

GOOD Life News

at Miramont Pointe

MAY 2018

www.miramontpointe.com

Executive Director

I am always impressed by the number of residents and staff who have been to the Hawaiian Islands. If you have been fortunate enough to travel to this tropical destination, then you know the lovely lei is synonymous with the Aloha State.

The May 1 holiday of May Day is celebrated as Lei Day in Hawaii, where the garland is a cherished tradition and symbol of the state's "aloha spirit."

Early Polynesian people wore lei as ornamentation and to signify social status. As tourism to the islands increased, it became customary to greet visitors with a lei and a hug or kiss on the cheek. During the days of luxury ocean liners in the 1930s to the '50s, tourists tossed their lei in the water as their ships departed, symbolizing the wish to return someday.

The most popular type of lei is strung with fragrant tropical flowers, such as plumeria, tuberose and orchids, but they can also be made with leaves, nuts, seeds, shells, feathers and other materials.

Lei can be worn by anyone at any time, and they are almost always given as gifts at birthdays, weddings and graduations, and to mark an anniversary or promotion. They're also a common fixture at memorial services.

A lei should be worn draped on the shoulders with part of the garland hanging behind the neck as well as in front. It's considered rude to turn down a lei offered to you or to take it off in front of the giver.

— Julie Taylor, Executive Director



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

**Platinum
Service®
Standard #1**

"I place our residents at the center of everything I do, personalizing my services to meet their preferences."

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

New Residents

- Bob & Joan F., 702
- Donna B., 402
- Yosh & Heidi I., 403
- Holland & Frances H., 528

Spotlight: Anne H.



Anne is the youngest of six siblings by ten minutes, her twin brother John was born first. She was born in Oregon City, just eight days after baby boy Joe, who would become her second husband. She grew up in the Dunthorp area of Portland. Her father was a doctor, and her mother, a well-educated woman from New York. Family fun revolved around the tennis court and neighborhood activities. Ann's optimistic sense of adventure emerged at an early age. At four, Anne was interested in the horse next door. She climbed a fence and somehow got herself aboard the horse. The horse promptly scraped her off his back by walking under a tree branch. Anne remembers hanging from the branch by her waist length hair, screaming for help. Unafraid of horses, she began riding English style at age 10. Her most memorable horse was named Hannibal. Hannibal was a jumper and Anne jumped him in competitions. She enjoyed school, was a voracious reader and decided she wanted to be an English teacher. When Anne was 14, she spent one summer with her sister, Ginger, who had a job at a fire lookout between Mt. St. Helens and

Mt. Adams. They were packed in on horses. Anne's job was to go out every couple of days and carry back water from a spring a mile and a half down the steep rocky trail from the lookout.

When it came time for college, Anne researched schools and settled on Swarthmore, a Quaker college outside of Philadelphia. The summer after her sophomore year she spent working in the occupational therapy department at Agnew State Psychiatric Hospital in California. During her junior year, Anne was called home to help her grandmother, who had become ill and subsequently died. Anne attended Reed College while caring for her grandmother. Returning to Swarthmore for her senior year, she sang in the Madrigal Choir, and there she met fellow student, George. They quickly became a couple. Anne graduated in June 1951, and she and George were married in August. Anne attended occupational therapy school at University of Penn, while George finished at Swarthmore, graduating in 1952. They moved to Cambridge, Mass., where George would pursue his PhD in economics at MIT. In November of that year, their oldest son, Joel, was born. In the summer of 1953, they spent two months with family on Orcas Island, returning to Cambridge in September. The following April, daughter Jennie was born.

The young family's next adventure was a move to Sweden, where George did research for his studies at MIT. Anne cared for the children, learned to speak Swedish and learned everything she could about the culture. They had a wonderful year and especially loved the three feet of snow. Anne was able to travel to the British Isles and visited friends in Glasgow, Scotland. Upon their return from the year in Sweden, George obtained his PhD. from MIT.

Anne inherited her grandmother's Portland house, so Portland became home base for the family. George was the director of admissions at Reed College; he was a good administrator but also enjoyed teaching. Before long, he was a professor of economics.

Having a home base, however, did not mean staying put. Their son, Alan, was born in July 1957, and in August, the family drove two cars across the country to Amherst, Mass., where George was to teach Economics at Amherst College. With excellent timing, friends were looking for a place to live and could stay in the Portland house while the family was in Massachusetts.

After the year at Amherst, they were back in Portland. George and Anne remembered their summer on Orcas Island and began to think about buying property there. They found exactly what they were looking for in 1959 and purchased the site of their future home.

Adventure and study combined in 1960 when George took a leave of absence from Reed to study and write about several African countries that were trying to become a federation. They lived in Southern Rhodesia (now Zimbabwe). Joel and Jennie attended school there. Anne and George became involved in the racial issues of the society. They found themselves fascinated, frightened and disheartened by the predominant white domination.

Travel for work, study and pleasure provided frequent punctuation points for the Reed College professor's family throughout the '60s. George went to Nigeria in January 1965. Anne and the children followed in April, first stopping in the Swiss Alps. Joel provided a frightening distraction when he was bitten by an

Asp and was hospitalized in Geneva for 10 days. They lived in Enugu, Nigeria, for two years. The following year, the family vacationed in Rome, Athens and Corfu. This time, it was Alan's turn to provide the counterpoint by cutting the tendon on his thumb on Corfu beach. He was sewn up by a nurse in the area, but it wasn't the best job. (On their return to Portland, the tendon was surgically reattached enabling Alan to pursue a career as a surgeon.) Other trips in that era included a visit to Maine and Halifax, New Mexico, Paris, Brittany and Belle Isle. Despite the travel and living abroad, Anne got her Masters of Arts in teaching from Reed in 1967. Her dream of being an English teacher was about to be realized.

The children grew up and went off to college. George and Anne continued to travel and were able to build their house on Orcas Island. They traveled back and forth to Orcas, spending as much time there as they were able.

George was diagnosed with lymphoma in 1982. He and Anne traveled to New Zealand and spent a month there while he was in a remission. He passed away in 1986. Anne spent her widow years traveling and teaching abroad. She taught in Zambia, China and Costa Rica. She was especially thrilled by the variety and colors of all the birds in Costa Rica.

Anne met Joe in 1999, and they were married in 2000. Joe agreed to move to Orcas Island, and they spent 16 happy years there, each pursuing their joint and separate interests. Anne and Joe moved to Miramont in 2015, where they became much enjoyed members of the community. Joe passed away on New Year's Eve 2017. Although Anne will be leaving our community soon, it is clear she will make friends anywhere she goes and will bring fond memories of her friendships here wherever her adventures take her next.

— Sue B., Resident

Passover/Seder Meal

MP hosted their first ever Jewish Celebration of the Passover. We celebrated this special event with the guidance and facilitation of our volunteer Jericho. All 29 guests had a Seder plate, and Jericho explained the significance of each item. This was an opportunity for our Jewish community to celebrate along with those who responded to an invitation to join. The feedback regarding this special celebration (no matter your faith or lack of) was overwhelmingly positive. We want to extend a huge thank you to Chaplain Berry, Life Enrichment Team members and the kitchen for preparing our wonderful meal.



**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!

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>MAY DAY 1</p> <p>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</p>	<p>2</p> <p>9:00 FIT to Pedal®, T 10:00 Cinnamon Rolls & Conversation, 2nd 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Singer Nehemiah Brown, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>3</p> <p>9:00 Silverton Alpacha Farm/Lunch, O 9:15 Better You (Pilates), T 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</p>	<p>4</p> <p>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 1:00 Walk in the Park, O 1:00 Speaker on Classical Music, T 2:00 Water Aerobics, P 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>5</p> <p>9:30 Fred Meyer, Sunnyside, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Jeremy's Student Recital, T 6:30 Movie Night, T</p>
<p>8:00 Christ the King Catholic, O 6 10:00 Valley View Church \ Apostolic, O 10:00 Cooking w/Shelly, 2nd 1:00 Nondenominational Church, T 2:00 Coupon Clipping for Veterans, C 6:30 Evening Cinema, T</p>	<p>7</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:00 Cracker Barrel Restaurant, O 11:00 Jewelry Repair, L 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB 2:30 Cardio Strength, T 3:00 Paint Party Make a Masterpiece, T</p>	<p>8</p> <p>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 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</p> <p>9:00 FIT to Pedal®, T 10:00 Cinnamon Rolls & Conversation, 2nd 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>10</p> <p>8:00 Herta Fitness Assistance, WR 8:30 Spirit Mountain Casino, O 9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 1:00 Bunny Therapy 3rd/1st, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>11</p> <p>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 1:00 Walk in the Park, O 2:00 Water Aerobics, P 2:00 All Resident Council Meeting, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C 7:00 25 Piece Orchestra Performs, T</p>	<p>12</p> <p>9:30 Bi Mart/Dollar Store, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Musician William Spillette, T 6:30 Movie Night, T</p>
<p>MOTHER'S DAY 13</p> <p>8:00 Christ the King Catholic, O 10:00 Valley View Church \ Apostolic, O 11:30 Mother's Day Buffet, D 1:00 Nondenominational Church, T 6:30 Evening Cinema, T</p>	<p>14</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 10:30 Double Mountain Pub Hood River, O 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB 2:30 Cardio Strength, T 3:00 Group Game (e.g., Pictionary), C</p>	<p>RAMADAN BEGINS AT SUNDOWN 15</p> <p>9:15 Better You (Pilates), T 9:30 Prayer Time w/Pastor Berry 10:30 Bible Study, T 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 1:00 Celebration of Life, T 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 6:30 12 Ladies Repertoire, T</p>	<p>16</p> <p>9:00 FIT to Pedal®, T 10:00 Cinnamon Rolls & Conversation, 2nd 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Pianist Matthew Casey, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>17</p> <p>9:15 Better You (Pilates), T 9:30 OMSI Robots, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>18</p> <p>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 1:00 Speaker Early Willamette Valley, T 2:00 Water Aerobics, P 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>19</p> <p>10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Movie Night, T</p>
<p>8:00 Christ the King Catholic, O 20 10:00 Valley View Church \ Apostolic, O 1:00 Nondenominational Church, T 2:00 Sundae Sunday Social, C 6:30 Evening Cinema, T</p>	<p>21</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Gustav's Restaurant, O 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB 2:30 Ted's Mobility Clinic, C 2:30 Cardio Strength, T 3:00 BIG WORD Brain Stretcher, C</p>	<p>22</p> <p>9:15 Pilates, LIB 9:30 Prayer Time w/Pastor Berry 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 10:30 Bible Study Scruggs Office 1:00 Wii Bowling, Wow, 7th 1:00 Watercolor w/Melissa, C 2:30 FIT to Stretch®, 2nd 3:00 Wii Bowling, King Pins, 7th 3:00 FIT to Be Strong®, 2nd 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>23</p> <p>1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, 2nd 2:30 Guitarist Pablo G, L 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>24</p> <p>9:15 Better You (Pilates), T 10:00 Iris Garden/Al's Garden Center, O 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 1:00 Therapy Bunnies 3rd/2nd, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>25</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 Rose Princess Reception/Lunch, T 1:00 Walk in the Park, O 2:00 Water Aerobics, P 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>26</p> <p>9:30 Trader Joe's, O 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Movie Night, T</p>
<p>8:00 Christ the King Catholic, O 27 10:00 Valley View Church \ Apostolic, O 10:00 Cooking w/Shelly, 2nd 1:00 Nondenominational Church, T 6:30 Evening Cinema, T</p>	<p>MEMORIAL DAY 28</p> <p>9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 11:00 Stone Cliff Restaurant, O 2:00 Wii Bowling, Alley Cats, 7th 2:00 Mahjongg Game, LIB 2:30 Cardio Strength, T 4:00 MP Book Club, PDR</p>	<p>29</p> <p>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</p>	<p>30</p> <p>9:00 FIT to Pedal®, T 10:00 Cinnamon Rolls & Conversation, 2nd 1:00 Wii Bowling, Keglers, 7th 2:00 FIT to Balance®, T 2:30 Guitarist Greg Ellsworth, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>31</p> <p>9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:30 May Birthday Luncheon, D 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T</p>	<p>“Grandmother – a wonderful mother with lots of practice.” – Author Unknown Calendar events subject to change.</p>	

Pen Pal Program for Pearl Garden Residents

This month, students at a local elementary school continued their pen pal project with the Pearl Garden Residents. Students responded to residents letters with their own decorative letters! The kids and residents put a lot of time and meaningful effort into their responses.



Memorial Day – Our Heroes

“The legacy of heroes is the memory of a great name and the inheritance of a great example.”

— Benjamin Disraeli



Honoring Mothers

Chef Haktor and team are planning a lovely dining experience for you on Mother’s Day. The Dining Room will be closed from 9:30 until 11:30 a.m. The dining room opens at 11:30 a.m. for the first seating. The second seating is at 1:30 p.m. The dining room will close between 3:30 and 4:30 p.m. and will re-open for dinner at 4:30 p.m.

Guest meals are \$25 per person and \$15 for children 12 and under.

Menu

- Chateaubriand Beef
- Shrimp Scampi
- Caramelized Onion and Goat Cheese Mashed Potatoes
- Grilled Asparagus
- Sherried Mushrooms
- Chopped Salad
- Petite Cheesecake

Portland Rose Festival Princesses Arrive May 25

On Friday, May 25, at 11:30 a.m., join us for an introduction of the Rose Festival Princesses in the Talbert Room. Following this brief ceremony, they will be eating with us in the Dining Room. If you are a graduate from a Portland Area High School, we would like you to be able to join your local princess representative for a meal. Otherwise, you will notice these gracious and poised young ladies sitting at various tables. Please welcome them with our MP friendliness and hospitality, and use this opportunity to encourage and support our next generation.

Resident Birthdays

Susie B., 2nd
Arthur M., 3rd
LaRene P., 4th
Charlotte B., 6th
Debbie L., 9th
Maryanne D., 11th
Alice D., 16th
Alyce G., 16th
Diane B., 21st
Josie T., 23rd
Lillian M., 27th
Robert S., 27th

Employee Birthdays

Hayley H., 6th
Megan B., 10th
Grace C., 12th
Marissa W., 16th
Sally A., 19th
Alexis C., 20th
Mary Bernadine C. B., 20th
Luis D., 23rd
Peter B., 25th

Anniversaries

Jack & Elizabeth C., 5/7/1973
Joe & Elizabeth S., 5/13/1976

MAY 11: Resident Council Meeting at 2 p.m. in the Talbert Room

All residents encouraged to attend.

Wii Bowling

All seven teams of the Wii Bowlers are doing well while enjoying the activities and friendly competition.

Clara M. is the most improved player for the month of March, achieving a score over 200 and joining many of her team members!

New resident Jerry B. is substituting as he awaits to join a team — welcome, Jerry! Betty R. is assisting Larry A. during his absence by keeping him informed to the accomplishments of all teams! Ruth W. is assisting Betty at this time.

Interested in joining this activity which meets in the 7th floor lounge? Contact Betty R., 504.

Dining Room

We may be generally pleased with the day-to-day job performed in the dining room by Chef Haktor and his staff and even come to take it all for granted. However, there are a few times during the year when Chef organizes a treat for us on a special occasion. There have been three such times so far this year, where Chef has outdone himself for our enjoyment. The first was the superb steak dinner that helped us to celebrate Valentine's Day. Then there was the S.O.S. breakfast he made to honor our resident veterans and families, which was very well received and allowed those of us who attended to wax nostalgic about our long ago days in boot camp and beyond. Finally there was the wonderful brunch provided to honor and celebrate Easter. The addition of roast lamb was greatly enjoyed and served to make it an even greater success. Our thanks to Chef, and all the staff in both the kitchen and out in the dining room, for providing such special treats.

— *Jim C.*, Resident

May Birthday Luncheon: Thursday, May 31, at 11:30 a.m. in the Pacifica Dining Room

May birthday celebrants and guests to be honored by Chef Haktor and Life Enrichment Staff.

MP Book Club: Monday, May 28, at 4 p.m. in the Rosewood Dining Room

All book lovers welcome!



MIRAMONT POINTE

Senior Living

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

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

Happy May Day, everyone, as we also observe Mother's Day on May 13 and Memorial Day on May 28.

We are certain all are looking forward to the warmer weather when we will be able to enjoy that sun we don't see much of during the winter and early spring.

Amber and Colleen, our Marketing Staff, have afforded us the opportunity to welcome many new residents to the Miramont Pointe family. Please feel free to ask any of us anything to help you settle in comfortably.

Thank you to our resident gardeners: Jim O. for all his work with the flowers and plantings on the terrace and patio in front of the building and Mary N. and Roger S. for pruning the roses. Their efforts extend a "warm welcome" to our visitors.

Happy Mother's Day to all mothers and grandmothers!

— Fred T.

