



# HERON POINTE

## SENIOR LIVING

504 Gwinn ST E  
Monmouth, OR 97361  
(503) 838-6850

June 2019  
Volume 1, Issue 1



### Come Discover MI Town!

Come join us and the Monmouth-Independence Chamber of Commerce for their annual tour of our two fabulous towns! Festivities will start on June 14<sup>th</sup> and run through June 16<sup>th</sup>. A variety of locations in Monmouth and Independence will be participating with deals, special sales, and other events throughout this three-day event.

At Heron Pointe, we will be hosting visitors with wine, snacks, gifts, and tours of our community. We are looking forward to introducing everyone to our family here!

Attendees will want to purchase a commemorative wine glass to participate. These glasses are \$10 if purchased in advance, or \$15 if purchased during the event. Participants are then given a map of all locations and allowed to visit at their leisure. There will be shuttles running between Monmouth and Independence throughout the event.

For more information, please visit: <http://www.micc-or.org/events/details/discover-mi-town-17826>.

### Administrator Notes

First, I would like to thank everyone for their patience during the transitional period. We are excited to be called Heron Pointe again. This month we have will be introducing a couple of new programs, which you will find on page 3. I can't wait to join you in the fun. We are looking for more Resident Ambassadors to help welcome new Residents and to teach new Employees techniques that are important to you. Please come see me if you are interested in more information.

We have also started to encourage votes for Resident of the Month, in addition to our Employee of the Month. Please vote for both in the box by the Kudos board.

### Leadership Team

Administrator	Amy Hynes
Community Relations	Nichole Elliot
Business Office Director	Kathy Endecott
Maintenance Director	Bruce Burns
Dining Services Director	Nichelle Azavedo
Life Enrichment Coordinator	Kori Wagner

### Happy Birthday

<u>Resident</u>	<u>Associate</u>
Elizabeth Cody 6/1	Nichole 6/2
Patricia Heide 6/7	Jessica 6/13
Becky Robin 6/14	
Grace Bean 6/27	

### Inside this issue

Welcome New Resident .....	2
Mission Statement .....	2
Featured Resident .....	2
Dining Services Tidbits .....	3
Circle Of Friends .....	3
Brain Boost .....	3
Employee Of The Month .....	4

### Happy Anniversary

- Shellee .....4 years
- Rebecca G.....2 years
- Rebecca E.....1 year

## Featured Residents

This month we would like to recognize our resident ambassador *Betty Staggs*.

Betty has been with us since 2014 and really enjoys her roll as resident ambassador. She is always going above and beyond to help new residents feel comfortable, and make sure they know the ins and outs of Heron Pointe. Every morning Betty passes out coffee to those who may not be able to get it themselves, and welcomes everyone with a warm heart. Betty also enjoys gardening, and has taken the back patio and turned it into a beautiful place to relax, have coffee or enjoy a meal.



## Welcome Raymond Skipworth

Raymond "Ray" is our newest resident here at Heron Pointe. Ray came to us in April and he has been a delight to have around.

Raymond was born in St. Helens Oregon and worked on big trucks at Les Schwab Tire Center for 16 years. Rays hobbies include anything mechanical. He enjoys working on lawn mower engines, and any small equipment. He is also fond of woodworking, country music and Garth Brooks. We look forward to our future with Ray here at Heron Pointe.



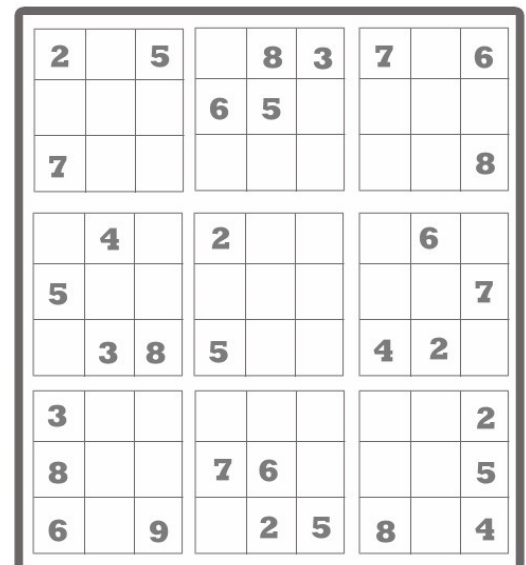
*"Everything you can imagine is real." » Pablo Picasso*

A huge Thank You to everyone who came and made out Easter Egg Hunt a success this year. We look forward to an even bigger and better event next year so stay tuned!



## Monthly Funny

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiiing."



## Dining Services Tidbits:

On Father's Day, Sunday June 16th, we will be having a BBQ at our regularly scheduled lunch time, 12pm. Shellee and Tyler will be serving up some delicious BBQ from the grill. Please join us for great food and celebrate Father's Day. Weather permitting, we will be opening the back patio for extra seating. Guest meals will be \$8, please RSVP at the front desk.

### Menu Chat:

Every Monday after lunch at approximately 1pm, Shellee holds a meeting in the dining room with residents to discuss the weekly menu and any dining related concerns residents may have. This is a great way to let Shellee know about any special food cravings you may have, discuss and share recipes, and offer ideas for upcoming menus and dining events. All residents are encouraged to come, please join us.

### Other fun food days:

6/2 National Rocky Road Day

6/7 National Chocolate Ice Cream Day

6/7 National Doughnut Day

6/14 National Strawberry Shortcake Day

6/22 National Chocolate Éclair Day

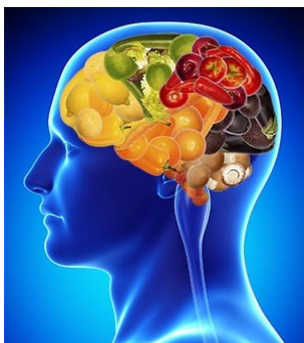
## New Programs Coming Soon!



We are excited to start a couple new programs and we hope to see you there.

**The Circle of Friends** is based on the basic human needs of all humans for inclusion, love and belonging, esteem, and self-actualization. This program includes music, movement conversation, and food. We will spend a different amount of time on each activity depending on the needs for that day. Although each *Circle of Friends* gathering may be different, the same order of events

gives a sense of safety and security. This program has been created to meet new friends, socialize, and get to know one another, while laughing and having fun.



### Brain Power Nutrition Boost

Brain Power Nutrition Boost is one of our most popular offerings. Recent studies show that consuming a diet high in fruits and vegetables, both of which are high in antioxidants, may help prevent cell damage by fighting free radicals in the brain. We believe that the Brain Power Nutrition Boost is beneficial to all of us. You can get all the preventive nutrients you need to ward off Alzheimer's by consuming a variety of fresh fruits and vegetables. We will have various fruits and vegetable for you to create your own brain boost smoothie!

## Upcoming Events

**MI Town Tour**

**6/14-6/16**

**Fathers day BBQ**

**6/16**

**Trip To Lincoln City**

**6/28**



**Guided by goodness,  
loyalty, faith and fun**

Please Join Us For Spirit  
Week June 17th-21st

**Neon Monday-Wear Your  
Brightest Colors**

**Team It Up Tuesday-Wear  
Your Favorite Sports Team  
Colors**

**Wacky Holiday Wednesday**

– Dress Up For Your  
Favorite Holiday

**Tie Dye Thursday– Wear  
Your Tie Dye**

**Freedom Friday– Wear  
Your Red White and Blue**



Why I can not pick just one girl of the month. When I first came here I was filled with anger, hate, and pain. But mostly I was filled with fear. I had to leave my home of over sixty years. My many friends, some of them over 60 years. We raised our children together. I had to give my freedom to come and go and give away my driving. I really felt like I was no longer a person, just a thing. But as soon as I walked in your door I was surrounded with compassion and love. Everyone I came into contact with welcomed and helped me at every turn. All the girls and young gentleman treated me with great respect and kindness beyond expectation. When they found me crying they held me and cried with me. When I was lonesome they took the time to talk with me. Sometimes they found me playing cards by myself and sat down and taught me a new game. They bathed me, taking away my embarrassment and pain. They helped me get around from place to place telling me how and where to find the laundry room, food for meals, hair salon and many more things. They became my new friends and family. Each one of them became my dear friend helping me find the important things when I had lost them. Things like my smile from my heart. My hope and most of all courage.

God bless all the staff, housekeepers, and everyone else I can not begin to name. I Love You All- You are all girls of the month. -Carol Webb

## Heron Pointe Senior Living

504 Gwinn St. E

Monmouth, OR 97361

Phone: 503-838-6850

PLEASE  
PLACE  
STAMP  
HERE