

GOOD Life News

at Miramont Pointe

JULY 2017

www.miramontpointe.com

Executive Director

Miramont Pointe First Clackamas Senior Living Community to Receive 2017 National Bronze AHCA/NCAL Award

Miramont Pointe has been recognized as a 2017 recipient of the Bronze Commitment to Quality Award by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The award is the first of three distinctions possible through the AHCA/NCAL National Quality Award Program, which honors long term and post-acute care providers that have demonstrated their commitment to improving the quality of senior care. Since the implementation of the awards in 1996, Miramont Pointe is the first in Clackamas County to be recognized.

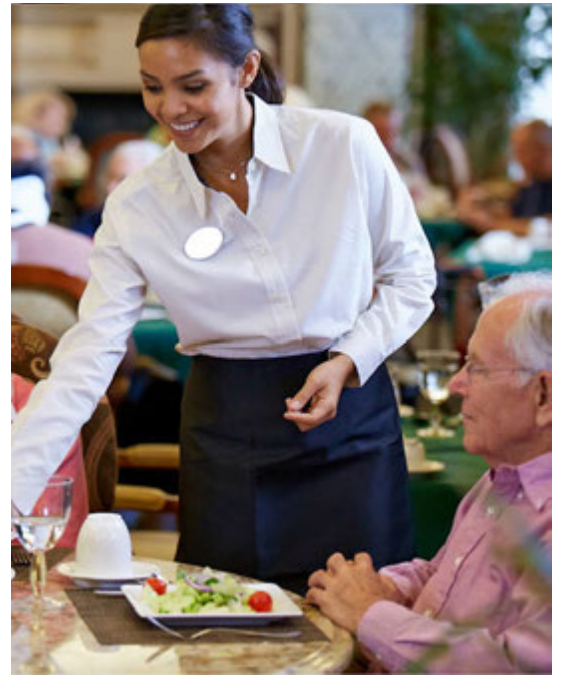
The National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program, assisting providers of long term and post-acute care services in achieving their performance excellence goals.

The program has three levels: Bronze, Silver and Gold. Facilities begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers' expectations. Bronze applicants must demonstrate their ability to implement a performance improvement system. A team of trained Examiners reviews each Bronze application to determine if the facility has met the demands of the criteria. As a recipient of the Bronze Commitment to Quality award, thank you to a great team who is dedicated to the success of Miramont Pointe.



Julie Taylor

Executive Director



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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Breakfast Book Club

MP Book Club is moving to BREAKFAST. We are currently reading "The Murderess" by Alexandros Papadiamantis. If you would like to join the conversation, please join the Breakfast Book Club on Monday, July 31 in the dining room at 8:30 a.m.



Rose Festival Princesses Visit MP

Miramont Pointe was very privileged to have the 15 Portland Rose Festival Princesses join our community for dessert on Friday, June 2. These gracious and extremely accomplished young ladies represent 15 local schools or areas in greater Portland. After each princess shared her name and background, they spent the remainder of the time visiting with alumni from their high school and engaged in conversation the residents. It was a joy to see and hear all the great conversations and connections between our wonderful residents and these poised young ladies.



July 14: Resident Council Meeting, 2 p.m., Talbert Room

All residents encouraged to attend.

Welcome New Residents

William B., Apt. 609

Nadine T., Apt. 607

Dining Room

The Dining Room Committee continues to meet monthly on the second Wednesday of each month. Chef Haktor and Jonny Day always join in the meetings. One of the subjects we have been discussing recently on a regular basis is the question of why, too often, servings are not served as hot as they should be. There seem to be multiple reasons why this happens, but we are still exploring possible solutions.

We have also discussed recently there has been too much food waste and Chef Haktor has agreed that he can't please everybody all the time, and has had to cut back sometime on the variety of items carried. Chef Haktor assures us that every effort will be made to retain favorites.

Our meetings always close with a review of each of the comment cards submitted within the previous month. I assure you all comments are taken seriously by the committee members, and by Chef Haktor and Jonny, and follow-up is taken where appropriate.

— Jim C.
Chair

July 27: Birthday Luncheon, 11:30 a.m., Pacific Palisades Dining Room

July honoree and guests to be feted by Chief Haktor and Life Enrichment Department.

Wii Bowling News

We are among hundreds of residents living in senior assistant living/residential care facilities in the United States who participate in organized Wii Bowling leagues. These bowlers compete in tournaments throughout America.

Recently the world's largest senior citizen Wii Bowling tournament was held in Houston, Texas. Over 2000 supporters and bowlers set a World Record for attendants at a senior citizen Wii Bowling tournament. The primary goals were not just to compete to win, but the event was for fun and fitness. Also included were a health fair and immunization clinic.

Can you imagine some of our teams participating in a "World Class" senior citizen Wii Bowling tournament? We could also compete in some tournaments in the Pacific Northwest. Such "outings" could be more fun and less expensive than a cruise to Alaska!

Our bowlers are improving to the level that we can compete in tournaments. This last month we had 15 different bowlers regularly scoring between 175 and 199. Also we had seven other bowlers who regularly had scores ranging from 200 to 289. Two of these top scoring bowlers — Muriel L. and Betty R. continually score over 210.

— Larry A. Chair #708

The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent spice level.

A source of fiber, vitamin C, potassium, calcium and several other nutrients, horseradish also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections.

Soaring Spirits

Life is full of many changes as we respond to evolving circumstances, to our needs and to those of others. One change that begins in July in the spiritual life here at Miramont Pointe is that the usual Sunday Morning Worship Services will be moving to Wednesday afternoons at 1:00 p.m.

We will also be having new preachers at the Wednesday services beginning with Ted Gregoire, who is one of Pastor Berry and Judy's best friends. Fact is, Judy often refers to Ted as her pastor. We are looking forward to having Ted join us at worship on Wednesdays once a month, and he is looking forward to meeting all of you.

Our second new preacher is Scott Wallace from the Valley View Evangelical Church right across the street from Miramont Pointe. Scott will be preaching on "The Key to Relationships" at our first service in July.

We also owe a big sense of gratitude to Ann Powell of the Abundant Life Church for her volunteer work in leading Sunday services each month for these last few years.

Blessings, Pastor Berry

Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).

The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15-30 minutes before you go outside, apply 1 ounce — about a full shot glass — of sunscreen to the parts of your body not covered by clothing.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Cafe, C Dining Room, D Dining Room Patio, DRP First Floor, 1st Library, LIB</p>						<p>10:00 Happy Valley Farmers Market, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T</p>
<p>2 8:00 Church Transportation 3:00 Clip Coupon/Valiant Veterans@, C 7:00 Evening Cinema, T</p>	<p>3 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 10:45 Lewis River Golf Course Lunch, O 11:00 Jewelry Repair, L 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 S'mores Galore/Weather Permits, MG</p>	<p>4 INDEPENDENCE DAY 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 12:00 Freedom Fare, D 1:00 Wii Bowling, WOW, 7th 2:30 FIT to Stretch@, T 3:00 Wii Bowling, King Pins, 7th 3:00 FIT to Be Strong@, T 4:00 Celebrate U.S.A. Mock/Cocktail, DRP 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>5 9:00 FIT to Pedal@, T 10:30 TED Talks, T 10:30 2nd Floor Scenic Drive, O 1:00 Wii Bowling, Keglers, 7th 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Musician Greg Ellsworth, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 6:00 Guitarist Pablo, L 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>6 9:00 Cascade Alpaca Farm, O 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 6:30 Ponytail Canasta, 7th</p>	<p>7 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>8 10:00 Happy Valley Farmers Market, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Raspberry Lemonade Social, C 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T</p>
<p>9 8:00 Church Transportation 3:00 Watermelon Refreshments, DRP 7:00 Evening Cinema, T</p>	<p>10 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 11:00 Ricardo's in Lake Osego, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 Culinary Corner, D</p>	<p>11 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 Beginners Bunco (3 Games), T 1:00 Wii Bowling, WOW, 7th 2:30 FIT to Stretch@, T 3:00 Wii Bowling, King Pins, 7th 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>12 9:00 FIT to Pedal@, T 10:30 TED Talks, T 10:30 2nd Floor Scenic Drive, O 1:00 Wii Bowling, Keglers, 7th 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Musician Chuck Pardue, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>13 8:00 Herta Fitness Assistance, WR 9:15 Better You (Pilates), T 10:00 Illani Casino in La Center, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:00 Caregiver Education, PDR 2:00 Mildred's 100th Birthday Party, C 3:00 FIT to Be Strong@, T 6:30 Ponytail Canasta, 7th</p>	<p>14 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Valiant Veterans@ Social, 7th 2:00 All Resident Meeting, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>15 10:00 Happy Valley Farmers Market, O 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Singer Molli Paige, T 7:00 Poker Group, 7th</p>
<p>16 8:00 Church Transportation 2:00 Sunday Sundae Social, DRP 7:00 Evening Cinema, T</p>	<p>17 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 11:00 Paris Accessories, L 11:00 Original Taco House, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 Ted's Mobility Clinic, C 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 Homemade Ice Cream Bonanza, C</p>	<p>18 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 Beginners Bunco (3 Games), T 1:00 Wii Bowling, WOW, 7th 2:30 FIT to Stretch@, T 3:00 Wii Bowling, King Pins, 7th 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>19 9:00 FIT to Pedal@, T 10:30 TED Talks, T 10:30 2nd Floor Scenic Drive, O 1:00 Wii Bowling, Keglers, 7th 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Westernaires Line Dancers, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>20 9:15 Better You (Pilates), T 9:30 Timberline Lodge Scenic Drive, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 6:30 Ponytail Canasta, 7th</p>	<p>21 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Gentlemen's Social, 7th 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>22 10:00 Happy Valley Farmers Market, O 10:30 Water Aerobics, P 1:00 Bingo, T 4:00 Raspberry Lemonade Social, C 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T</p>
<p>23 8:00 Church Transportation 2:00 Sunday Sundae Social, DRP 7:00 Evening Cinema, T</p>	<p>24 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 10:45 Hillsboro Hops Baseball Game, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 Making Homemade Ice Cream, C</p>	<p>25 9:00 Prayer Time w/Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Water Aerobics, P 10:30 Low Vision Specialist Edu., 7th 11:00 Paparazzi Jewelry, C 1:00 Wii Bowling, WOW, 7th 2:30 FIT to Stretch@, T 3:00 Wii Bowling, King Pins, 7th 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th</p>	<p>26 9:00 FIT to Pedal@, T 10:30 TED Talks, T 10:30 2nd Floor Scenic Drive, O 1:00 Wii Bowling, Keglers, 7th 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Pianist Monte Watters, T 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th</p>	<p>27 9:15 Better You (Pilates), T 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 11:30 July Birthday Luncheon, D 2:00 Caregiver Education, PDR 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 6:30 Ponytail Canasta, 7th</p>	<p>28 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>29 10:00 Happy Valley Farmers Market, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Poker Group, 7th 7:00 "Just for the Fun of It" Movie, T</p>
<p>30 8:00 Church Transportation 2:00 Sunday Sundae Social, DRP 7:00 Evening Cinema, T</p>	<p>31 8:30 Breakfast Book Club, D 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 11:15 Ohana Hawaiian in Milwaukee, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T</p>	<p>Calendar events subject to change.</p>				

Cruisin' Alaska

Residents, staff and residents' friends enjoyed an eight-day cruise on Holland America Cruise Line. They left Seattle, cruised the Glacier Bay, whale watched, visited Sitkia, Ketchikan and Victoria B.C. The stories of their adventures have been plentiful. A photo album is being compiled by one of the cruisers and will be available for viewing in the lobby, in addition to a more complete tale of their adventure in next month's newsletter. Welcome back!



MP Readers Theater Breaks a Leg (Not Literally)

MP Readers Theater performed another successful show, "Misconceptions," which takes place in a senior living community. It was based on a rumor that a resident was pregnant. The rumor takes on a life of its own, and the victims are unaware of gossip centered around them. This comedy provided some great humor and the cast presented themselves with perfection. Thank you to all who participated and to all those who came and supported our team.

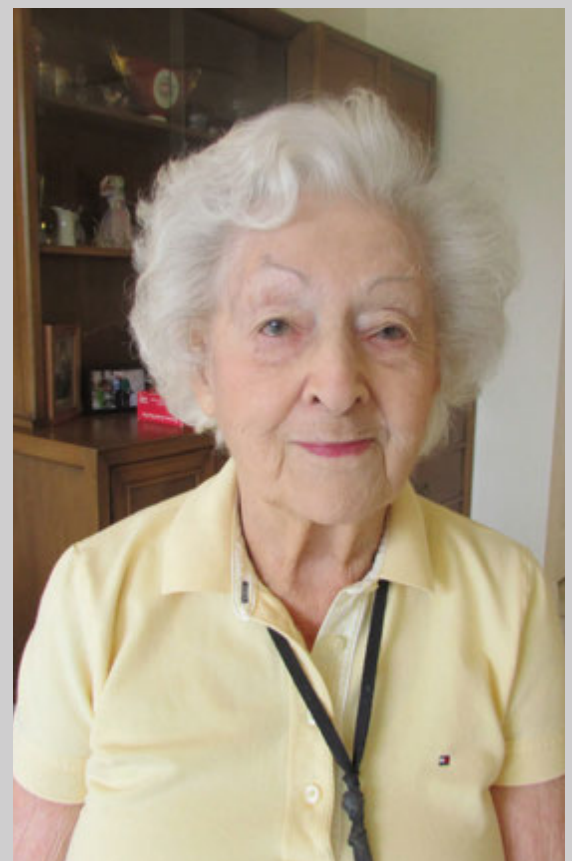


Spotlight: Mildred H.

Mildred H. will be celebrating her 100th birthday, July 13. Mildred and her late husband Donald grew up in Appleton, Wis. and lived in Milwaukee, Wis. for many years. She moved to Miramont Pointe in March 2014 to be close to her son Peter, daughter-in-law Margy Christy, her two grandsons Jordan and Brett (and wife Nicole), and her new great-granddaughter Bernadette. At MP, she moved right across the hall from her friend of 35 years, the late Karolyn Christy. Mildred has been an avid reader her whole life, and in her younger years she narrated audio recordings of textbooks for the blind. She spent many years in Milwaukee as a volunteer in various Jewish charitable organizations.

To add to the celebration of Mildred's 100th birthday, her daughter-in-law Jacqueline Martelle will be giving a concert of music for flute, accompanied by Mildred's son Tom on piano. The concert and party will take place in the Talbert Room at 2 p.m. on July 13. Refreshments will be provided, and all MP residents and staff are welcome.

— Sue B.
Resident



Mt. Scott Elementary Takes Over MP

If you were on the third floor of our building on Friday, June 9 at 10 a.m., you may have wondered if you were having a dream (or nightmare) about elementary school. Because MP hosted 47 first-graders and 12 staff/parent volunteers. To manage this many student scholars, we divided and conquered. In the Talbert Room, our MP Baseball Players were each matched with a student who would partner with the resident to toss the beanbag and try to get on base. We had three home runs that day, all made by students. The cheering could be heard throughout the building and the joy was contagious. We also had a group of 20 students in the library reading chapter books to residents. This was a priceless sight to see. Students were curled up on the couches sharing a book of their choice — you could see the pride and accomplishment in their eyes. Halfway through their visit, the kids all traded places, so that each student had a chance to read and to and play baseball. We also had a group of first-graders that visited the first floor. They played games, did puzzles and read to our gracious residents. Thanks to ALL the residents who participated in entertaining these student SCHOLARS. It was a blast and residents were speaking about how much fun they had for several days following the event.



1776-2017

Independence Day

“Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty.”



Resident Birthdays

Bill K., 1st
Cora Mae G., 10th
Betty S., 10th
Florence B., 11th
Kathie R., 12th
Lorraine W., 13th
Mildred H., 13th
Jay V., 16th
Jack C., 17th
Florence L., 22nd
Frank W., 26th
James C., 26th

Employee Birthdays

Jolene D., 3rd
Gloria K., 3rd
Kim W., 11th
Della B., 16th
Kayla C., 19th
Lisa C., 20th
Taewoo Y., 21st
Kaylie G., 23rd
Haley B., 27th

Anniversaries

Ed & Coramae G., 7/14/1956



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Haktor Fleming

Business Office Director

Wendy Stoneking

Housekeeping Director

Kathy Hafliger

Maintenance Director

Jim Wetzel

Business Office Manager

Amber Phoenix

Spiritual Director

Berry Scruggs

Prez Sez

Kudos to The Miramont Pointe Theater performers and directors for their wonderful program "Misconceptions" presented May 25. It was most enjoyable and reminiscent of life here at Miramont Pointe.

I would also like to recognize Jim O. and those who help him for all their work keeping our vegetables and outside patio area watered and looking great. We need and appreciate all the time spent by all involved in keeping this effort ongoing. And last but not least, Thelma A. for keeping our bulletin board neat, current and up to date.

Thanks to all of you who volunteer your time and effort for our various projects and events. We cannot accomplish all of this without you. You are the ingredients that make our home what it is.

Have a wonderful summer!

Fred T.



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!