

January 2012

Miramont Messenger

My Pointe of View **Glyndon Ruth Kimbrough, E.D.**

Happy New Year Everyone! What will we create? I am thrilled to be working with Charlie P. and the entire Resident Council this year to make sure that your creative ideas are brought to fruition. Also, please remember that my door is always open if you want to stop by for a chat. Serving you **IS** my job, so please don't hesitate to make your needs known.

I am excited to let you know that this year we are expanding your opportunities to work with Heidi Judge, our Wellness Coordinator. She will be introducing classes and talks to help stimulate your interest and enthusiasm for healthier bodies and a more active lifestyle. Heidi will also be offering opportunities for our staff to learn better self care. I will be offering a monthly class on Brain Teasers for those who feel that they want to stay mentally sharp, or who want to slow the aging mental process. Confucius says "You Teach What You Need to Learn," so know that there are no mistakes in my class offering.

Finally, I want to encourage those of you who have a mate or loved one suffering from dementia to join our Family Support Group that meets monthly on the on the third Wednesday of the month. Our January meeting will be on **January 18th**. We meet at 6:00 PM in the Talbert Room and offer a light supper for our attendees. Please join us, learn more, share your experiences and talk with others coping with similar situations you are.

My New Year's wish for all of you is a year filled with joy, improving health, and just a lot of mischievous, old fashioned FUN!

Glyndon Ruth Kimbrough

New Arrivals

We would like to welcome our new friends to Miramont Pointe

Jim and Grace W. #601

Vera G. #525

Mary R. #524

John V. #403

Bobbe M. #515

Hazel B. #301



Out and About **Shelly Barley, Activities Director**

The Activities' Guy's and Gals have been busy planning a lot of fun events for Winter. Here is a sneak peek at January highlights:

- ☺ Monday, January 2-Enjoy lunch at The Original Taco House.
- ☺ Thursday, January 5-Spirit Mountain Casino, come and try your luck.
- ☺ Sunday, January 8 and 22-Come enjoy a leisurely drive through our beautiful city.
- ☺ Monday, January 9-Let's try lunch at Bumpers, we've heard it's very good.
- ☺ Monday, January 16-Scenic drive to Silverton with lunch at the Creekside Grill.
- ☺ Friday, January 20-We are going to the Oregon Maritime Museum on the Willamette River.
- ☺ Monday, January 23-Home cooking at The Top of the Hill restaurant in Canby.
- ☺ Friday, January 27-We are going to the Town Center Cinemas for a movie and popcorn.

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Activity Update Activities Office

We can't believe that 2011 has come and gone. What a great year we had here at Miramont Pointe. We had so many wonderful adventures together. We have enjoyed trips to the Jackson Bottom Wetlands Preserve, the Hulda Klager Lilac Garden, the Wooden Shoe Tulip Festival, and the Schreiner's Iris Garden to name just a few. We have taken rides on the Portland Spirit, the Columbia Gorge Sternwheeler and the Mt. Hood Railroad. We have enjoyed dining at our favorite restaurants like the Chart House, the Lewis River Golf Club and Skamania Lodge. We have enjoyed social events together including the Mother's Day Tea, The Cruise Inn at the Pointe, the Father's Day Man Cave where the men enjoyed Brats and Bloopers. We hosted a wonderful Halloween Party, Santa Breakfast and a Dancing Under the Stars evening for our residents, family and friends and have made many, many wonderful memories together. What does 2012 hold for us, the skies the limit, just check your calendars and newsletter for all the upcoming events and join in the fun. See you around, Shelly, Diana, Kim, Jessica, Joe, Mikesha and Karen.

Have you heard? Joe will be hosting a Men's Breakfast on Tuesday, January 3rd at 8:30 A.M. in the Dining Room. See you there!



Ladies Luncheon



Calling all ladies of Miramont Pointe!
Join us on Tuesday, January 10 at 11:30 A.M. in the small dining room for a spectacular lunch!

January Birthday Luncheon



If you have a January Birthday, you and a guest are welcome to join us for our monthly Birthday Celebration on Thursday, January 26 at 12:00 P.M.. A fabulous lunch, cake, ice-cream and other surprises await our honored guests.

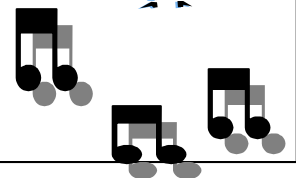
**Happy Birthday to You, Happy Birthday to You,
 Happy Birthday Dear ... Happy birthday to you!**



Shirley E. 1/1
 Rose L. 1/2
 Mary S. 1/4
 Andy P. 1/6
 Dee E. 1/7
 Paul V. 1/9

Harold O. 1/11
 Raymond B. 1/12
 Shirley H. 1/15
 Bill L. 1/24
 Lenore E. 1/26
 Jack D. 1/26

Bob R. 1/26
 Millie D. 1/15
 Mabel M. 1/28
 Paul W. 1/29
 Shirley O. 1/31
 Paul K. 1/31



Senior Theatre Group



Come and meet Richard Armstrong, theatre instructor on Friday, January 6 at 2:00 P.M. in the Talbert Room. Richard is going to present an opportunity for us to start a Senior Theatre Group here at Miramont. His experience includes ten years acting with community theatre; four college classes in theatre; he taught, produced, directed and technical directed for ten years at the Sacramento Waldorf school. He also produced two plays for Rudolf Steiner College. Richard would like to teach a theatre or reader's theatre depending on our interest. Theatre is very much a group activity. It is a way for us to have fun being creative together. Of course your activity staff will be there to support you with: Make up, costumes, sets etc. What fun we can have. Mark your calendar and see what it is all about!

Dear Miramont Pointe Residents,

The staff at Miramont Pointe would like to thank our residents for their thoughtfulness. Your generous Christmas gift was appreciated by all. The Employee Christmas Fund helps us to bless our families and others during this special season. You brought so much joy to so many. We sincerely thank you!

Love, Your Miramont Staff

Attention Card Players



The following card games are being played at Miramont Pointe:

Poker, Bunco, Pinochle, Bridge, Canasta and Ponytail Canasta. If you are interested in playing, please contact Pauline Dau at Ext. 609. She will be happy to help you connect with a group.

Healthy Pointe of View

Please join Heidi Pierce, lifestyle coordinator at Miramont Pointe, for her wellness seminar, Healthy Pointe of View, Friday, January 27 at 2:30 P.M. Heidi will present the topic, "Sleeping for Your Health". Light refreshments will be served.

Clackamas Community College

Classes Winter Term



(Registration Required)

Drawing and Sketching & Watercolor Class, Fri. 10:00 A.M.—Talbert Room w/ Melissa Gannon

Pilates, Mon., Tues., & Thurs., 9:30 A.M.-Talbert Room with Lori Wilson

Water Aerobics, Tues. and Thurs. 11:00 A.M./Sat. 10:00 A.M.—Pool—Terry Whitney

Oregon History, Thurs. 3:00 P.M.—7th floor—Jim Tompkins



IN THE SPOTLIGHT

Harold and Barbara T.

It was a dark and stormy night when Harold was born in Herrick, So. Dakota. His Father was a carpenter and cabinet maker: his Mother was a woman before her time as a business woman and active in the town's politics. She learned the language of the Sioux Indians who camped near the town helping them to shop in the General Store. Even when Wright Bros. passed their way she sold them a shirt. After Harold completed high school the Great Depression and the drought forced a migration westward.

Four years after Harold's birth Barbara was born. She lived in Southern California where the "sun always shines". An early recollection of her Mother was preparing food for men knocking at the door for odd jobs to care for their starving families

Again the Depression forced the relocation of Barbara's family to a small town in Western Oregon where she and she sister completed high school

Harold enrolled at Oregon State in an electrical engineering program which would exempt him from the draft. This bad advice soon found him on a troop ship in the North Atlantic. On Thanksgiving Day he was heading to the north of England. On Christmas Day he was crossing the English Channel heading for the "*Battle of The Bulge*".

Barbara had finished her first year of college when her restless spirit and against her parent's wishes she headed to Portland where she easily found jobs. She discovered further education would be required to improve her. She enrolled in Business College to learn Court Reporting which provided her with a solid background in law ensuring easier job searches.

One night in the spring her Mother, Barbara and a friend were attending a dance in Salem. Fate stepped in. Harold asked Barbara to dance; three months later they were married!

After Harold completed college the Trautman's moved to Portland where Harold began his teaching career. Three years later twin boys arrived, however one succumbed. The remaining baby struggled however defied the odds and grew up normally. He was joined four years later by a brother.

Both boys are married, Lee the oldest has provided Harold and Barbara with a grandson, who in turn has brought to the family a wife a great granddaughter and a brand new great grandson. The youngest son, Randy, met his wife on a ski trip and now has one boy and two girls. All of the grandchildren have graduated from college and are working.

Harold and Barbara have given up their home where they raised their boys and baby-sat the grandchildren. They have led very ordinary lives. Perhaps in other's eyes, but full of adventure motorcycling, climbing mountains, trail hiking, traveling to foreign countries as well as extensive domestic travel

The best part of their lives is being grandparents and being close to their children.

Family Support Group

Glyndon Ruth Kimbrough, Executive Director of Miramont Pointe, will host our Family Support Group Wednesday, January 18 at 6:00 P.M. Anyone who has a loved one suffering from any type of memory issues is invited to attend. Come to learn, share your experience and talk with people coping with similar situations you are. Dinner will be served before the meeting begins. Reservations are requested. Please reserve your spot at the front desk.

New Resident Social



Join us for light refreshments in the Talbert room on Wednesday, January 4 at 1:30 P.M. and welcome our newest Miramont residents. This is a great way to meet your new neighbors and extend a personal welcome. Marketing reports that there are a dozen new residents that will be introduced.

Wii Bowling League

Residents are enthusiastically enjoying this team sport.

High Team Score-Rollin Witches 5555

High Team Score for best week of the month-Harmony 1466

High Individual Scores– Marie M. 276,

Muriel B. 226, Al R. 222

Anyone interested in substituting on a team can contact Ruth W. at Ext. #411.



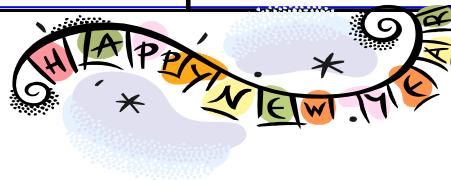
Attention Veterans... Miramont Pointe will host its "Valiant Veteran's Coffee Hour"

Friday, January 13, 9:30 A.M.

Join your fellow Veteran's for coffee, pastries, good conversation and great company.

Come and enjoy!

2012



2012



Should auld acquaintance be forgot
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne.



- Robert Burns, *Auld Lang Syne*

Social Hour

Tuesday at 4:00pm

Friday at 4:00pm

Saturday at 4:00pm

Prez's Corner



Happy New Year! As we start 2012, we are blessed to reside in an upscale Senior Living Community such as Miramont Pointe. As Council President, it has been a challenge and a pleasurable experience working with the residents, our council, and committee members and staff personnel. Your support is truly appreciated.

Many thanks to all the residents and their families for the generous contributions to the employee Christmas Fund. The employees truly appreciated your kindness.

Let me update you on the major accomplishments of your Council and Committees during the past year.

- Conducted regular council and resident meetings.
- Assisted in finding solutions to problems confronting residents.
- Published monthly Prez and Spotlight articles for Miramont Messenger.
- Assisted residents with Oregon Voter Registration.
- Monitored the voluntary Christmas Fund for Miramont non -salaried employees.
- Improved Gift Shop selections for residents.
- Library has a variety of books, magazines, DVD's, VCR's and Talking Books.
- Arts & Crafts program for those residents who love quilting, knitting & embroidering.
- Established a weekly Game Night, especially the Wii Bowling League.
- A continued jigsaw puzzle project.
- Military "Coupon Clipping" program.
- A continued Recycling program.
- Monitored Dining Room compliments and concerns.
- Improved Welcoming Committee Program.
- Developed outstanding Sunshine Committee. (Greeting Cards)
- Maintained excellent working relationship with Miramont Staff.

What an interesting Miramont Messenger calendar published for the month of January 2012! Our sincere gratitude to ALL Departments for making the Holiday Season a happy and joyous time for everyone.

The council and committee members wish you and your families a Safe, Healthy and Happy New Year. Remember, Glyndon Ruth, Executive Director, has an open door policy and welcomes your comments.

Charlie P., President

FOOD FOR THOUGHT: You can have everything in life you want, if you will just help enough other people get what they want.

