



GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

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



MANAGED BY The Goodman Group

TEAM MEMBERS

Executive Director

Trevor Taylor

Director of Sales & Marketing

Amber Phoenix

Life Enrichment Director

Kim Koppert

Community Relations Director

Toni Mode

Business Office Director

Alahnna Kelly

Culinary Director

Christi Ross

Spiritual Care Director

Elizabeth Durant

Maintenance Director

Doug Fry

Housekeeping Director

Teresa Kortz



NEW RESIDENTS

We would like to welcome our newest residents!

- Nan C.
- Shirley C.
- Jan S.



BIRTHDAYS

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

- Alice D. - 7/7
- Karin B. - 7/14
- Fern H. - 7/8
- Jack C. - 7/17
- David R. - 7/8
- Donna B. - 7/29
- Mary M. - 7/9
- Sandy S. - 7/31
- Virginia L. - 7/13



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Good Life NEWS

at Miramont Pointe

JULY 2025

MONTESSORI MOMENTS

Spring is in full swing for memory care residents, and they have been enjoying every moment of it! We celebrated five birthdays this past month and had parties every week. We loved baking cakes, making and decorating cupcakes for our celebrations, inviting everyone and taking time to celebrate one another.

Residents have also been working hard on new paintings and craft projects for our upcoming third annual resident art show. Everyone is enthusiastic about helping to make this art show the best one yet, and each week they're excited to help one another work on and complete unique pieces.

Thanks to the beautiful sunshine, residents have enjoyed gardening together and growing many different things from radishes to strawberries, lettuce, and everything in between! Everyone soaked up the sun with an afternoon picnic in the garden and they loved the delicious KFC food!



UPCOMING EVENTS

- July 1 – Lunch Outing to Huber's
- July 2 – Entertainment by James Kerridge
- July 3 – Presentation on "Neck and Shoulders"
- July 3 – Executive Council Meeting
- July 4 – Fourth of July Barbecue
- July 4 – Classical Music Education
- July 5 – Happy Valley Farmers Market Outing
- July 6 – Entertainment with Fiddle & Fun: "Flags & Fireworks"
- July 8 – Lunch Outing to Cazadero
- July 8 – Celebration of Life
- July 9 – Art with Cindy
- July 9 – Happy Valley Library
- July 9 – Entertainment by Robby Mayer
- July 10 – Residents Meeting
- July 13 – Outing to Willamette Lavender Festival
- July 15 – LifelongU: Presidential Precedents
- July 15 – Lunch Outing to Red Robin
- July 15 – Parkinson's Support Group
- July 16 – Entertainment by John Van Beek
- July 17 – Town Hall Meeting
- July 18 – Classical Music Education
- July 20 – "Fighting Fraud" by AARP
- July 21 – Book Club
- July 21 – Hearing Clinic
- July 22 – Lunch Outing to Elmer's
- July 23 – Art with Cindy
- July 23 – Happy Valley Library
- July 23 – Entertainment by Mark Seymour
- July 24 – Outing on the Pontoon Boats
- July 25 – Trivia with The Goodman Group
- July 26 – Entertainment by "The Angels"
- July 29 – Lunch Outing to Gladstone's Pub
- July 29 – Monthly Birthday Celebration
- July 31 – New Resident Social

FROM THE EXECUTIVE DIRECTOR

Dear residents,

Happy July! Warm weather is here and it’s important to remember to drink plenty of water. Staying hydrated helps keep your body functioning properly. It keeps you cool, supports your joints, gives you energy, and maintains organ health.



Flower arranging class

As we get older, we might not feel thirsty as often, so it’s important to drink water regularly, even if you don’t feel thirsty. Not all drinks hydrate equally. Please keep in mind that some fluids such as sugary or caffeinated beverages, energy drinks and alcohol can actually increase your risk of dehydration.

Easy ways to stay hydrated:

- Carry a water bottle with you
- Eat fruits and vegetables like watermelon, cucumbers and oranges
- Infuse your water with lemon or berries to make it more fun to drink
- Drink water with meals and medications

If you feel dizzy, tired or lightheaded, take a break and have a glass of water. If you need assistance, please press your pendant or notify a team member. Let’s all help each other stay healthy this summer. Wishing you all a cool and happy July!

Warm regards,

Trevor Taylor
Executive Director

PRESIDENTIAL PRECEDENTS:
THE ULTIMATE INFLUENCERS

Join us on July 15 at 10:00 a.m. in the Talbert Room

A presentation provided by Adriana Collado

Which presidents have most influenced and expanded the role of chief executive? You might be surprised! Each occupant of the White House brings their personal insight (and baggage) to the office and makes decisions accordingly. Learn about the individuals who shaped the highest office in the land – for better or worse.



Adriana Collado is a respected defense attorney with over 20 years of experience in federal investigations and prosecutions. She has represented clients in federal courts nationwide, including Colorado and New York. Featured in media outlets like ABC’s 20/20 and NBC 6, Adriana serves as a legal commentator and has lectured at seminars like The Knowledge Group and NBI. Outside the courtroom, she educates audiences on legal history, constitutional rights, and law’s intersection with pop culture.

**Check with your life enrichment team for time and location.*

SOARING®: SUPPORTING THE SPIRIT

As we enjoy the blue skies and warm breezes of summer days, I am reflecting on the words of Mary Oliver. Possibly her most famous poem, “The Summer Day,” invites us into curiosity and reflection.

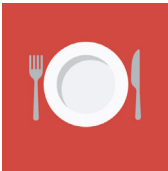
As your spiritual care director, I am sometimes asked what I believe about the “Meaning of Life.” This is such a big question, and there are as many answers as there are people. Lately I feel like my own “why” is to simply pay attention. I am here to listen to your heart, hold your stories and celebrate your life. While I certainly don’t have all the answers, I do have deep gratitude.

Thank you for opening your heart to me and one another. Thank you for sharing this journey of life, with all of its joys, challenges and surprises. May you find blessing in this ordinary (is any day really just ordinary?) summer day.

Elizabeth Durant
Spiritual Care Director

“The Summer Day” By Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean —
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead
of up and down —
who is gazing around with her enormous and
complicated eyes.
Now she lifts her pale forearms and thoroughly
washes her face.
Now she snaps her wings open, and floats
away.
I don’t know exactly what a prayer is.
I do know how to pay attention, how to fall
down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll
through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn’t everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?



WHAT’S COOKIN’ IN THE KITCHEN?

We’re excited to introduce a new menu software program to enhance your dining experience. This new system allows us to create seasonal menus in real time, giving us more flexibility and variety. Our meals will continue to feature fresh ingredients and remain thoughtfully balanced to support your nutritional needs. We look forward to bringing you even more enjoyable and personalized dining experiences.

SKIN CARE AND AGING

As we age, the skin becomes more fragile, drier and less supple. The epidermal layer of the skin becomes thinner and skin loses its elasticity due to the reduction of collagen, elastin and enzymes. There is a reduction in cell turnover and the ability to retain moisture decreases from the sebaceous oils. This can lead to dry skin, which can cause other complications and needs to be monitored.

When taking showers, make sure to apply a moisturizer after and avoid a lot of scrubbing, exfoliates, hot water and alcohol-based products. Look for lotions that do not contain alcohol and that are thicker. Apply the lotion to your skin as soon as you are out of the shower. This also applies to men.

Now that the summer is here, don’t forget to drink water. This not only hydrates your skin, but it is important for your whole body. If you experience dry skin that does not seem to improve with the use of lotions or worsens, causing itching or infection, see your health care provider.

CHEF CHRISTI’S CORNER

Greek cuisine reflects thousands of years of history and tradition. Its core ingredients of bread, olives and olive oil and wine have remained constant through time. Greece’s small farmers grow a variety of mostly organic cheeses, oils, fruits, nuts, grains, legumes, vegetables and wild herbs, which form the foundation of traditional dishes.

The country’s climate supports olive and lemon trees, both keys to Greek cooking. Common herbs include oregano, basil, mint and thyme, alongside vegetables like eggplant, zucchini and many types of legumes. With much of Greece near the sea, fish and seafood are staples. Lamb and goat are traditional meats for holidays, with poultry, beef and pork also common. Greece is also known for its wines and ouzo, an anise-flavored spirit.

Greek cuisine is a fusion of influences over centuries. From Alexander the Great’s conquests (350 B.C.) through Roman, Byzantine, and nearly 400 years under Ottoman rule, foreign flavors and names blended with local traditions. Many classic dishes like tzatziki, hummus and dolmades reflect these cultural exchanges, adapting across regions from Europe to the Middle East and beyond.

HEALTHY VISION MONTH

You’ve heard that the eyes are the window to the soul — but did you know they’re also a window to your health? When you make healthy lifestyle choices, like eating a balanced diet and staying physically active, you also protect your vision. In fact, several health conditions, such as diabetes and high blood pressure, can increase your risk of some eye diseases. Making healthy choices for your overall health can protect your eye health, too.



For Healthy Vision Month 2025, we’re sharing facts about why you should make eye health a priority. Learn how to protect your vision now and in the future.

Eat Eye-Friendly Foods

Eating a healthy diet is good for your eye health. Try adding a colorful fruit or vegetable to every meal. Dark green veggies like spinach and kale are especially helpful! And don’t forget foods high in omega-3 fats, like fish.

Get Moving

When you exercise, your whole body gets healthier — including your eyes. There are many ways to get out there and get active, like walking, swimming, dancing and joining the fitness, Tai Chi, and yoga classes here at Miramont Pointe. Just 20 minutes of movement each day can make a difference for your health.

Visit Your Eye Doctor

Regular eye checkups are very important. One reason is that many eye diseases don’t show signs until they’ve caused damage. But your eye doctor has special tools to help spot problems early — even ones you can’t feel or see. If they find something wrong, they can recommend ways to treat the problem.

Protect Your Eyes Every Day

- Wear sunglasses that block UV rays when you’re outside, even on cloudy days.
- Properly store and clean any contact lenses.
- Wash your hands before touching your eyes.

Give Your Eyes a Screen Break

Phones, computers and tablets can make your eyes tired. Try the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds. This gives your eye muscles a chance to relax.

Deborah Kelley, MSN, RN
Interim Director of Nursing