy to be a patient with patience.

P.S. All healed and happy to be vertical once more. Although, I would like to share a reminder to all — You don’t have to shout!

Elaine
Resident Council President

NATIONAL NURSES WEEK

Nurses are nationally honored every year May 6-12 during National Nurses Week, but the nursing profession deserves constant appreciation and recognition for the lives they touch. Please show your appreciation for the dedication, care, love and support they provide, not just this week, but every day, by writing heartfelt letters of thanks to the nurses who have affected your life here.

As Florence Nightingale, the founder of modern nursing and whose birthday is May 12, stated, “The greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel.” Thank you to our amazing nurses. You are appreciated!