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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 Nursing

Christine Ng

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



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Richard J.



BIRTHDAYS

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

- | | |
|---------------------|-------------------|
| • Pat L. 3/1 | • Kitt J. 3/22 |
| • Kay F. 3/2 | • Maurine A. 3/23 |
| • Judith B. 3/8 | • Susan J. 3/28 |
| • Sherrill P. 3/11 | • Jim D. 3/29 |
| • Mary M. 3/13 | • Pat K. 3/29 |
| • Jeanette S. 3/13 | • Mark C. 3/30 |
| • Georgette G. 3/14 | • Elsie J. 3/30 |
| • Shirley M. 3/17 | • Kate P. 3/30 |
| • Harry B. 3/22 | • Curtis R. 3/31 |

We also want to wish Lee and Sandy S. a happy anniversary - 3/29



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Good Life NEWS

at Miramont Pointe

MARCH 2024

FROM THE EXECUTIVE DIRECTOR

Last year around this time, I wrote an article about utilizing springtime to implement change and planting seeds to bring your New Year’s resolutions to fruition. In addition, springtime also presents great benefits and opportunities for us. As the winter chill begins to fade and spring emerges, March presents a wealth of opportunities to embrace renewal and seize the day.



From outdoor adventures to cultural experiences, this month offers an abundance of possibilities. Spring invites us to step outside and reconnect with the natural world. Whether it’s a leisurely stroll in a local park, a scenic hike along a nature trail or a peaceful afternoon spent gardening, the rejuvenating power of nature awaits. As it gets warmer and flowers begin to bloom, you can bask in the beauty of changing seasons and revel in the simple joys of outdoor exploration.

Spring also provides opportunities for you to reconnect with the community and forge meaningful connections with others. Whether you volunteer for a local charity, join a social club or simply spend time with loved ones, fostering social connections is essential for overall wellbeing and happiness.

Essentially, springtime offers a canvas of possibilities to embrace renewal, exploration and connection. By embracing the opportunities presented by this vibrant season, you can enrich your life, nurture your passions and savor the beauty of each moment.

Trevor Taylor
Executive Director



LIFE ENRICHMENT HIGHLIGHTS

3/3 - Theater Outing to “A Few Good Men”

3/5 - Lunch Outing - Sports on Tap

3/6 - Music by John Van Beek

3/10 - Daylight Saving Time Begins

3/10 - You Be the Judge

3/12 - Lunch Outing - Margarita Factory

3/12 - Celebration of Life

3/13 - Casino Outing

3/13 - Music by John Van Beek

3/14 - Dinner Outing - Saylor’s

3/17 - St. Patrick’s Day Presentation
by Lance Rhodes

3/17 - St. Patrick’s Day Party

3/18 - Hearing Clinic

3/18 - Book Club

3/19 - Lunch Outing - Salty’s

3/19 - Parkinson’s Support Group

3/20 - Music by Lee Nicholas

3/23 - Music by Charles & The Angels

3/24 - Scenic Drive

3/26 - Lunch Outing - Cooperstown Bar & Grill

3/27 - Music by Larry Wilder

3/28 - New Resident Social

3/31 - Easter Brunch

SOARING®: SUPPORTING THE SPIRIT



The crocus have appeared! As we celebrate the flowers blooming, the birds chirping and the return of the frogs in the creek, we are invited to reflect on what is emerging in our own hearts and minds.

This is a good time for a “spiritual spring cleaning.” Sometimes we hold on to thoughts or ideas past their usefulness and get stuck in our own assumptions. Spring is an invitation to make space for new and renewed growth.

Here is a short exercise you can do at any time to nourish your spirit.

- Open the window and breathe in the springtime air. Feel the breeze on your skin.
- Close your eyes and reflect on what is stirring inside you. What feels dusty or stuck? What worry or fear or regret troubles you? Notice and name it aloud.
- Imagine these troubles lifting on the breeze and soaring out your window. Say, “I release you.” Take three deep, cleansing breaths.
- Now reflect on what nurtures your spirit. This could be a teaching from a faith tradition, scripture, a piece of music, a place in nature, a memory of kindness or beauty. Notice how this nurtures you.
- Invite yourself to receive this nurture. Spend a few minutes reading, listening or reflecting on this inspiration. Say, “I embrace you. Thank you for nurturing me.”

Make a plan to reflect and receive this nurture on a regular basis in the weeks ahead. May this season remind you that no winter lasts forever — for spring always comes. I am holding us all in my circle of compassion and here to support your spirit. May springtime blessings be yours!

WITH A LITTLE LUCK

In many cultures, good fortune can be gained with the help of a lucky charm.

There’s a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse.



Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan’s “lucky cat,” with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it’s elephants.

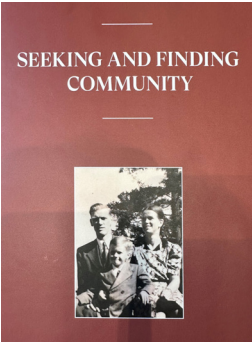
WRITER’S CORNER

Featuring our resident writers

We have many great writers at Miramont Pointe. We host a Writer’s Workshop that meets every Monday at 2:30 pm on the 7th floor. All residents are welcomed to attend. I would like to showcase two of our residents:

Jim Og.

Jim has recently written the book “Seeking and Finding Community” and has graciously donated a copy to our library. Here is a short excerpt from the book:



“Growing old is a normal part of life. Personally, I don’t want that taken away from me. I wish I could grow old without a lot of physical ailments and aches and pains. I wish I could keep a sharp mind right up to the end. Mostly, though, I just want it to be okay to slow down and smell the roses, to relax and remember and do some of the things I enjoy (like writing).”

Melita H.

Melita recently had a birthday and her family presented her with a book of poems that she has written over the course of many years. Here is one of her poems that I really enjoyed:

Encouragement for Kalen

When things go wrong, as they sometimes will
When the road you’re trudging seems all uphill,
When funds are low and debts are high
And you want to smile but you have to sigh.
When care is pressing down on a bit,
Rest if you must, but don’t you quit!
Success is failure, turned inside out,
The silver tint of the clouds of doubt.
You never can tell how close you are,
It may be near when it seems so far.
So stick to the fight when you’re hardest hit,
It’s when things seem worst,
that you must not quit.

Thank you both for sharing your talents with us! Join us for our next Writer’s Workshop!

MONTESSORI MOMENTS

Pearl Garden residents welcomed the new Spiritual Care Director Elizabeth, by joining the weekly nondenominational worship service. They sang hymns, listened to prayers and scriptures and joined in communion.

Residents also had fun trying a new game called Bean Bag Toss! They divided into two teams — Ducks and Beavers — and everyone took turns earning points for their respective teams and enjoyed some friendly competition along the way.

Our scenic bus rides always bring a smile to everyone’s face. Residents also had a blast painting and creating with Earthtones Northwest art therapy. Everyone’s beautiful and unique personalities really shined through their artwork.

Many residents enjoyed the Dance for Parkinson’s group. They had fun following along with everyone’s dance moves, and some residents even created their own moves and shared them with the class!



Residents singing during worship service



Bean bag toss



Dance for Parkinson’s



Residents enjoy a scenic bus ride



Art class

SPRING AHEAD MARCH 10

In the U.S., daylight saving time starts on the second Sunday in March and ends on the first Sunday in November, with the time change taking place at 2 a.m. local time.

With a mnemonic wordplay referring to seasons, clocks “spring forward and fall back”—that is, in springtime the clocks are moved forward from 2 a.m. to 3 a.m. and in fall they are moved back from 2 a.m. to 1 a.m. Daylight saving time lasts for 34 weeks (238 days) every year, or about 65% of the entire year.

Don’t forget to set your time-pieces ahead before you retire on Saturday, March 9.



NATURE OUTSIDE OUR DOOR

The shade tolerant western redcedar (giant arborvitae) is abundant in the Pacific Northwest, including in Mount Talbert Nature Park and the surroundings of Miramont Pointe. It may grow up to 230 feet tall, 23 feet in diameter and live up to 1,000 years. Unlike most coniferous trees that bear needles, the redcedar’s leaves are tiny and scale-like in flat sprays. The cinnamon-red or brownish outer bark is relatively thin, fissured and scaly, shredding in irregular flakes. The inner bark is fibrous.

The redcedar is called the “Cornerstone of Northwest Coast Indian culture.” Indigenous peoples use the wood of this species for many purposes. The wood burns with little smoke and is useful for drying fish. It is also made into cultural items such as dugout canoes and paddles, totem and mortuary poles, bentwood boxes, baskets, clothing, mats, dishes, arrow and harpoon shafts, spear poles, racks, spirit whistles, drum logs, cradles, combs and coffins.

Its natural aromatic oils and resins cause the timber to be rot and insect-resistant. It also is a good insulator. Thus, along with its longevity, redcedar is an important source for roofing shakes. A popular Coast Salish legend states that the Great Spirit created redcedars in honor of a man who was always helping others — and that when he died, wherever he was buried — a redcedar will grow and be useful to the people.