

# GOOD Life News

at Miramont Pointe

JANUARY 2019

www.miramontpointe.com



## Santa Breakfast

On Saturday, Dec. 8, MP held their Annual Santa Breakfast. We look forward to this event every year, and this year was no exception. We served approximately 480 residents, staff and loved ones in our dining room, while old fashioned carolers strolled and Mr. and Mrs. Claus brought holiday cheer to all. Families decorated gingerbread houses while our celebrated guests "Rojo" the Llama and "Napoleon" the Alpaca shared some love. The pictures clearly represent that the most important things during the Holidays are not the gifts we give, but the time we get to spend with family and friends (even our furry friends). Thank you for allowing MP to be a part of your family.



*Julie Taylor*

Executive Director



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

### Platinum Service® Standard #6

*"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."*

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

## Spotlight: Jackie K.

This month's Spotlight honoree was modest in accepting our request, commenting, "there really isn't anything of interest that the residents would enjoy."

Read on!

Jacqueline "Jackie" K. was born on a farm in Frankfort, Ind., on a bright June day. Her family included dad, a farmer; mom, a nurse; and a sister.

Her early family life included moving 17 times, finally settling in Bloomington, Ind., and attending high school.

Following graduation, she enrolled in Purdue University, earning a Bachelor of Science Degree in chemistry in 1956 and a Masters Degree in 1957!

Opportunities were available for employment in Dow Chemical located in Midland, Mich., and also for romance. There she met fellow employee, Michael, who had just completed his military duties. The romance resulted in their 1958 marriage.

Sons Charles and Gregg were born in 1959 and 1963. During school years, the boys were involved in Scouts; however, all weekends were centered as family events enjoying skiing, snow sports and water sports, all the diverse activities their community afforded.

Jackie and Michael retired after 42 years at Dow and settled in Naples, Fla., for 15 years until Michael's passing four years ago.

Charles, Gregg and three grandchildren living in Oregon beckoned Jackie to relocate to Miramont Pointe in March 2018. She is so pleased to be in her new home surrounded by her family and Miramont family.

At this point in our visit, Jackie indicated that was all she could contribute, however, Charles had more to share with pride:

In 1979, Jackie was the first woman to be elected as Dow Vice President of Global Core Technologies Research & Development and is the holder of 19 patents!

Jackie's unassuming nature precludes her achievements!



## Dine and Be Kind

Did you know that January is Be Kind to Food Servers Month? We are so fortunate here at MP to have a team of 35 exceptional servers in our dining room. They are lead by Chef Haktor, Marissa and Sally. Show your appreciation to these hardworking individuals by following these tips:

**Be upfront with special requests:** If you have food allergies or dietary restrictions, let your server know before you place your order.

**Make eye contact:** Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

**Learn your server's name:** Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

**Keep the table clear:** Placing your bag, wallet, phone and other personal belongings on the table takes up valuable space needed for plates and beverages.

**Remember the golden rule:** Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Thank you to these hard working, enthusiastic team members for their daily service to our community. We appreciate you.

# Soaring Spirits

I read a sign the other day which said, "Yesterday is history. Tomorrow is your future. Today is your life." This seemed like good advice, about not pondering too much about the past or worrying too much about the future. Yes, life is lived only in the here and now, but what are the characteristics of a life lived well? This seems like a good question, and then I remembered a reflection we had with the residents on the first floor about the parable of the Good Samaritan. This is found in the Gospel of Luke (10:25-37) if you would like to look it up.

This is one of the most famous parables in the Bible, as we read about how a stranger cared for someone he did not know but whom he had found, beaten and robbed, along the highway. Now, in this story several others had seen the injured man in the ditch but had chosen not to stop and help him. The Good Samaritan, on the other hand, felt a sense of CONSIDERATION to do something for him. He could see how badly the man was hurt and immediately set out to help in any way he could.

He felt COMPASSION for the man, who was in great distress and helpless. He could see that this man might die, so what could he do? This leads to the third characteristic of the Good Samaritan; he was GENEROUS when he cared for him. He used his resources to clean the wounds and bandage them. He took the injured man to where he could be cared for and paid for the accommodations. He promised to check back on his return trip to cover any extra expenses. Some might say he was generous to a fault, but he cared enough to do this.

The Good Samaritan felt a sense of RESPONSIBILITY for the injured man. Perhaps his first thought when he saw the victim in the ditch was, "If not me, then who will help?" Finally, this leads to FRIENDSHIP, as these two men were now in relationship. Did they travel together as they returned to their homes? What did they have in common? What did each of them learn from this experience?

These are five of the characteristics of how we can make today a meaningful experience. When we follow them, each day becomes something to look forward to as we meet new people and share our lives and our time here at Miramont Pointe. Consideration, Compassion, Generosity, Responsibility and Friendship all lead to helpful and supportive communities. My hope is each of us will seek out opportunities to share these characteristics during the coming year.

*Berry S.*  
Spiritual Assistant

## Miramont Executive Committee

The mission of our committee is to interact with the residents and Staff, in addition, the sponsorship of our annual Employee Holiday Fund and to assist other committees and projects.

**The elected 2019 officers:**

**President:** Fred T.

**Vice President:** Jim O.

**Secretary:** Kathie R.

**Treasurer:** Jim C.

**Member at Large:** Marie M.

## Resident Birthdays

Muriel H., 3rd  
Emily B., 10th  
David B., 11th  
Rita S., 14th  
Carol W., 14th  
Elaine M., 17th  
Margaret P., 17th  
Dorene D., 27th  
Clarence W., 27th  
Jim O., 28th  
Emily L., 29th

## Employee Birthdays

Vanessa J., 6th  
Nellie H., 9th  
Cindy D., 11th  
Priscilla V., 12th  
Sandy A., 20th  
Wendy S., 24th  
Michelle K., 24th  
Jose A., 26th  
Brittany H., 28th  
Eleanor S., 28th

## Anniversaries

Susie & David B., 1/29/1966

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b></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 Seventh Floor/Charlie's Corner, 7th Talbert Room, T Weight Room, WR</p>		<p><b>NEW YEAR'S DAY 1</b></p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/Berry S. 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 1:00 Wii Bowling: Wow, 7th <b>2:00 Creative Cooking/Baking, C</b> 3:00 Wii Bowling: King Pins, 7th <b>4:00 Pianist Barbara A, T</b> 6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>2</b></p> <p>9:00 FIT to Pedal®, T <b>10:30 TED Talk Video &amp; Discussion, T</b> 11:15 Fred Meyer Sunnyside, O 1:00 Wii Bowling: Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Country Classic Singer Mike, T</b> 4:00 Wine Wednesday, C 7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>3</b></p> <p>9:00 Foot Care, 1st 9:15 Better You (Pilates), T <b>10:00 Pittcock Mansion, 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 4:00 Wii Bowling: The Rookies, 7th</p>	<p><b>4</b></p> <p>9:00 Donuts &amp; 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> 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th</p>	<p><b>5</b></p> <p>10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Evening Entertainment RC, T</p>
<p><b>8:00 Christ the King Catholic, O 6</b> <b>10:00 Valley View Church\ Apostolic, O</b> 1:00 Nondenominational Church, T 1:00 Musical Therapist Gabe, 2nd Fl <b>3:00 Coupon Clipping for Veterans, C</b> 6:30 Popcorn Social, T</p>	<p><b>7</b></p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C <b>11:00 Bugatti's Italian Restaurant, O</b> 1:30 Wii Bowling Rollin Witches, 7th 2:30 FIT to Stretch®, T <b>2:30 Theater Group, 7th</b> 3:00 FIT to Be Strong®, T <b>3:30 Game: 2 Truths &amp; a Lie RP, C</b></p>	<p><b>8</b></p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/Berry S. 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling: Wow, 7th 1:00 Tai Chi Class, T 2:00 Watercolor w/Melissa, C 3:00 Wii Bowling: King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>9</b></p> <p>9:00 FIT to Pedal®, T <b>10:30 TED Talk Video &amp; Discussion, T</b> 11:15 Fred Meyer Sunnyside, O 1:00 Wii Bowling: Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Singer Molli Paige, T</b> 4:00 Wine Wednesday, C 7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>10</b></p> <p>9:00 Foot Care, 1st 9:15 Better You (Pilates), T <b>9:30 Ilani Casino in Ridgefield, O</b> 10:30 Water Aerobics, P 1:00 Bunny Therapy, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Wii Bowling: The Rookies, 7th</p>	<p><b>11</b></p> <p>9:00 Donuts &amp; Trivia, C 10:00 Wii Bowling: Renegades, 7th 10:00 Beanbag Baseball, T 11:15 MP Singalong, T <b>2:00 All Resident Council Meeting, T</b> 3:30 Yoga Flex, T 4:00 Happy Hour, 7th</p>	<p><b>12</b></p> <p><b>9:30 Dollar Tree &amp; Bi Mart, O</b> 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Evening Entertainment RC, T</p>
<p><b>8:00 Christ the King Catholic, O 13</b> <b>10:00 Valley View Church\ Apostolic, O</b> 1:00 Nondenominational Church, T 6:30 Popcorn Social, T</p>	<p><b>14</b></p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C <b>10:45 Cracker Barrel Restaurant, O</b> 1:30 Wii Bowling Rollin Witches, 7th 2:30 FIT to Stretch®, T <b>2:30 Theater Group, 7th</b> 3:00 FIT to Be Strong®, T</p>	<p><b>15</b></p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/Berry S. 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling: Wow, 7th 1:00 Tai Chi Class, T <b>2:00 Creative Cooking/Baking, C</b> 3:00 Wii Bowling: King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>16</b></p> <p>9:00 FIT to Pedal®, T <b>10:30 TED Talk Video &amp; Discussion, T</b> 11:15 Fred Meyer Sunnyside, O 1:00 Wii Bowling: Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Musician/Singer Lee Nichols, T</b> 4:00 Wine Wednesday, C 7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>17</b></p> <p>9:00 Foot Care, 1st 9:15 Better You (Pilates), T <b>10:00 Jackson Bottom Wetlands, O</b> 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Wii Bowling: The Rookies, 7th</p>	<p><b>18</b></p> <p>9:00 Donuts &amp; 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</p>	<p><b>19</b></p> <p><b>9:30 Trader Joe's, O</b> 10:30 Water Aerobics, P 1:00 Bingo, T</p>
<p><b>8:00 Christ the King Catholic, O 20</b> <b>10:00 Valley View Church\ Apostolic, O</b> 1:00 Nondenominational Church, T 1:00 Musical Therapist Gabe, 2nd Fl 6:30 Popcorn Social, T</p>	<p><b>MARTIN LUTHER KING JR. DAY 21</b></p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C <b>11:15 Coaster Crossing/ Oregon City, O</b> 1:30 Wii Bowling Rollin Witches, 7th 2:30 Ted's Mobility Clinic, C 2:30 FIT to Stretch®, T <b>2:30 Theater Group, 7th</b> 3:00 FIT to Be Strong®, T <b>3:30 Game: 2 Truths &amp; a Lie RP, C</b></p>	<p><b>22</b></p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/Berry S. 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling: Wow, 7th 1:00 Tai Chi Class, T 2:00 Watercolor w/Melissa, C 3:00 Wii Bowling: King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>23</b></p> <p>9:00 FIT to Pedal®, T <b>10:30 TED Talk Video &amp; Discussion, T</b> 11:15 Fred Meyer Sunnyside, O 1:00 Wii Bowling: Keglers, 7th 2:00 FIT to Balance®, T <b>2:30 Pianist Graham James, T</b> 4:00 Wine Wednesday, C 7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>24</b></p> <p>9:00 Foot Care, 1st 9:15 Better You (Pilates), T <b>10:00 World Forestry Center, O</b> 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 1:00 Bunny Therapy, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Wii Bowling: The Rookies, 7th</p>	<p><b>25</b></p> <p>9:00 Donuts &amp; 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</p>	<p><b>26</b></p> <p><b>9:30 Dollar Tree &amp; Bi Mart, O</b> 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Evening Entertainment RC, T</p>
<p><b>8:00 Christ the King Catholic, O 27</b> <b>10:00 Valley View Church\ Apostolic, O</b> 1:00 Nondenominational Church, T <b>2:30 Hot Chocolate Social, C</b> 6:30 Popcorn Social, T</p>	<p><b>28</b></p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C <b>11:15 Ixtapa Mexican Restaurant, O</b> 1:30 Wii Bowling Rollin Witches, 7th 2:30 FIT to Stretch®, T <b>2:30 Theater Group, 7th</b> 3:00 FIT to Be Strong®, T</p>	<p><b>29</b></p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/Berry S. 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling: Wow, 7th 1:00 Tai Chi Class, T 3:00 Wii Bowling: King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling: Rollin' Witches, 7th</p>	<p><b>30</b></p> <p>9:00 FIT to Pedal®, T <b>10:30 TED Talk Video &amp; Discussion, T</b> 11:15 Fred Meyer Sunnyside, O 1:00 Wii Bowling: Keglers, 7th 2:00 FIT to Balance®, T 4:00 Wine Wednesday, C 7:00 Wii Bowling: Hot Doggers, 7th</p>	<p><b>31</b></p> <p>9:00 Foot Care, 1st 9:15 Better You (Pilates), T 10:30 Water Aerobics, P <b>11:30 January Birthday Lunch, D</b> <b>1:00 Avada Hearing Health, 7th</b> 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 4:00 Wii Bowling: The Rookies, 7th</p>	<p><b>“The time is always right to do what is right.” —Martin Luther King Jr.</b> <b>Calendar events subject to change.</b></p>	

# Wii Bowling—Scoring

FYI: Keglär is an ancient form of bowling

Said the 10 pins to the Keglär boy, Do you see what I see?

(Do you see what I see?)

Rolling down the alley right at me? Do you see what I see?

(Do you see what I see?)

A ball, a ball! Rolling straight at me!

Oh, will someone stop it, please?

Make it go to the gutter, please!

Said the Keglär boy to the rolling ball, Do you hear what I hear?

(Do you hear what I hear?)

The sound of pins falling to the floor? Do you hear what I hear?

(Do you hear what I hear?)

A strike? A spare? A split would not be fair!

Will it change who wins the game?

Will it change who wins the game?

Said the rolling ball to the Wii player, Do you know what I know?

(Do you know what I know?)

You must have said a prayer, Wii player! Do you know what I know?

(Do you know what I know?)

You threw just right! You've now scored 12 strikes!

You just bowled the highest perfect score!

Yes, you've now scored the perfect score!

Congratulations to Helen M. on the Rollin' Witches team!

She has now joined Ray M. and Betty R. as the only three players who have scored a perfect game of 12 strikes in a row, worth 300 points — a perfect score!

We are looking for two more players! Want to join us? Please call or see Emily L., Room #421.



## Like Us on Facebook

@MiramontPointe

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!

## Jan. 31: Birthday Luncheon at 11:30 a.m. in the Pacifica Dining Room

January honorees and guests, we are pleased to honor you, by Chef Haktor and the Life Enrichment Staff.

# Dining Room Committee Report

More Good Tasting Treats Coming Your Way!

First and foremost, a GIANT thank you to Chef Haktor, the kitchen and dining room staff and the activities staff for the wonderful holiday treats, special meals and events we have enjoyed over the holiday season! We appreciate you!

We would like to welcome the new Dining Room Committee members — Charlie C., Janet W. and Maurine A.

Others are welcome to attend the monthly Dining Room Committee meetings which occur at 1 p.m. on the second Wednesday of each month. Suggestions and compliments are also provided to the committee and dining room staff via the comment cards located at each entry to the Pacifica Dining Room.

Get ready for new possibilities! Chef Haktor is excited about the new menu from the Goodman Group. Chef will still be able to adjust the menu for regional preferences and holiday specialties. You will receive a copy of the special menus in advance to help you better plan your meal selections. Each new menu entrée has been approved by dieticians contracted by the Goodman Group, which will aid in better health management. You may also find the new menu to be easier to read.

Not everything is changing, though. If you should not prefer the daily specials for any day, you will still have the option of selecting the many alternative options you have always enjoyed. Besides that, we will continue to enjoy the quality of meals provided by Chef Haktor and his kitchen staff, as well as the excellent service provided by Marissa and her dining room staff.

Bon appétit, everyone!

*Emily L., Dining Room Chair*

# Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:



## **Relieves stress:**

Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

**Increases cognitive skills:** From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

**Promotes self-expression:** Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

**Sharpens motor skills:** Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

**Encourages socialization:** Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.

Please join Melissa, our watercolor art instructor, the second and fourth Tuesday of each month. She meets residents in the cafe at 2 p.m. Melissa has all the supplies and will facilitate guided instruction to help you create your watercolor masterpiece. Remember, "Beauty is in the eye of the beholder."

## **Jan. 11: Council Meeting at 2 p.m. in the Talbert Room**

A new year is a good time to hear plans our staff and committees have in store!

## **New Residents**

Patrick & Patricia K., Apt. 520

## **Jan. 28: Book Club at 4 p.m. in the Private Dining Room**

All book lovers are welcome.



# MIRAMONT POINTE

Senior Living

11520 SE Sunnyside Road, Clackamas, OR 97015  
503-698-1600 | [www.miramontpointe.com](http://www.miramontpointe.com)



MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**  
Julie Taylor

**Director of Nursing**  
Noreen Albulario

**Sales and Marketing Director**  
Amber Phoenix

**Life Enrichment Director**  
Julie Dunn

**Food and Beverage Director**  
Haktor Fleming

**Business Office Director**  
Wendy Stoneking

**Housekeeping Director**  
Kathy Hafliger

**Maintenance Director**  
Jim Wetzel

**Business Office Manager**  
Peter Bui

**Spiritual Director**  
Berry Scruggs

## Prez Sez

Happy New Year, everyone,

First, let me say our Thanksgiving feast was outstanding. The food and service were both excellent. Every detail was attended to the full extent. I never heard one complaint. Thank you and congratulations to Chef Haktor and all the staff!



Thank you, Emily L., Sue B. And Peggy W., for chairing the Nominating Committee. That is a difficult responsibility selecting candidates as an officer. Thanks to Alyce G., Muriel H., Monya G. Helen M., Betty P. Jim. P., Mary N. and Peg W., who manned the election tables and those who volunteered to fill in the spots if necessary. Also thank you to Jim C. and Kathie R. for their help on Election Day. Sue B., Emily L. and Dan N., thanks for volunteering to be the Teller Committee along with Kathie R.

Last, but not least, thank you, residents, for exceeding the previous year donations to the Employees Holiday Fund. The gratitude expressed by our staff is your reward!

Communities such as Miramont Pointe take a team of people to ensure the success of all the residents and community.

Thank you to all residents for having the faith in the Executive Committee to reelect us for another term. We will do our best to serve you and keep this community successful.

Wishing all a healthy and happy 2019!

Fred