



True North Employee

Our True North Employee for the month of September is Angelica Braden. Angelica started in October of 2018 as a caregiver and is currently doing both Caregiving and Med Tech. Angelica is studying pre-professional nursing at Western Oregon University.

Angelica is a gem to have around Heron Pointe, she always has a smile on her face and will lend a hand whenever needed. If you need help Angelica is your go-to girl. Thank you Angelica for everything you do for our residents and thank you for being an awesome team player.



National Lemonade Day

Have you ever made Lemonade from scratch? Neither have we! We took on the challenge for national lemonade day and it was a success!!! After taste testing our creation we passed it out to everyone we

could find and found out that it was a big hit! Next time we will make a double batch!

Lemonade Recipe

8 Lemons
2 C. Sugar
8 C. Water

Wash lemons, roll each lemon with the palm of your hand to release the juice. Cut Lemons

into slices and add them to a large mixing bowl. Add Sugar and mash together. Strain liquid into a pitcher and add 8 Cups of water.



HERON POINTE

SENIOR LIVING

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

September 2019



Walk to End Alzheimer's

Here at Heron Pointe, we are always striving to find new ways to contribute and give back. One of the upcoming projects we are participating in is Alzheimer's Association Walk to End Alzheimer's. We will be partnering with our sister community, Regent Court Memory Care of Corvallis, for our team. According to the Alzheimer's Association, there are currently over 5 million people who have been diagnosed with Alzheimer's, and this number is unfortunately expected to increase. On a personal note, I lost my grandfather to Alzheimer's, and I want to help us all to do our part against this disease.

The Willamette Valley Walk will be occurring on Saturday, October 19th at Timber-Linn Park in Albany. We plan to generate funds for this event through fundraisers throughout our community including raffles and prizes. For additional information about the Walk, please visit <http://act.alz.org/goto/HeronPointe2019> or call our community at 503.838.6850.



Leadership Team

Administrator.....Amy Hynes
Community Relations.....Nichole Elliott
Business Office Director.....Kathy Endecott
Maintenance Director.....Bruce Burns
Dining Services Director.....Nichelle Azevedo
Life Enrichment Coordinator.....Kori Wagner
Resident Care Coordinator.....Ashley Stengel

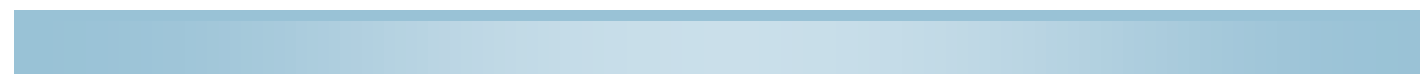


Resident

Vickie.....9/3
Bernie.....9/22
Clancy.....9/26
Darwin....9.29
Michael...9/29

Associate

Erica Daimler..... 9/6
Jamie Rincon9/12
Joy Libke..... 9/16



Welcome Home

Carolyn “Susie” Damon Moved into Heron Pointe from Orchard Heights on July 29th

Susie was born in Ocean Side California. Susie has 3 children and 8 grandchildren. She enjoys crocheting, reading and watching TV. She enjoys outings with family, Christian music, watching football and Nascar and her favorite athlete is Dale Earnhardt.

David Riggs Moved Into Heron Pointe on August 6th. David graduated from North Salem High School and was one of 8 children growing up. He worked for the casino for a number of years, but really loves the piano. He says with the right teacher he could have been GREAT. Besides the piano David is also a bicycle enthusiast saying, he has owned hundreds in his lifetime. David enjoys reading music, food health, and self help magazines, saying he gave up tv many years ago.

*“And then the sun took a step back, the leaves lulled themselves to sleep and Autumn was awaked.”
— Raquel Franco*

Welcome Home

Michael Marsden Moved into Heron Pointe on August 7th 2019. Michael attended Utah State and Colorado State and got a bachelors in statistics, and a masters in forest biometry. Michael worked for the Forest Service for 30 years and is a writer of fiction novels. He would love to learn to play the piano so he could use his knowledge to help write another piano ghost story.

James “Jim” Regehr moved to Heron pointe on August 17th. He came from his home in Dallas, Oregon. Jim worked in the area for various saw mills doing maintenance. He enjoyed hunting rabbits, and fishing for trout, but now enjoys growing his coin collection and playing solitaire on his computer.

Welcome Home

Kent “Scott” McArthur Moved to Heron Pointe on August 6th Kent worked as a lawyer for 40 years and has 3 children. Kent enjoys computer activities , watching the news. Kent likes to go travel and is a tuba player. He is a member of the Elks Lodge , Masonic Lodge, and Sone Of The American Revolution.

Thomas Fink moved to Heron Pointe with his wife **Phyllis Fink** on August 24th. Tom and Phyllis moved here from Orchard Heights in Salem. Tom worked as a truck driver and maintenance man while Phyllis worked at a toy factory, as meat packer, and a cashier. They have one child together. Thomas plays the harmonica and Phyllis enjoys bingo.



We invite you to introduce yourselves to all of our new residents and make them feel welcome in their new home. We also hope that everyone feels at home and welcome, we look forward to the future with all of you!

Food Drive

Throughout the month of September we will be collecting non-perishable food items for the Marion-Polk County Food Share . You can drop off your donations with us at anytime in our designated drop off box. All donations will be supporting the Ella Curran Food Bank here in Monmouth. For additional information about the Marion-Polk County Food Share, please call 503.581.3855 or visit <http://www.marionpolkfoodshare.org>.



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:

9/2 International Bacon Day
9/10 National Hot Dog Day
9/15 National Cheeseburger Day