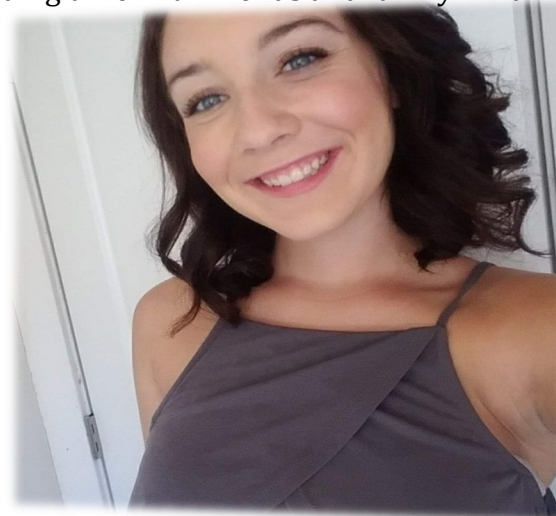


Heron Pointe Team Building BBQ



True North Employee

This month we would like to recognize Emily Frey as our True North Employee. Emily is always willing to help out when needed, with a smile on her face. Emily is a true team player, always willing to pick up extra shifts when needed. This fall Emily is starting nursing school at Western Oregon University. On her time off you may find her at the beach, on a zipline, hiking to the top of the mountain or spending time with friends and family. Thank you Emily for all that you do!



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Notes from our Administrator

Now that it is officially Summer, make sure you are staying cool and hydrated. Did you know that the Human Body is made up of 50-60% water in adults? As the temperatures rise, we tend to sweat losing water. If we don't consume water, we are at risk for dehydration and heat stroke in the hotter months. Some symptoms of these include headache, confusion, weakness, disorientation, nausea/vomiting, dizziness or lightheadedness.

Often times, these result in hospitalization and if left unattended, could lead to death. I would like to ask you to coordinate with Kori if you need to run errands and request that outside activities be conducted in the morning or the late afternoon. If you are going for a walk off premises, please wear light weight clothing, bring water to drink, sign out, and notify a staff member. Consider drinking an extra glass of water during meals and order food items that offer more water content. Please maintain your thermostats to keep your environment cool and alert us immediately if your air conditioner is not working properly. We have extras on hand so that you can remain safe, even when equipment fails.

Heron Pointe Open House

Come join us for an open house as we introduce our return to our original name! We would love to take you on a tour of our world! All guests will be given a passport to visit and unlock various destinations throughout our community, with travel stamps throughout. At the end of the excursion, we will be offering live music and a barbeque on our back patio. Drinks and prizes will be available for everyone with a completed passport. We will be hosting our open house on Wednesday, July 24th, from 2pm-4pm. This event is free, but space is limited. Please call today to make a reservation to enjoy a voyage through our community!

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
Resident Care Coordinator..... Ashley Stengel

Happy Birthday

Resident	Associate
Buell 7/10	Jennifer B..... 7/2
John 7/16	Alexis M..... 7/16
Margaret 7/17	Kathy E..... 7/29
Audrey... 7/22	
Lisa 7/23	

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Happy Anniversary

- Kathy Endecott..... 6 years
- Lupe Becerra 3 years
- Richard Baker 2 years
- Jamie Rincon 1 year

Welcome Home

Sally Culley

Sally moved into Heron Pointe in June 2019. Sally was born in Burbank, CA and attended Molalla Highschool. Sally has 6 children, 11 grandchildren, and loads of great grandchildren. Sally has always enjoyed cooking and doing yard work, but currently enjoys spending time in her room watching old shows on tv.

Rick Ebel

Rick Also moved Into Heron Pointe in June 2019 from our Independent living cottages. Rick was a magazine journalist, and is most proud of starting his own international business. Rick enjoys attending the Greek food festival in Corvallis with his friends every year.



*"One Flag, One Land, One Heart, One Hand, One Nation Evermore"
– Oliver Wendell Holmes*

Monthly Funny

A man calls home to his wife and says, "Honey, I've been invited to fly to Canada with my boss and several of his friends to go fishing, for the long weekend. This is a good opportunity for me to get that promotion I've been wanting, so could you please pack enough clothes for a three-day weekend. And also, would you get out my rod and tackle box from the attic? We're leaving at 4:30 pm from the office and I'll swing by the house to pick-up my things. Oh! And please pack my new navy blue silk pajamas." The wife thinks this sounds a bit odd, but, being the good wife, she does exactly what her husband asked. Following the long weekend he returns home a little tired, but, otherwise, looking good. The wife welcomes him home and asks if he caught many fish? He says, "Yes! Lots of walleyes, some bass, and a few pike." "But", he said, "why didn't you pack my new blue silk pajamas, like I asked you to do?" The wife replies, "I did, they're in your tackle box".

In House Clothing Repair

Do you have clothing that is in need of repair? Clothing that is too big? Well we have a solution for you! Tina is wanting to help make all your clothing problems a thing of the past! On Saturday July 13th at 1:00pm she will be in the dining room to meet with you. Bring her your clothing that is in need of repair and she will get them back to you as soon as possible.



Dining Services Tidbits:



On Thursday, July 4th we will be having a special independence day BBQ. Lunch will be at our regular time, 12:00. We will be serving up Hamburgers, hot dogs and Pork spare ribs. Resident family members are welcome to join we just ask that you please RSVP by July 3rd so we have a headcount. We look forward to seeing you there, and celebrating this special day with all of you.



Menu Chat:

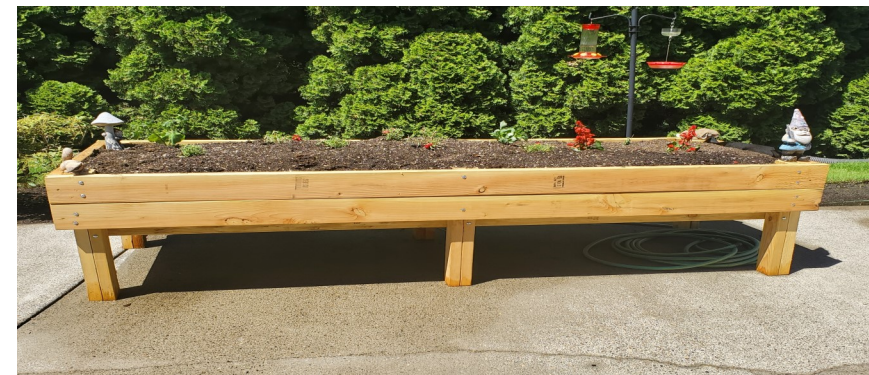
Every Monday after lunch at approximately 1pm, Shellee holds a meeting in the dining room with residents to discuss the weekly menu and any dining related concerns residents may have. This is a great way to let Shellee know about any special food cravings you may have, discuss and share recipes, and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

Other fun food days:

July 4th: National BBQ Spareribs Day

July 11th: National Blueberry Muffin Day

Patio Project



We are so excited for the newest edition to the Heron Pointe Patio, a beautiful new planter box.

This box was handmade by a local man who owns the Red Baron Box Co. In Dallas, Oregon. He did a fantastic job building this for us. We are thrilled to have something beautiful and well built to plant flowers in for years to come. We welcome anyone that would like to plant flowers, or vegetables to utilize this box for whatever they need.

Join us Monday's for garden club, bring your ideas and thoughts we would love to hear them.

Featured Resident

George is our featured resident for the month of June. "He is a great friend, always ready to help, and be of an encouragement to us". -Betty

George always pours coffee to anyone who is in need of a fill-up, and always has a smile on his face.

He has a dog named Harry that we all love. Thank you George for everything that you do!



Guided by
goodness, loyalty,
faith and fun

Spirit Week

We had a great time during spirit week! Thank you to all the associates and residents that participated to make spirit week a success. If you have any new ideas, or changes we should implement don't hesitate to reach out.