



HERON POINTE

SENIOR LIVING

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Leadership Team

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Maintenance Director	Bruce Burns
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True North Employee



Our True North Employee for the month of August is Myah!

Myah Started working with us in October of 2018 and is a wonderful addition to our team . Myah always has a smile on her face and is always willing to help when and where it is needed. If you ever need someone to put a smile on your face Myah is your girl. Myah started at Western Oregon University in 2017 with a study in Community Health. We hope her dream takes her far in life because she deserves the best.

Oregon Coast Lunch Trip

Fun was had by all who attended our annual Oregon coast lunch trip. We stopped by the ocean and watched the boats and took in the beautiful views and amazing weather. After that we stopped at MO's Restaurant for lunch and enjoyed the beautiful drive back to Monmouth. The weather was absolutely perfect and we can't wait to do it again!



School Supply Drive

It's hard to believe, but Summer is drawing to a close soon and school is just around the corner! Here at Heron Pointe, we try to give back to the community wherever we can.

With this in mind, please join us for a school supply drive for Polk County students. Throughout the month of August, we will be collecting supplies for students, then donating them to the area schools. According to Polk County Education staff, any and all supplies are welcome including pencils, paper, and crayons. Please help us in supporting our local students and educators!

Administrator Notes

August– full of summer fun, hay harvest, and back to school preparation. Unfortunately, it also means that it is fire season is upon us. The air quality can change quickly as the smoke settles. When the quality hits Moderate Levels, which begins when one cannot see the mountains in the skyline. At Moderate level, it starts to have a big impact on those with lung conditions such as Asthma or COPD, and can cause the need for hospitalizations. When it increases above the Moderate level, it can also negatively affect those who are healthy. Last year's fire season left us with Air Quality that was one of the worst in the world, surpassing places like Dubai. As the Air Quality worsens, we may encourage folks to limit outdoor activities for cleaner breathing.

Happy Anniversary

Kaylynn	2 years
Katie	1 year
Shane	1 Year
Jenna	4 Years
Sam	1 Year



<u>Resident</u>	<u>Associate</u>	
Lizzy	8/14 Shellee	8/8
Ramona.....	8/15 Amanda	8/9
Betty	8/21	
Charlene	8/28	
Betty	8/30	

Gloria can I take your picture for the newsletter? -Kori



"Are You Going To Send This To Hollywood?" -Gloria

Welcome Gloria Rodriguez

Gloria Moved in July 8th and has already been a bright star to our community. Gloria was born in Texas and moved to Oregon in 1961. Gloria worked most of her life in the field, picking cotton, asparagus, and berries as well as working in the cannery. Gloria enjoys yard

work, gardening, and bingo. She enjoys country music and Johnny Cash. Baseball is her favorite sport to watch because her nephew was a baseball player. Gloria loves all kinds of animals EXCEPT snakes. Welcome Gloria we hope you enjoy your time with us!

Featured Resident

This month we would like to recognize Glenn Zimmerman

Glenn is one of our cottage residents and he is always going above his call of duty to help where he can. Glenn has worked tirelessly on our garden behind our cottages. He has made it a wonderful place, and even accessible for wheelchairs and walkers. When there is fresh produce he makes sure to bring some over to share with everyone. We really appreciate you Glenn and all that you do for our community!



Krazy Dayz Parade

"She Flies With Her Own Wings"



Dining Services Tidbits:

On Wednesday, August 14th we will be having a Luau at our regularly scheduled lunch time, 12pm. Shellee will be creating some wonderful Hawaiian themed food. There will be decorations and entertainment after lunch. Residents, guests and staff are encouraged to wear your fun Hawaiian shirts and dresses! Please join us for great food and to celebrate Summer, Family, Friends and Fun! 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:

- 8/2 National Ice Cram Sandwich Day
- 8/3 National Watermelon Day
- 8/6 National Root Beer Float Day
- 8/15 National Lemon Meringue Pie Day
- 8/21 National Spumoni Day

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends. Those born between August 23–31 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders.

- Maria Mitchell (astronomer) – August 1, 1818
- Louis Armstrong (musician) – August 4, 1901
- Neil Armstrong (astronaut) – August 5, 1930
- Matthew Henson (explorer) – August 8, 1866
- Alfred Hitchcock (director) – August 13, 1899
- Davy Crockett (frontiersman) – August 17, 1786
- H. P. Lovecraft (writer) – August 20, 1890
- Dorothy Parker (writer) – August 22, 1893
- Sean Connery (actor) – August 25, 1930
- Charlie Parker (musician) – August 29, 1920
- Frank Robinson (ballplayer) – August 31, 1935

Leadership Team Building

Recently your leadership team attended a team building exercise. Leadership had to escape from a locked room, using clues they found around the room and working together to get out before 60 minutes we up. They were successful in completing all the clue and puzzles, and made it out before time ran out. This was something none of them had done before but they worked together as a team to get the job done.

