

GOOD Life News

at Miramont Pointe

JUNE 2017

www.miramontpointe.com

Executive Director

The month of June has two significant days: Father's Day and Flag Day. My wish is that all fathers will be celebrated and remembered on this special day. We recognize the importance and significance you have had in your families, homes and careers. We hope you will enjoy the special barbecue Chef and his team will prepare for you.

In our community, we have a very large number of Veterans who are fathers. We celebrate flag day on June 14, and although many places fly the American flag, there are eight historic locations that have official proclamation to display the Stars and Stripes 24/7. Do you know where they are?

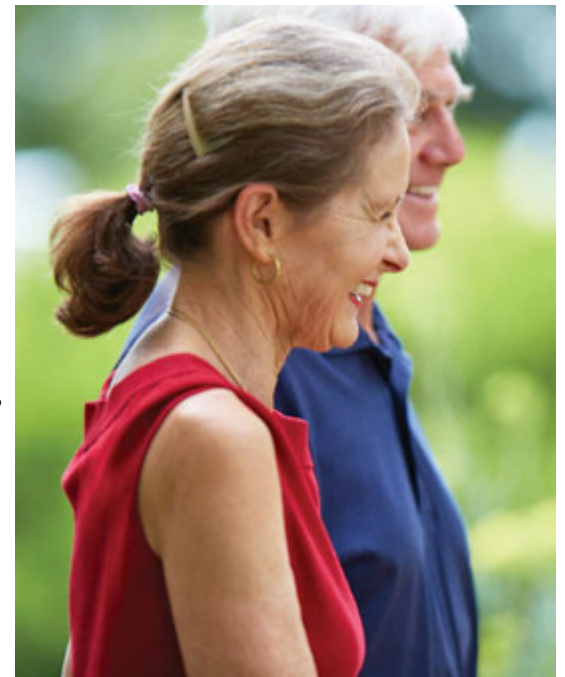
White House — Photographs show the flag being flown at the White House as early as the mid-1800s. During World War I, it was customary to display flags on the east and west fronts of the building for 24 hours a day. In 1970, President Richard M. Nixon made it official for one flag to fly above the White House at all times.

Washington Monument — The memorial in Washington, D.C., to America's first president has 50 flags, one for each state, encircling the monument. The proclamation to display them 24/7 was made July 4, 1971.

Lexington Battle Green — The first conflict of the American Revolution took place in this Massachusetts town, where the 1775 battlefield has been made into a park. Since 1965, a U.S. flag flies continuously near the site's famed Minute Man statue.

U.S. Marine Corps War Memorial — The statue of this memorial in Arlington, Va., is based on the iconic photograph of six soldiers raising the U.S. flag at the Battle of Iwo Jima. In 1961, President John F. Kennedy proclaimed that the flag atop the 60-foot bronze flagpole be flown 24/7.

Julie Taylor
Executive Director



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

National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Culinary Corner Delights

Chef Hactor prepared Banana Foster for a group of anxious residents. They watched as he melted butter, added brown sugar, cinnamon, bananas and orange peel. After adding a generous amount of Rum, he added some heat, literally! Oohs and awes followed as the fire shot up about two feet high. This yummy treat was served over vanilla ice cream. The 20-plus residents who attended left with their sweet-tooth satisfied. Thank you, Chef, for taking the time to delight our senses.

In June, Sous Chef Steven will be tantalizing our taste buds with meat prepared on the tragger (slow cooker grill).



Wii Bowling June Update

Twenty-seven enthusiastic retired folks rolling a ball down an alley toward ten pins, hoping the pins will all fall down. Every week, seven teams of four bowlers meet to participate in fun competition. That is correct, our Wii Bowling League has gained another team. They are called the "King Pins" and they are Eddie C., Team Leader, Jim O., Clara M. and Steve G. They meet weekly at 3 p.m. on Tuesdays.

The "Rookies" have new players, Frances M., the Team Leader, Clara M., Peggy W. and Joan P. They meet at 3 p.m. every Wednesday.

About two weeks ago, Tuesday at 7 p.m. in the 7th floor lounge, we had another exciting event; Betty R. scored another perfect Wii bowling game. The perfect score of 300 is rare among players of Wii Bowling, however, Betty R. has rolled two 300 games this year. Congratulations, Betty!

As most of us can see, Wii Bowling is becoming one of the more exciting activities here at Miramonte. People are joining teams and having a "ball" chasing pins. I wonder if we can add another team? Eight teams would be "over-the-top." Some of us are saying "why not?!"

Larry A., Chair #708

Dana's Bio

Greetings All or rather, Aloha!

By the time you receive your Newsletter, I will have been here in house for 30 days not counting weekends and a three-day class. What a wonderful place and what wonderful people. I am so blessed to be a part of it all.

A little about me. Some of you already know I was born and raised in Hawaii. I know, I know, I talk about it a lot. My dream is to return to my precious home and retire on the Big Island. My Dad was an Orthopedic Surgeon in Honolulu, and at 90, he is still teaching first year Med students at UNR (Reno), reviews Worker's compensation cases and flies back home to serve as an Ortho expert witness for the state of Hawaii. He also volunteers at the clinic on-campus, as well. Amazing! My Mom was an Assistant Director of Nursing at a Long Term Care Facility with 240 beds in Torrance, Calif. I guess the apple doesn't fall far. I was her nurse until she passed away May 24, 2015. My, how time flies. Steven is my big brother, who lives on Lana'I. You would think he was the Mayor of the island. I have one half-brother, John, who is an Arborologist Ph.D, in Davis, Calif. He's the surfer. Then his twin Lisa, is in Reno, Nev., and works at a store and volunteers at the SPCA. Lastly, there is Laura, an Immigration Attorney and was the President of the United States Immigration Association for some time. She also has a hay farm and lives in Denver, Colo. (continued on addendum)

Trip to the Tulip Farm in Woodburn

Residents enjoyed a trip to the Woodburn Tulip Farm. Although it was a cloudy and rainy day, the residents were given a tour by the staff in some four-wheelers. Shirley C. got a front row seat on the tour around the colorful tulip farm. Sherril P. was bundled up, but enjoyed all the beauty the farm had to offer.



Happy Birthday, Miramont Pointe

2017 marks the 15th anniversary of the opening of Miramont Pointe. We thought you might enjoy some fun facts about our community:

- The executive director, marketing team and one front desk staff were the initial employees hired. They were employed six months prior to opening and worked in a single-wide trailer located at the top of the hill, where our current driveway stands. Today, Miramont Pointe employees over 115 people.
- In order to tour the community prior to opening, a staff member drove guests down the hill on a golf cart. Then, they walked on the 3rd floor patio outside the Pacifica Restaurant to the entry into the Rosewood Private Dining Room. A temporary door was placed in the private dining room to access the apartments in the south hallway of the 3rd floor. Apartments 309, 310 and 311 were the original model apartments.
- Over 300 guests attended our grand opening celebrations, themed "Somewhere in Time." Staff dressed in costumes from different decades including the '20s, '40s and '50s. Additionally, Mark Twain, Marilyn Monroe and Elvis Presley impersonators entertained guests.
- With 157 apartments, it took around two and a half years to "fill" Miramont Pointe.

Jennifer Gertner
Regional Marketing Director

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Cafe, C Lobby, L Dining Room, D Outings, O First Floor, 1st Pool, P Library, LIB Private Dining Room, PDR</p>	<p>Second Floor, 2nd Seventh Floor Lounge, 7th Talbert Room, T Weight Room, WR</p>	<p>“Blessed indeed is the man who hears many gentle voices call him father.” — Lydia M. Child</p>		<p>9:15 Better You (Pilates), T 1 10:00 OMSI/Art of the Brick, O 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>9:00 Foot Care, 1st 2 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 1:00 Oregon History/In Congress, 7th 2:30 Portland Rose Festival Court, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>10:30 Water Aerobics, P 3 11:00 Gardening w/ Kim, PDR 1:00 Bingo, T 7:00 Poker Group, 7th 7:00 “Just for the Fun of It” Movie, T</p>
<p>8:00 Church 4 Transportation 10:30 Nondenominational Church, T 2:00 Brain Training, C 3:00 Clip Coupon/Valiant Veterans®, C 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 5 9:30 Flowering Florists, C 10:00 Bob’s Red Mill Brunch, O 11:00 Jewelry Repair, L 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T</p>	<p>9:00 Prayer Time w/ Pastor Berry 6 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Service of Remembrance, 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>9:00 FIT to Pedal®, T 7 10:30 TED Talk/Go Back to Mars NASA, T 10:30 Ages Entwined® Read VV Scholars, O 11:00 Garments on the Go, T 1:00 Wii Bowling, Keglers, 7th 1:30 FIT to Balance®, T 1:30 2nd Floor Scenic Drive, O 2:30 Jazzist David Cooley, 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 9:15 Better You (Pilates), T 10:00 Illaini Casino, O 10:15 Catholic Communion, 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 6:30 Ponytail Canasta, 7th</p>	<p>9:00 Foot Care, 1st 9 9:00 Donuts & Trivia, C 10:00 Baseball Tournament, T 11:15 MP Singalong, T 1:00 Oregon History/Prominent Women, 7th 2:00 All Resident Meeting, T 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>9:30 Fred Meyer, O 10 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>8:00 Church 11 Transportation 10:30 Nondenominational Church, T 2:00 Scenic Drive, O 2:00 Brain Training, C 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 12 9:30 Flowering Florists, C 1:30 Ladies Tea Party/Poetry Guest, T 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T 3:00 Culinary Corner, D 3:00 DIY Project, C</p>	<p>9:00 Prayer Time w/ Pastor Berry 13 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Water Aerobics, P 1:00 Beginners Bunco (3 Games), T 1:00 Wii Bowling, WOW, 7th 1:00 Watercolor Class, C 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>FLAG DAY 14 9:00 FIT to Pedal®, T 10:30 TED Talk/Art of Creating Awe, T 11:00 Ages Entwined® Performance, T 1:00 Wii Bowling, Keglers, 7th 1:30 FIT to Balance®, T 1:30 2nd Floor Scenic Drive, O 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>9:15 Better You (Pilates), T 15 10:00 Rhododendren Garden, 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>9:00 Foot Care, 1st 16 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>10:30 Water Aerobics, P 17 11:00 Gardening w/Kim, PDR 1:00 Bingo, T 4:00 Barbara’s Student Recital, T 7:00 Poker Group, 7th 7:00 “Just for the Fun of It” Movie, T</p>
<p>FATHER’S DAY 18 8:00 Church Transportation 10:30 Nondenominational Church, T 12:00 Father’s Day BBQ, D 2:00 Brain Training, C 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 19 9:30 Flowering Florists, C 11:00 Paris Accessories, L 11:15 Amadeus Restaurant, 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</p>	<p>SUMMER BEGINS 20 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>9:00 FIT to Pedal®, T 21 10:30 TED Talk/World Needs All Minds, T 1:00 Wii Bowling, Keglers, 7th 1:30 2nd Floor Scenic Drive, O 1:30 FIT to Balance®, T 2:30 Pianist Stan Lasley, 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 22 10:00 Japanese Gardens, O 10:15 Catholic Mass, 7th 10:30 Water Aerobics, P 1:00 Bunny Therapy, 2nd 2:30 FIT to Stretch®, 2nd 3:00 FIT to Be Strong®, 2nd 4:00 MP 15th Anniversary Soiree, L</p>	<p>9:00 Foot Care, 1st 23 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p>10:30 Water Aerobics, P 24 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>25 8:00 Church Transportation 10:30 Nondenominational Church, T 2:00 Scenic Drive, O 2:00 Brain Training, C 7:00 Evening Cinema, T</p>	<p>9:00 FIT to Pedal®, T 26 9:30 Flowering Florists, C 10:30 Mc Menimums Cornelius Pass, O 2:00 Wii Bowling, Alley Cats, 7th 2:30 FIT to Stretch®, 2nd 2:30 Cardio Strength, T 4:00 MP Book Club, LIB</p>	<p>9:00 Prayer Time w/ Pastor Berry 27 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>9:00 FIT to Pedal®, T 28 10:30 TED Talk/End the War on Drugs, T 1:00 Wii Bowling, Keglers, 7th 1:30 2nd Floor Scenic Drive, O 1:30 FIT to Balance®, 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 29 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:30 June Birthday Luncheon, D 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 6:30 Ponytail Canasta, 7th</p>	<p>9:00 Foot Care, 1st 30 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:30 FIT to Stretch®, 2nd 2:30 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C</p>	<p style="text-align: center;">Calendar events subject to change.</p>

Resident Spotlight: Alyce G

Adventuresome Alyce was born in Palo Alto, Calif., in 1936. Her dad was a firefighter, and her mother was a homemaker. Alyce was the first of three children. She and her parents lived in a small cabin built on property belonging to her grandparents. The cabin had no plumbing and no kitchen, so going to the main house for meals and anything that required plumbing was a frequent occurrence. Her first crib was a dresser drawer in a closet in the little cabin. Alyce says she has always loved to play competitive sports, and she was (still is) a tomboy. From ages three to fourteen, she took lessons in tap dancing, tumbling and ballet. She loved singing, especially in choirs. When Alyce was eight, she had polio and as a consequence, had drop foot, but she didn't let that slow her down! In high school, she lettered in field hockey and volleyball. She worked hard to be a good student and sang in the choir. The family had chickens, a Victory Garden, fruit trees and walnut trees, all of which were part of the daily routine of chores and responsibilities. For summer vacations, the family spent them camping or in Santa Cruz. She spent many summers with her best friend, Joanne, and her family in Yosemite Park. Joanne has been a dear friend for life and now lives in nearby Estacada, Ore.!



Between high school and college, she got a job cleaning house and cooking for a woman who had a boarder named Dick. Dick asked her out on a coffee date, and the rest is history. Alyce went off to college, and Dick joined the Army. After basic training, he was sent overseas to Germany. They married as soon as he returned from Germany. Dick went back to college, and Alyce went to work as a file clerk. Dick worked too, part time on the night shift in an electronic company.

Dick graduated from college with a business degree and made a career in marketing and sales for the electronics industry. They have two sons, Rick and Randy, born 13 months apart. When the boys were six and seven, the family moved to southern California, living in a house in Huntington Beach just two miles from the ocean. Alyce and Dick had a very active social life with many friends. They enjoyed an amazing number of activities including dirt biking, backpacking, snow skiing, camping, boating and water skiing. They were often accompanied by some their many friends and their families. They frequently made weekend trips to Catalina Island in their own boat. Rick and Randy learned to surf, but that was something even Adventuresome Alyce did not try. She especially loved walking on the beach in the surf and collecting shells, a wonderful pastime and regenerating activity for her.

Alyce enjoyed a variety of part-time jobs. She was a receptionist at a small airport, worked in the office of a creamery in Palo Alto, was a Jenny Craig counselor, a manicurist and worked in the copy department at Kinko's. She also returned to college and took classes for her own interest. She and Dick were very active in their church, and Alyce studied four years to become a lay minister. She worked with parishioners, taught classes and volunteered in the Ministry of Prayer. She and Dick participated in and led self-help groups. Together, they worked with a grass roots group on the Nuclear Initiative. All of this was very rewarding. Alyce says "I learned a lot about myself." (Continued on addendum)

Dining Room Committee Report

It is time once again to give a shout out for the ladies who prepare the flower displays for our tables in the dining room. They diligently gather every Monday morning to prepare, with individual attention, the bouquets that brighten up the atmosphere in our lovely Pacifica Restaurant. It has added a real touch of glamour since the practice was started a couple of years ago. It is truly a labor of love and very much appreciated.

Jim C., Chair

New Residents

818 Rita S. 517 Mary L. (Mazie)
729 Diane G-B. 429 Roger S.
719 Jay & Mary Evelyn V. 523 Rex & Melita H.
603 Norma & Clarence W.

June 9: Resident Council Meeting at 2 p.m. in the Talbert Room

All residents are encouraged to attend; here we will learn the latest in our community. Your input and comments welcomed!

June 26: Book Club at 4 p.m. in the Library

All book lovers are welcome!

Hudson's Helping Hand Fundraiser

It is with great enthusiasm that I would like to say this year we raised over \$6,500! Enough to help donate towards six and a half families, bringing our total to \$17,000 raised since March 2013. Supporting the mission of Hayden's Helping Hands is very near and dear to my heart, and I want to personally thank all our attendees and contributors for honoring Hudson and giving support towards the other families whom have had to go through this heartbreaking loss. By donating, you help alleviate or even eliminate the financial burden of medical bills after the birth of a stillborn baby. I would also like to thank Miramont Pointe for their generosity in hosting and sponsoring Hudson's Rays of Sunshine this year and to Hayden's Helping Hands for running another smooth and successful event for us five years in a row!

Hudson's mom,
Amber Phoenix



June 29: Birthday Luncheon at 11:30 a.m. at the Pacific Palisades Dining Room

June honorees and their guests will be feted by Chef Haktor and our Life Enrichment Director, Julie Dunn.

Resident Birthdays

Boyd Y., 5th
Wayne M., 6th
Ruby I., 10th
Joan K., 10th
Dorothy K., 16th
Chris G., 17th
Nancy P., 21st
Joan P., 24th
D. J. B., 24th
Susan T., 25th
Jack W., 28th
Helen M., 30th

Employee Birthdays

Alejandro M, 2nd
Akaiya H, 4th
Ramon R, 5th
Rubia V., 15th
Mark K, 15th
Anna H., 30th

Anniversaries

Clarence & Norma W., 6/3/1948
Melita & Rex H., 6/4/1955
Darryl & Sue B., 6/7/1980



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Dana Block

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Bill Conerly

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Julie Dunn

Food and Beverage Director

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

Happy June everyone,

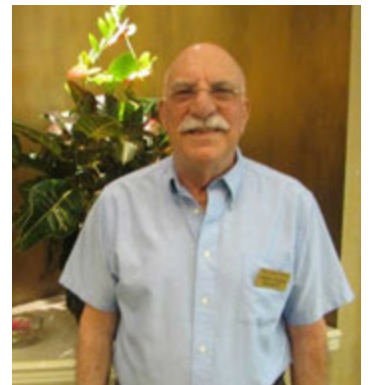
We are probably all tired of the cold and wet weather we've experienced over winter and spring and looking forward to some nice warm sunny days ahead. I know I am, and I am also looking to enjoy our patio the way we did last year.

We thank Chef Haktor for the wonderful Easter and Mother's Day celebrations. Both events were enjoyed by all. The food at Miramont Pointe has been great since the chef started.

We also thank Elizabeth S. for the wonderful recital on April 22. I know Elizabeth puts a lot of work into these recitals, and it shows in their performances. As Professor Stan always says, "Keep up the good work, you're doing a great job."

Happy Father's Day to all you dads!

Fred T.



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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!